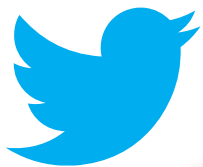


Health & Housing Week 2013
15-19 July

Wythnos Iechyd a Thai 2013
15-19 Gorffennaf



#hhw13

Grŵp
Cartrefi
Cymunedol
Cymru



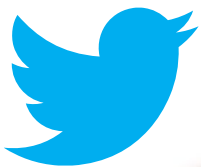
Community
Housing
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Care & Repair Cymru

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Care & Repair Cymru

How can housing demonstrate its worth?

To mark the NHS turning 65 this July, Community Housing Cymru and Care & Repair Cymru will be facilitating a Health & Housing Week, running from July 15 – 19. In this pack, you will find more information on what is happening during Health & Housing Week, along with details on how to get involved.

Public services are operating under mounting pressure in the face of substantial funding cuts, an increase in the demand for services and the need for this to be met by innovation in service delivery without compromising quality. Growing waiting lists for social housing, an ageing population, increases in the pressure on health services and demand for social services both now and in the future underline the shared challenges faced by these sectors. This has, in many areas, already prompted people to think differently and collaborate further in sharing the work of meeting some of these joint challenges.

Registered Social Landlords (RSLs) and Care & Repair agencies work in collaboration with health and social care in providing services that contribute heavily to maintaining and increasing individual wellbeing. RSLs and Care & Repair Agencies contribute to positive health outcomes for communities in Wales through a number of their functions. RSLs build new homes and maintain their existing housing stock to high energy efficiency measures and lifetime homes standards. This in itself ensures that an individual's home is less costly to heat, maintain and adapt for future mobility, or other healthcare requirements.

Many RSLs are involved in the provision of care and support services either in their role as a landlord at accommodation where care and support is provided in partnership with other organisations, or as the direct provider of that care or support. The services provided range greatly and can include areas such as family support, mental health, homelessness, learning disability and services for older people.

Care & Repair agencies provide high quality, timely and efficient home adaptation services which ensure that older people are able to maintain their independence living in their own home. The benefits of Care & Repair have been demonstrated through the provision of the Rapid Response Adaptations Programme where it has been estimated that for every £1 spent, £7.50 is saved to health and social care budgets. This person centred approach to service provision ensures that the service is led by the needs of the individual.

There has been a lack of shared understanding of how good housing makes for better health, and the housing sector has not always been effective in demonstrating the contribution it makes to public health. A report by the Kafka Brigade in 2011, commissioned by Community Housing Cymru and Care & Repair Cymru, highlighted some of the main benefits the services mentioned above provide to individuals and other sectors such as health and social care, and highlighted some examples of best practice. We are aware that more needs to be done to present housing impact evidence, where it exists, and that it is in a format which is accessible for those working in health and social care.

The report also puts forward a number of recommendations for taking this work forward. Among these recommendations, the report suggests further opportunities for professionals working in housing and health to come together and discuss opportunities and challenges facing their respective services. The report notes that the pace and volume of work facing such services may often mean that opportunities to work collaboratively are missed, therefore identifying these at an early stage is important.



From a Policy Perspective

A number of key policies, strategies and legislation have recently been published and are currently under development. These will shape the way in which organisations collaborate on health matters in the future. The Older People's Commissioner's Framework for Action and the Older People's Strategy (Wales) Phase III set a strong vision of empowering older people to live well as they live longer. Recognising the potential challenges arising through the existence of an ageing population, these strategies will lay the infrastructure to ensure that a desirable quality of life can continue to be achieved in later life.

The Social Services and Wellbeing (Wales) Bill represents one of the most significant pieces of legislation to pass through the Welsh Assembly. It is a positive step which will see an extensive re-arrangement of how Social Services work in Wales. It will be important going forward that the duties of cooperation between Health Boards, Social Services and other key partners, such as social housing providers and Care & Repair agencies, are considered and well understood.

The Together for Mental Health Strategy details the 10 year vision for improving the lives of those living with mental health problems and seeks to plan the delivery of integrated care services, improve the access to information, increase service user empowerment and tackle damaging attitudes. The success of this strategy and realisation of the high level outcomes will continue to mean close collaboration between health, social care, housing and third sector providers.

Welfare reform represents a major challenge to social housing providers across Wales and the rest of the UK. The impact on individual wellbeing is largely unknown. For those who experience a reduction in their finances, this could impact on their health and wellbeing. It could also lead to increased levels of homelessness, an increase in those presenting with mental health conditions and jeopardise the ability of some to live independently, all of which could have a knock-on impact on care and support services.

The policy perspective can be taken more broadly than this, which is in itself a reflection of the broad, cross-cutting nature of many of the challenges facing public services and governmental departments. The way in which organisations collaborate to achieve the desirable outcomes for the individual will continue to be important, along with working to negate some of the negative impacts of policy which place pressure on the resources of organisations at a time where their services are sorely needed by higher volumes of people. Although we work in different settings, the challenge of providing more with less remains a common theme for both the housing and health sectors. Collaboration will be key.



Our Vision for Health & Housing Week

This is an appropriate time to reflect on the work members have undertaken in working with health and social care services, producing high quality outcomes for a range of people within communities across Wales. We recognise, welcome and support the ongoing progress being made in proactively engaging in collaborative projects and initiatives. Health & Housing Week will include opportunities to:

- Highlight the best practice currently happening across Wales.
- Discuss the challenges being faced by the respective sectors.
- Prompt constructive discussions on how these challenges can continue to be addressed.
- Set a direction and shape the work around housing and health locally.

