

Llyfr Lluniau Cyfathrebu: Cymuned

Ailadeiladu bywydau ar ôl strôc

Cymdeithas

Strôc | Stroke
Association





Mae'r llyfr hwn wedi ei gwneud gyda phobl ag affasia.

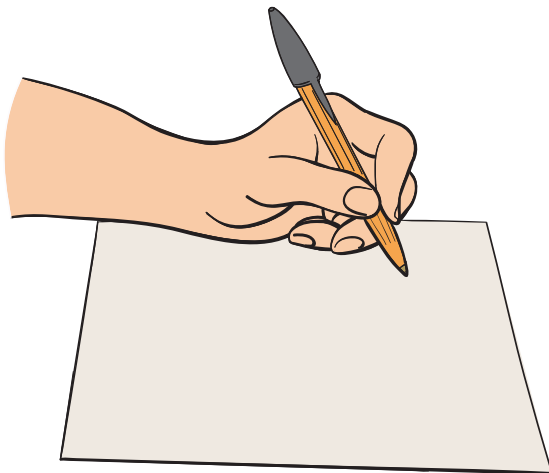
Maen nhw wedi ein helpu i ddewis y geiriau a dylunio'r lluniau.

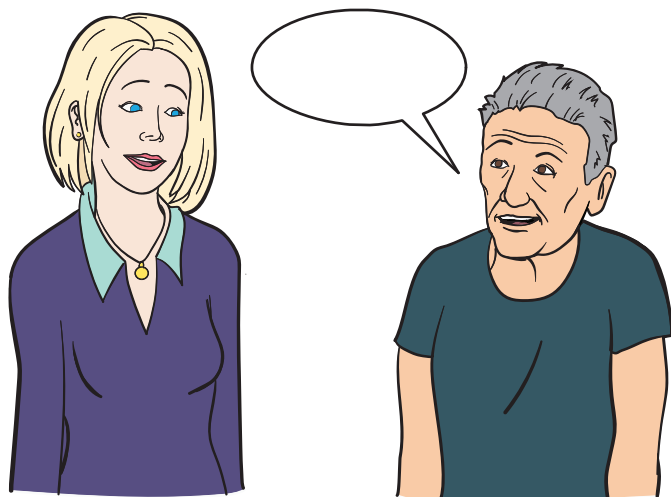
Gallwch ddefnyddio'r llyfr i gefnogi eich cyfathrebu.

Bydd sut rydych chi'n defnyddio'r llyfr yn unigryw i chi.

Efallai y byddwch am:

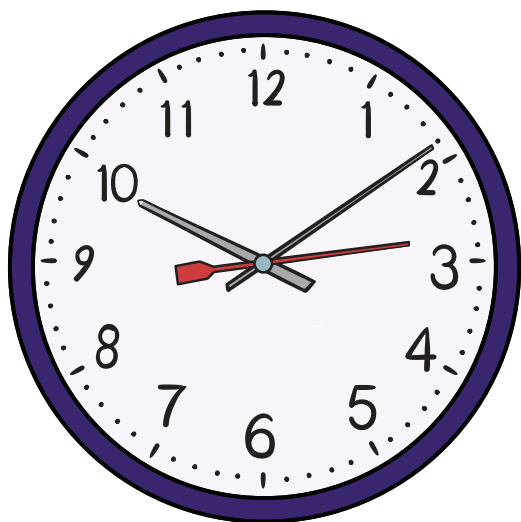
- Dangos i bobl sut rydych yn hoffi ei ddefnyddio.
- Ysgrifennu neu dynnu lluniau ar y tudalennau
- Ychwanegu nodiadau ychwanegol neu luniau.





Mae **pobl ag affasia** wedi rhannu eu **hawgrymiadau** am ddefnyddio'r llyfr:

- Cyfathrebu ag **un person** ar y tro.
- **Rhowch amser** i chi'ch hun i gyfleu'ch neges.
- **Gwiriwch** eich bod yn **deall** eich gilydd.
- Cael eich sgysiau mewn **ystafell dawel**.



Amdanaf i

Fy enw i yw _____

Rwy'n hoffi cael fy ngalw _____



Dyddiad strôc: _____



Fy nghysylltiadau allweddol:

Gwneud dewisiadau



Ie



Na



Ddim yn siŵr



Gofynnwch fy marn



Rhowch mwy o
wybodaeth i mi



Dwi ddim yn deall

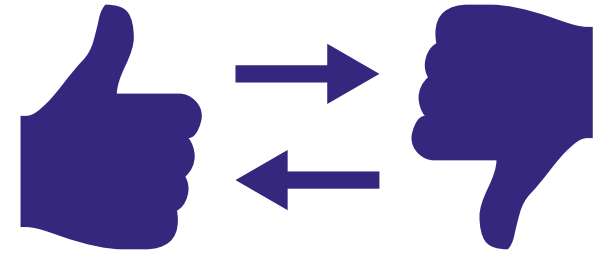
Mae gen i anawsterau cyfathrebu



Cael trafferth dod o hyd i'r gair iawn



Defnyddio'r gair anghywir



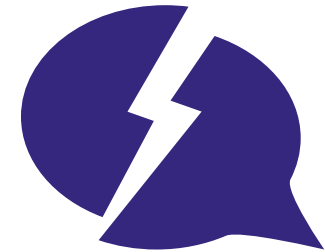
Cymysgu 'ie' a 'na'



Ddim yn deall beth mae pobl yn ei ddweud



Yn aneglur fy ngeiriau



Gwybod beth rydw i eisiau ei ddweud ond ni allaf ei gael allan

Mae gen i anawsterau gyda



Rhifau



Darllen



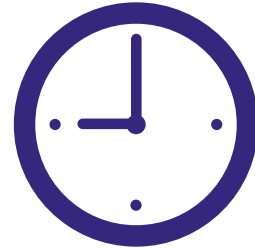
Ysgrifennu

Nodiadau:

Sut gallwch chi helpu fy nghyfathrebu



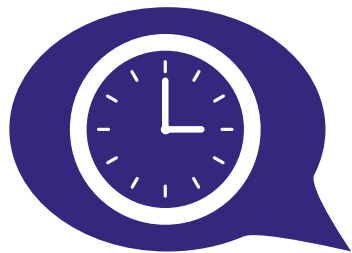
Trin fi fel oedolyn deallus



Rhowch amser i mi ymateb



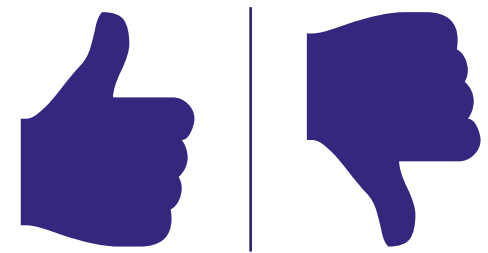
Ysgrifennwch eiriau allweddol i mi



Siaradwch yn araf ac yn glir

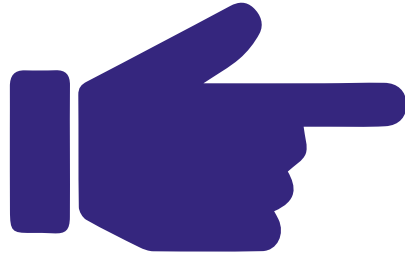


Aralleirio os nad wyf yn deall

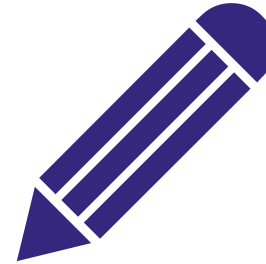


Defnyddiwch fawd i fyny a bawd i lawr i wirio fy atebion

Sut gallwch chi helpu fy nghyfathrebu



Defnyddiwch ystum



Tynnwch lun i mi

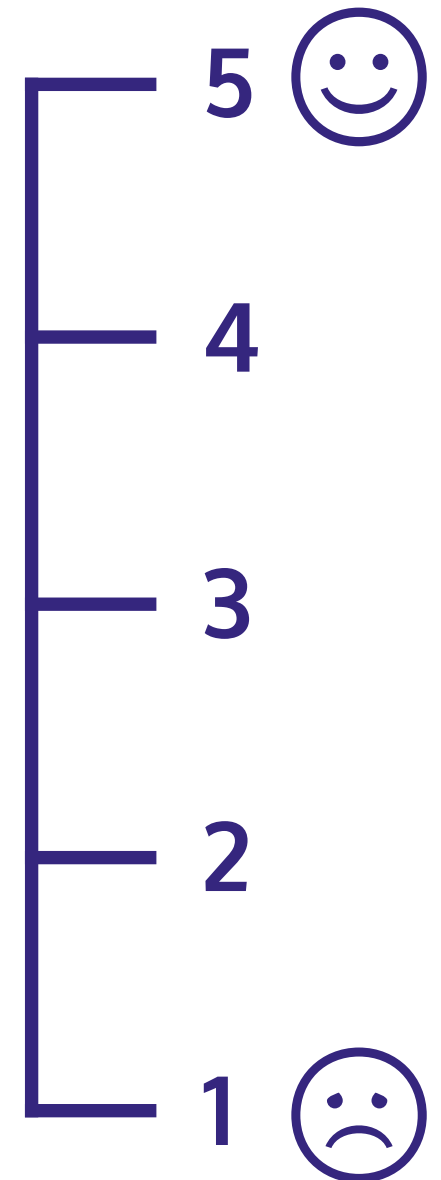