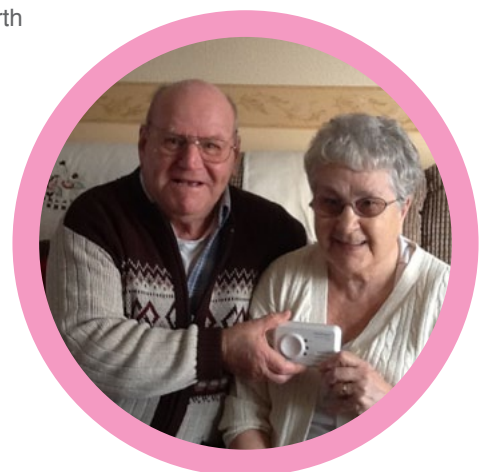
What's happening during Health & Housing Week?

Health & Housing Week will run from 15-19 July. In addition to highlighting examples of best practice, collaborative working and communicating key messages, there will be a number of events around Wales.

Health & Housing Conference – 18 July, Cardiff City Stadium

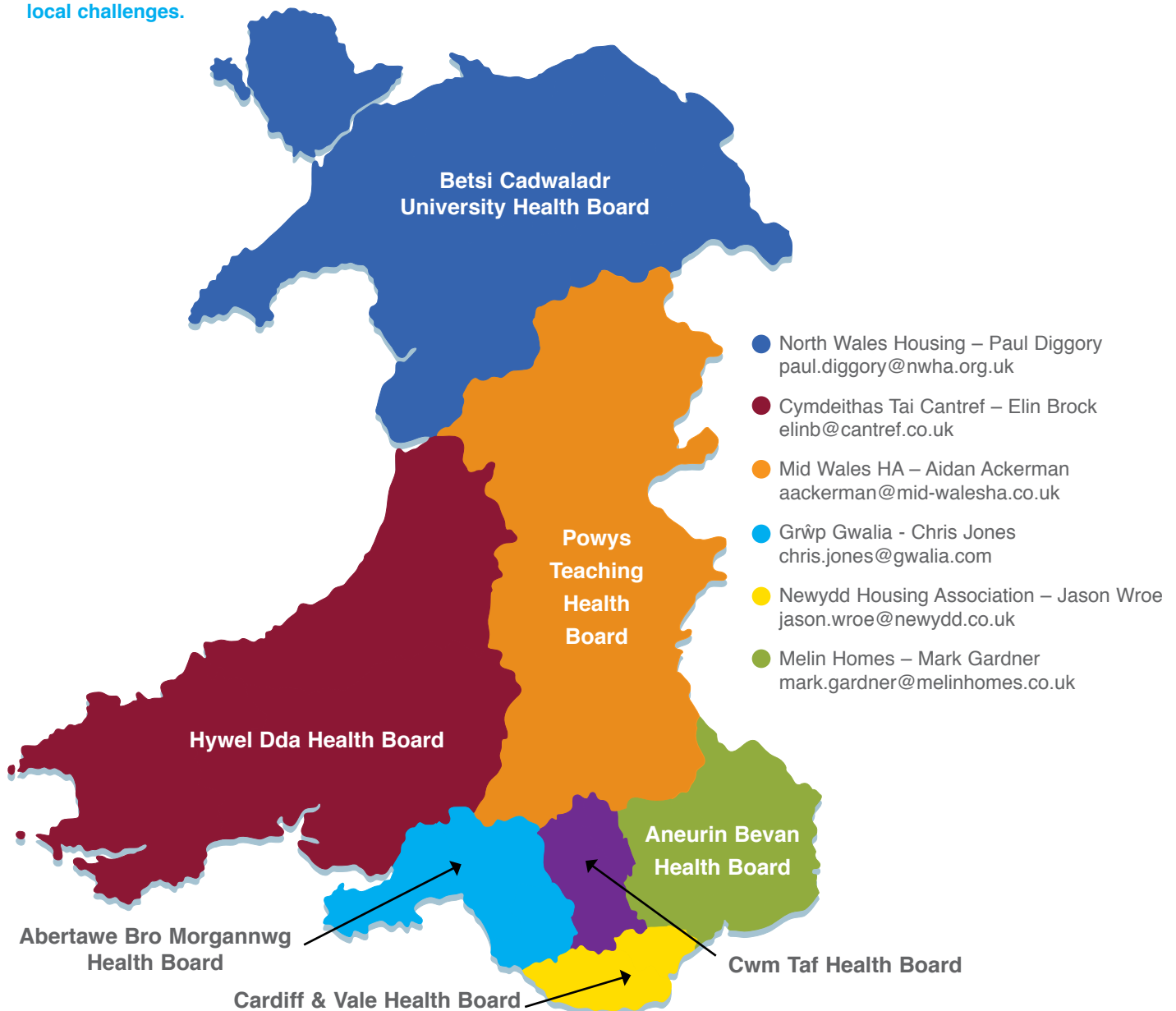
Community Housing Cymru, in collaboration with Care & Repair Cymru and Cymorth Cymru, will be holding a Health & Housing Conference on Thursday 18 July. The Health Minister, Mark Drakeford, will be among the main speakers who also include the Older People's Commissioner, the Chief Executive of the Welsh NHS Confederation, Welsh Government's Head of Housing and many more.

The event will engage health, housing and social care professionals in exploring best practice, identifying barriers and discussing opportunities for increased joint working. For the full conference programme, [click here](#).



The picture from around Wales

CHC members within each Local Health Board region, in partnership with local Care & Repair agencies, will run local events throughout the week and invite key contacts from Health and Social Care. The events will celebrate local best practice and provide a stage for discussion on how best to progress local projects and initiatives and address local challenges.



The organisations hosting the local meetings are outlined above and they are tasked with coordinating a meeting to agree the format locally, with each organisation having a chance to input into the agenda.



Cwm Taf Health Board will be producing a briefing on local collaborations between health and housing in the region. If you wish to feed into this, please contact matthew-kennedy@chcymru.org.uk

Key messages for Health & Housing Week

Depending on local challenges and collaborations, each local health board area will have different messages to communicate.

These are the messages we'll be communicating at a national level:



- Good quality housing is crucial to healthy living
- By working together (health and housing), we can improve the health and wellbeing of a huge number of people in Wales as well as deliver value for money from joint initiatives
- RSLs and Care & Repair agencies already make a valuable contribution in reducing the pressure on the NHS and social services and are keen to do more
- It is time for further collaboration, and housing services must be better networked within local health boards
- Health and homes are recognised as two important cornerstones within people's lives
- Housing associations have a role to play in delivering not-for-profit care and support
- We should celebrate that we are living longer and embrace the challenges of an ageing population
- Many collaborative projects already exist and work well across Wales, and we need to share knowledge
- Innovation needs to be well informed to reduce risk and increase the chance of success. Gaining buy-in and commitment from key stakeholders in taking forward new projects and initiatives is vital.
- Prevention is better than cure. The role of preventative services will grow and continue to be central to reducing the need for hospital admissions and supporting timely discharges.



Key Statistics on the links between health and housing

1 in 4 people in Wales are aged over 60

Care & Repair visit 10,000 people each year in their own home, resulting in individually tailored support.

Ageing population: 11% increase of people aged 65 to 75 over the next 13 years in Cardiff; 32% more people aged 65 to 74 over 20 years in Conwy; and 40% increase in people between retirement age and 84 by 2033 in Gwynedd

We will see a 31% rise in the number of people with Dementia by 2025

23% of tenants living in unimproved homes reported 4+ GP visits in a quarter, compared with 14% of tenants living in improved homes

In 2011, 21% of tenants living in unimproved homes reported being treated for depression, compared with 7% of tenants living in improved homes

14% of Care & Repair clients said they would have been unable to stay in their own homes without their assistance

In 2009, 44,000 attended emergency departments as a result of a fall, over 20,000 people were admitted into hospital and 259 older people died as a result of a fall.

For every £1 spent adapting an older person's home, £7.50 is saved to NHS and social services budgets.

Over 64% of Care & Repair services were provided for clients over 75, and 26% of clients helped were over 85

The annual spend on the Rapid Response Adaptations programme (RRAP) is £2.1m. 15,529 adaptations were completed, of which 10,560 prevented hospital admission and 4,970 enabled hospital discharge.

Health Boards in Wales are currently funding very expensive placements (some up to £250,000 a year) elsewhere in the UK because appropriate accommodation is not available locally.

Supporting People saves money by deferring or preventing more costly interventions later down the line, 'saving' between £1.68 and £2 for every £1 spent.

Sources: Kafka Brigade Report (2011), Care & Repair Cymru, The Supporting People Programme in Wales, report (2010), Public Health Wales, The National Dementia Action Plan for Wales



How do you get involved?

Local events – the picture from around Wales

Make the local events a real success by getting involved, working with the host organisation to set the agenda and gain support locally.

The format of each event will be decided locally. It could be a round table discussion, a breakfast meeting, or a half day seminar including a scheme visit. Work in partnership with the host organisation to organise your local event... Then tell us about it!

Keep us in the loop about what's happening, who's attending and what's on the local agenda and we'll help you to promote it via our communication channels.

Ensure that someone is appointed at your event to capture key discussions and feed back to CHC around local successes, challenges, barriers and action points.

Scheme/Project/Client Visit

Do you have an extra care scheme, a dementia centre or a project with wellbeing coaches that you're particularly proud of? Or have you used Rapid Response Adaptation Grant to speed up the hospital discharge of a client? Why not invite your local AM/MP along to meet beneficiaries first hand? This is a good opportunity to help them make the links between health and housing and see the difference it is making to the lives of their constituents. You could tweet key points and pictures from the visit, weaving in your key messages.

Write to/tweet your local AM/MP

Write to your local AM/MP/councillor to highlight examples of good practice around collaboration, to show how housing and health are working together and the difference this is making to local people.



Garner Local Press Interest

Issue a press release to your local newspaper to highlight examples of best practice. Case studies will be key to gaining local coverage, so identify these in advance and include them in your releases.



Go Social



Many local health boards, the NHS confederation, housing organisations, support providers, funders and Welsh Government are all using social media. Target your key messages, use Audioboo to record short voice clips from your events, use your iPhone to upload a short interview/video to YouTube, use the #hhw13 hashtag to join the conversation on Twitter or pin a photo of a scheme onto Pinterest – the possibilities are endless!

Follow @chcymru @CymorthCymru and @crcymru on Twitter for updates during the week and keep us informed of your activity.

Good Practice

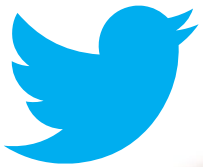
The CHC Group is a partner of Good Practice Wales, a single access online portal to Welsh Public Services good practice and knowledge. We will be promoting the best practice from around the seven local health board areas on this site. You can access it by visiting www.goodpracticewales.com or by following @GPWales on Twitter.

We look forward to hearing about what you're up to for Health & Housing Week 2013!



Wythnos Iechyd a Thai 2013

15-19 Gorffennaf



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Care & Repair Cymru

Sut gall tai ddangos ei werth?

I nodi pen-blwydd y Gwasanaeth Iechyd Gwladol (GIG) yn 65 oed ym mis Gorffennaf eleni, bydd Cartrefi Cymunedol Cymru a Care & Repair Cymru yn trefnu Wythnos Iechyd a Thai, yn rhedeg rhwng 15 - 19 Gorffennaf. Mae'r pecyn hwn yn cynnwys mwy o wybodaeth ar yr hyn sy'n digwydd yn ystod yr Wythnos Iechyd a Thai, ynghyd â manylion sut i gymryd rhan.

Mae gwasanaethau cymdeithasol yn gweithredu dan bwysau cynyddol yn wyneb toriadau sylweddol mewn cyllid, cynnydd yn y galw am wasanaethau a'r angen i ddiwallu hyn drwy arloesi wrth gyflenwi gwasanaeth heb ostwng ansawdd. Mae rhestri aros cynyddol am dai cymdeithasol, poblogaeth sy'n heneiddio, cynnydd yn y pwysau ar wasanaethau iechyd a'r galw am wasanaethau cymdeithasol yn awr ac i'r dyfodol yn tanlinellu'r heriau sy'n wynebu'r sectorau hyn. Mewn llawer o ardaloedd mae hyn eisoes wedi ysgogi pobl i feddwl yn wahanol a chydweithio ymhellach wrth rannu'r gwaith o ddiwallu rhai o'r heriau a wynebant ar y cyd.

Mae Landlordiaid Cymdeithasol Cofrestredig (LCC) ac asiantaethau Gofal a Thrwsio'n cydweithio gydag iechyd a gofal cymdeithasol i ddarparu gwasanaethau sy'n cyfrannu'n helaeth at gynnal a gwella lles unigolion. Mae LCC ac asiantaethau Gofal a Thrwsio yn cyfrannu at ganlyniadau iechyd cadarnhaol ar gyfer cymunedau yng Nghymru drwy nifer o'u swyddogaethau. Mae LCC yn codi cartrefi newydd ac yn cynnal eu stoc bresennol o dai i fesurau uchel o ran effeithiolrwydd ynni a safonau cartrefi gydol oes. Mae hyn ynddo'i hun yn sicrhau fod cartrefi unigolion yn llai costus i'w gwresogi, eu cynnal a'u haddasu ar gyfer gofynion symudedd neu ofynion gofal iechyd eraill yn y dyfodol.

Mae llawer o LCC yn ymwneud â darparu gwasanaethau gofal a chymorth un ai yn eu rôl fel landlord mewn llety lle darperir gofal a chymorth mewn partneriaeth gyda sefydliadau eraill, neu fel darparydd uniongyrchol y gofal neu gefnogaeth hynny. Mae'r gwasanaethau a ddarperir yn amrywio'n helaeth a gallant gynnwys meysydd megis cymorth teulu, iechyd meddwl, digartrefedd, anabledd dysgu a gwasanaethau ar gyfer pobl hŷn.

Mae asiantaethau Gofal a Thrwsio yn darparu gwasanaethau ansawdd uchel, amserol ac effeithiol ar gyfer addasu cartrefi sy'n sicrhau y gall pobl hŷn gynnal eu hannibyniaeth yn eu cartrefi eu hunain. Dangoswyd manteision Gofal a Thrwsio drwy ddarparu'r Rhaglen Addasiadau Brys lle amcangyfrifwyd yr arbedir £7.50 i gyllidebau iechyd a gofal cymdeithasol am bob £1 a werir. Mae'r dull yma sy'n canoli ar y person o ddarparu gwasanaeth yn sicrhau y caiff y gwasanaeth ei arwain gan anghenion yr unigolyn.

Bu diffyg rhannu dealltwriaeth o sut mae tai da yn arwain at iechyd gwell, ac ni fu'r sector tai bob amser yn effeithlon wrth ddangos ei gyfraniad i iechyd cyhoeddus. Amlygodd adroddiad gan Kafka Brigade yn 2011, a gomisiynwyd gan Cartrefi Cymunedol Cymru a Care & Repair Cymru, rai o'r prif fuddion y mae'r gwasanaethau a nodir uchod yn eu rhoi i unigolion a sectorau eraill megis iechyd a gofal cymdeithasol, gan roi sylw i enghreifftiau o arfer gorau. Gwyddom fod angen gwneud mwy i gyflwyno tystiolaeth effaith tai, lle mae ar gael, a bod hynny mewn fformat hygyrch i'r rhai sy'n gweithio mewn iechyd a gofal cymdeithasol.

Mae'r adroddiad hefyd yn cyflwyno nifer o argymhellion ar gyfer mynd â'r gwaith hwn yn ei flaen. Ymysg yr argymhellion hyn, mae'r adroddiad yn awgrymu cyfleoedd pellach i weithwyr proffesiynol sy'n gweithio mewn iechyd a thai i ddod ynghyd a thrafod y cyfleoedd a'r heriau sy'n wynebu eu gwasanaethau eu hunain. Mae'r adroddiad yn nodi y gall cyflymder a maint y gwaith sy'n wynebu gwasanaethau o'r fath yn aml olygu y collir cyfleoedd i gydweithio, a'i bod felly'n bwysig dynodi'r cyfleoedd hyn ar gam cynnar.



O Safbwynt Polisi

Cafodd nifer o bolisïau, strategaethau a deddfwriaeth allweddol eu cyhoeddi'n ddiweddar ac mae eraill yn cael eu datblygu. Bydd y rhain yn llunio'r ffordd y mae sefydliadau'n cydweithio ar faterion iechyd yn y dyfodol. Gosododd y Fframwaith ar gyfer Gweithredu a gyhoeddwyd gan y Comisiynydd Pobl Hŷn a Strategaeth Pobl Hŷn (Cymru) Cam III weledigaeth gref o rymuso pobl hŷn i fyw'n dda wrth iddynt fyw'n hirach. Gan gydnabod yr heriau posibl sy'n deillio yn sgîl cael poblogaeth heneiddiol, bydd y strategaethau hyn yn gosod y seilwaith i sicrhau y gellir parhau i gyflawni ansawdd bywyd da i bobl hŷn.

Mae'r Bil Gwasanaethau Cymdeithasol a Llesiant (Cymru) yn un o'r darnau mwyaf sylweddol o ddeddfwriaeth i'w basio gan Gynulliad Cenedlaethol Cymru. Mae'n gam cadarnhaol fydd yn arwain at ad-drefnu helaeth o sut y mae Gwasanaethau Cymdeithasol yn gweithio yng Nghymru. Bydd yn bwysig wrth symud ymlaen fod dyletswyddau cydweithredu rhwng Byrddau Iechyd, Gwasanaethau Cymdeithasol a phartneriaid allweddol eraill, megis darparwyr tai cymdeithasol ac asiantaethau Gofal a thrwsio, yn cael eu hystyried a'u deall yn dda.

Mae'r strategaeth Law yn Llaw at Iechyd Meddwl yn rhoi manylion gweledigaeth 10 mlynedd i wella bywydau'r rhai sy'n byw gyda phroblemau iechyd meddwl ac yn anelu i gynllunio cyflenwi gwasanaethau gofal integredig, gwella'r mynediad i wybodaeth, cynyddu grymuso defnyddwyr gwasanaeth a mynd i'r afael ag agweddau niweidiol. Bydd llwyddiant y strategaeth hon a gwireddu'r canlyniadau lefel uchel yn parhau i olygu cydweithio agos rhwng darparwyr iechyd, gofal cymdeithasol, tai a'r trydydd sector.

Mae diwygio lles yn her sylweddol i ddarparwyr tai cymdeithasol ar draws Cymru a gweddill y Deyrnas Unedig. Mae'r effaith ar les unigolion yn anhysbys i raddau helaeth. Gallai'r rhai y caiff eu cyllid ei ostwng weld effaith ar eu hiechyd a lles. Gallai hefyd arwain at lefelau uwch o ddigartrefedd, cynnydd yn y rhai sydd â chyflwr iechyd meddwl a pheryglu gallu rhai i fyw'n annibynnol, a gallai'r cyfan hyn gael effeithiau canlyniadol ar wasanaethau gofal a chymorth.

Gellir mynd â'r safbwynt yn fwy eang na hyn, sydd ynddo'i hyn yn adlewyrchu natur eang, drawsbynciol llawer o'r heriau sy'n wynebu gwasanaethau cyhoeddus ac adrannau llywodraeth. Bydd y ffordd y mae sefydliadau'n cydweithio i sicrhau'r canlyniadau dymunol i'r unigolyn yn parhau'n bwysig, ynghyd â gweithio i ddileu rhai o effeithiau negyddol polisïau sy'n rhoi pwysau ar adnoddau sefydliadau ar adeg pan fo cymaint o angen eu gwasanaethau gan fwy a mwy o bobl.

Ein ein bod yn gweithio mewn gwahanol osodiadau, mae her darparu mwy gyda llai yn parhau'n thema gyffredin ar gyfer y sector tai a'r sector iechyd fel ei gilydd. Bydd cydweithio yn allweddol.

Ein Gweledigaeth ar gyfer yr Wythnos Iechyd a Thai

Mae hwn yn amser addas i fwrw golwg yn ôl ar y gwaith a wnaeth aelodau wrth weithio gyda gwasanaethau iechyd a gofal cymdeithasol, gan arwain at ganlyniadau ansawdd uchel i amrediad o bobl mewn cymunedau ledled Cymru. Rydym yn cydnabod, croesawu ac yn cefnogi'r cynnydd parhaus a wneir wrth gymryd rhan ragweithiol mewn prosiectau a chynlluniau ar y cyd. Bydd yr Wythnos Iechyd a Thai yn cynnwys cyfleoedd i:

- Roi sylw i'r arfer gorau sy'n digwydd ar draws Cymru ar hyn o bryd.
- Trafod yr heriau sy'n wynebu'r ddau sector.
- Ysgogi trafodaethau adeiladol ar sut y gellir parhau i drin yr heriau hyn.
- Gosod cyfeirio a llunio'r gwaith o amgylch iechyd a thai yn lleol.

Beth sy'n digwydd yn ystod yr Wythnos Iechyd a Thai?

Bydd yr Wythnos Iechyd a Thai yn rhedeg rhwng 15-19 Gorffennaf. Bydd nifer o ddigwyddiadau ledled Cymru yn ogystal â sylw i enghreifftiau o arfer gorau, cydweithio a chyfathrebu negeseuon allweddol.

Cynhadledd Iechyd a Thai – 18 Gorffennaf, Stadiwm Dinas Caerdydd

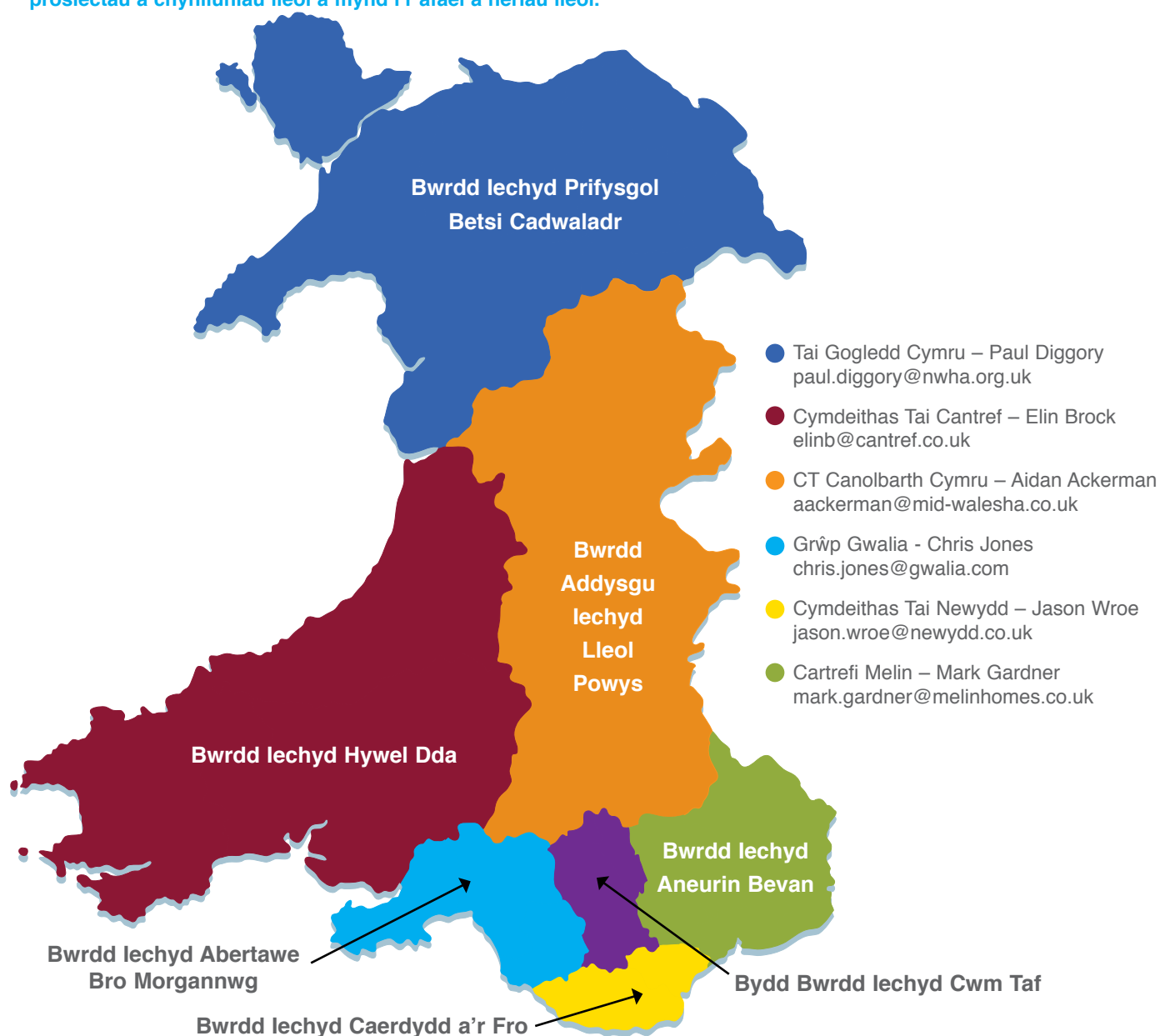
Mewn cysylltiad â Care & Repair Cymru a Cymorth Cymru, bydd Cartrefi Cymunedol Cymru yn cynnal Cynhadledd Iechyd a Thai ddydd Iau 18 Gorffennaf. Bydd y Gweinidog Mark Drakeford ymysg y prif siaradwyr fydd hefyd yn cynnwys Comisiynydd Pobl Hŷn, Prif Weithredydd Confederasiwn GIG Cymru, Pennaeth Tai Llywodraeth Cymru a llawer mwy.

Bydd y digwyddiad yn dod â swyddogion o'r meysydd iechyd, tai a gofal cymdeithasol ynghyd i ymchwilio arfer gorau, dynodi rhwystrau a thrafod cyfleoedd ar gyfer cynyddu cydweithio. Mae rhaglen lawn y gynhadledd ar gael [fan hyn](#).



Y darlun o wahanol rannau o Gymru

Bydd aelodau CHC o fewn pob rhanbarth Bwrdd Iechyd Lleol, mewn partneriaeth gydag asiantaethau lleol Gofal a Thrwsio, yn cynnal digwyddiadau ar hyd yr wythnos ac yn gwahodd cysylltiadau allweddol o lechyd a Gofal Cymdeithasol. Bydd y digwyddiadau'n dathlu arfer gorau lleol ac yn llwyfan ar gyfer trafod y ffordd orau i ddatblygu prosiectau a chynlluniau lleol a mynd i'r afael â heriau lleol.



Caiff y sefydliadau sydd yng ngofal cyfarfodydd lleol eu hamlinellu uchod ac mae ganddynt y dasg o gydlynu cyfarfod i gytuno ar y fformat yn lleol, gyda phob sefydliad yn cael cyfle i roi mewnbwn i'r agenda.



Bydd Bwrdd Iechyd Cwm Taf yn paratoi papur gwybodaeth ar gydweithio lleol rhwng iechyd a thai yn yr ardal. Os dymunwch gyflwyno cynnwys ar gyfer hyn, cysylltwch â matthew-kennedy@chcymru.org.uk os gwelwch yn dda.

Negeseuon allweddol ar gyfer yr Wythnos Iechyd a Thai

Yn dibynnu ar heriau a chydweithio lleol, bydd gan bob ardal bwrdd iechyd lleol negeseuon gwahanol i'w cyfathrebu.

Dyma'r negeseuon y byddwn yn eu cyfathrebu ar lefel genedlaethol:



- Mae tai ansawdd da yn hollbwysig ar gyfer byw iach.
- Drwy gydweithio (iechyd a thai), gallwn wella iechyd a lles nifer enfawr o bobl yng Nghymru yn ogystal â sicrhau gwerth am arian o gynlluniau ar y cyd.
- Mae LCC ac asiantaethau Gofal a Thrwsio eisoes yn gwneud cyfraniad gwerthfawr wrth ostwng y pwysau ar GIG a'r gwasanaethau cymdeithasol ac maent yn awyddus i wneud mwy.
- Mae'n amser am fwy o gydweithio, a rhaid i wasanaethau tai gael eu rhwydweithio'n well o fewn byrddau iechyd lleol.
- Caiff iechyd a chartrefi eu cydnabod fel dau gonglfaen pwysig ym mywydau pobl.
- Mae gan gymdeithasau tai rôl i'w chwarae wrth gyflwyno gofal a chymorth dim-er-elw.
- Dylem ddathlu ein bod yn byw'n hirach a chofleidio heriau poblogaeth sy'n heneiddio.
- Mae llawer o brosiectau cydweithio eisoes yn bodoli ac yn gweithio'n dda ar draws Cymru, ac mae angen i ni rannu gwybodaeth.
- Mae angen i arloesedd fod wedi'i seilio ar wybodaeth dda er mwyn gostwng risg a chynyddu'r cyfle o lwyddiant. Mae'n hollbwysig sicrhau cefnogaeth ac ymrwymiad rhanddeiliaid allweddol wrth symud ymlaen gyda phrosiectau a chynlluniau newydd.
- Gwell rhwystro'r clwy na'i wella. Bydd rôl gwasanaethau ataliol yn cynyddu ac yn parhau i fod yn ganolog i ostwng yr angen i bobl fynd i'r ysbytai a chefnogi pobl wrth gael eu rhyddhau'n amserol o ysbytai.

Ystadegau Allweddol ar y cysylltiadau rhwng iechyd a thai

Mae 1 mewn 4 o bobl yng Nghymru dros 60 oed

Mae Gofal a Thrwsio yn ymweld â 10,000 o bobl bob blwyddyn yn eu cartrefi eu hunain, gan olygu y caiff cymorth ei deilwra'n bwrpasol ar eu cyfer

Poblogaeth yn heneiddio: cynnydd o 11% yn nifer y bobl 66 i 75 oed dros y 13 mlynedd nesaf yng Nghaerdydd, 32% mwy o bobl 65 i 74 oed dros ugain mlynedd yng Nghonwy; a chynnydd o 40% yn nifer y bobl rhwng oedran ymddeol ac 84 oed erbyn 2033 yng Ngwynedd

Bydd nifer y bobl gyda Dementia yn cynyddu gan 31% erbyn 2025

Adroddodd 23% o denantiaid yn byw mewn cartrefi heb eu gwella 4+ ymweliad gan feddygon teulu mewn chwarter, o gymharu gyda 14% o denantiaid yn byw mewn cartrefi wedi'u gwella.

Yn 2011, adroddwyd fod 21% o denantiaid oedd yn byw mewn cartrefi heb eu gwella yn cael eu trin am iselder, o gymharu gyda 7% o denantiaid yn byw mewn tai wedi'u gwella.

Dywedodd 14% o gleientiaid Gofal a Thrwsio na fyddent wedi aros yn eu cartrefi eu hunain heb gael cymorth ganddynt.

Yn 2009, bu 44,000 o bobl mewn adrannau argyfwng ar ôl syrthio, cafodd dros 20,000 o bobl eu derbyn i ysbyty a bu farw 259 o bobl hŷn yn dilyn codwm.

Am bob £1 a werir yn addasu cartref person hŷn, caiff £7.50 ei arbed i gyllidebau'r GIG a gwasanaethau cymdeithasol.

Darparwyd dros 64% o wasanaethau Gofal a Thrwsio i gleientiaid dros 75 oed, ac roedd 26% o'r cleientiaid a helpwyd dros 85 oed.

Mae'r gwariant blyneddol ar y rhaglen Addasiadau Brys yn £2.1m. Cwblhawyd 15,529 addasiad, gyda 10,560 ohonynt wedi atal pobl rhag gorfod mynd i ysbyty a 4,970 wedi galluogi pobl i gael eu rhyddhau o ysbyty.

Mae Byrddau Iechyd yng Nghymru ar hyn o bryd yn talu am leoliadau drud iawn (rhai hyd at £250,000 y flwyddyn) mewn mannau eraill yn y Deyrnas Unedig oherwydd nad oes llety addas ar gael yn lleol.

Mae Cefnogi Pobl yn arbed arian drwy ohirio neu atal ymyriadau mwy costus ymhellach ymlaen, gan 'arbed' rhwng £1.68 a £2 am bob £1 a werir.

Ffynonellau: Adroddiad Kafka Brigade (2011), Care & Repair Cymru, Y Rhaglen Cefnogi Pobl yng Nghymru, adroddiad (2010), Iechyd Cyhoeddus Cymru, Cynllun Gweithredu Cymru ar Dementia.

Sut y gallwch gymryd rhan

Digwyddiadau lleol - y darlun o Gymru benbaladr

Gwnewch ddigwyddiadau lleol yn llwyddiant ysgubol drwy gymryd rhan, gan weithio gyda'r sefydliad sy'n trefnu er mwyn gosod yr agenda a chael cefnogaeth yn lleol.

Caiff ffurf y digwyddiad ei gytuno'n lleol. Gallai fod yn drafodaeth bwrdd crwn, cyfarfod brecwast neu seminar hanner diwrnod yn cynnwys ymweliad cynllun. Gweithiwrch mewn partneriaeth gyda'r sefydliad sydd mewn gofal i drefnu eich digwyddiad lleol ... yna dywedwch wrthym amdano!

Rhowch wybod i ni beth sy'n digwydd, pwy sy'n mynychu a beth sydd ar yr agenda lleol a byddwn yn eich helpu i'w hyrwyddo drwy ein sianeli cyfathrebu.

Sicrhewch fod rhywun wedi'i benodi yn eich digwyddiad i gasglu trafodaethau allweddol a rhoi gwybodaeth i CHC am y llwyddiannau, heriau, rhwystrau a phwyntiau gweithredu lleol.

Ymweliad Cynllun/Prosiect/Cleient

Oes gennych chi gynllun gofal ychwanegol, canolfan dementia neu brosiect gyda hyfforddwy'r lles yr ydych yn neilltuo o falch ohono? Neu ydych chi wedi defnyddio grant Rhaglen Addasiadau Brys i gyflymu rhyddhau cleient o ysbyty? Beth am wahodd eich Aelod Cynulliad/Aelod Seneddol lleol draw i gwrdd â buddiolwyr drostynt eu hunain? Mae hyn yn gyfle da i'w helpu i wneud y cysylltiadau rhwng ieuchyd a thai a gweld y gwahaniaeth a wnaiff i fywydau eu hetholwyr. Medrech drydar pwyntiau allweddol a lluniau o'r ymweliad, gan blethu eich negeseuon allweddol.

Ysgrifennu at/anfon negeseuon trydar at eich AC/AS lleol

Ysgrifennwch at eich AC/AS/cynghorydd lleol yn sôn am enghreifftiau o arfer da yn ymwneud â chydweithio, dangos sut mae ieuchyd a thai yn cydweithio a'r gwahaniaeth a wnaiff i bobl lleol.



Ennyn diddordeb y wasg leol

Anfonwch ddatganiad i'r wasg at eich papur newydd lleol yn dangos enghreifftiau o arfer gorau. Bydd astudiaethau achos yn allweddol i gael sylw lleol, felly dynodwch y rhain ymlaen llaw a'u cynnwys yn eich datganiadau.



Cyfyngau Cymdeithasol



Mae llawer o fyrdau ieuchyd lleol, Confederasiwn y GIG, sefydliadau tai, darparwyr cymorth, arianwyr a Llywodraeth Cymru i gyd yn defnyddio cyfyngau cymdeithasol. Targedwch eich negeseuon allweddol, defnyddio Audioboo i recordio pyntiau llais byr o'ch digwyddiadau, defnyddio eich iPhone i lanlwytho cyfweiliad/fideo byr ar YouTube, defnyddio hashtag #hhw13 i ymuno â'r sgwrs neu Twitter neu roi llun o gynllun ar Pinterest - mae'r posibiliadau'n ddiddiwedd!

Dilynwch @chcymru @CymorthCymru a @crcymru ar Twitter i gael y diweddaraf yn ystod yr wythnos a'n hysbysu am eich gweithgaredd.

Arfer Da

Mae grŵp CHC yn bartner yn Arfer Da Cymru, porth mynediad ar-lein i arfer da a gwybodaeth Gwasanaethau Cyhoeddus Cymru. Byddwn yn hyrwyddo arfer gorau o'r saith ardal bwrdd ieuchyd lleol ar y wefan yma. Gallwch gael mynediad iddi drwy fynd i www.arferdacymru.com neu drwy ddilyn @GPWales on Twitter.

Edrychwn ymlaen at glywed beth sydd gennych ar y gweill ar gyfer Wythnos Iechyd a Thai 2013!

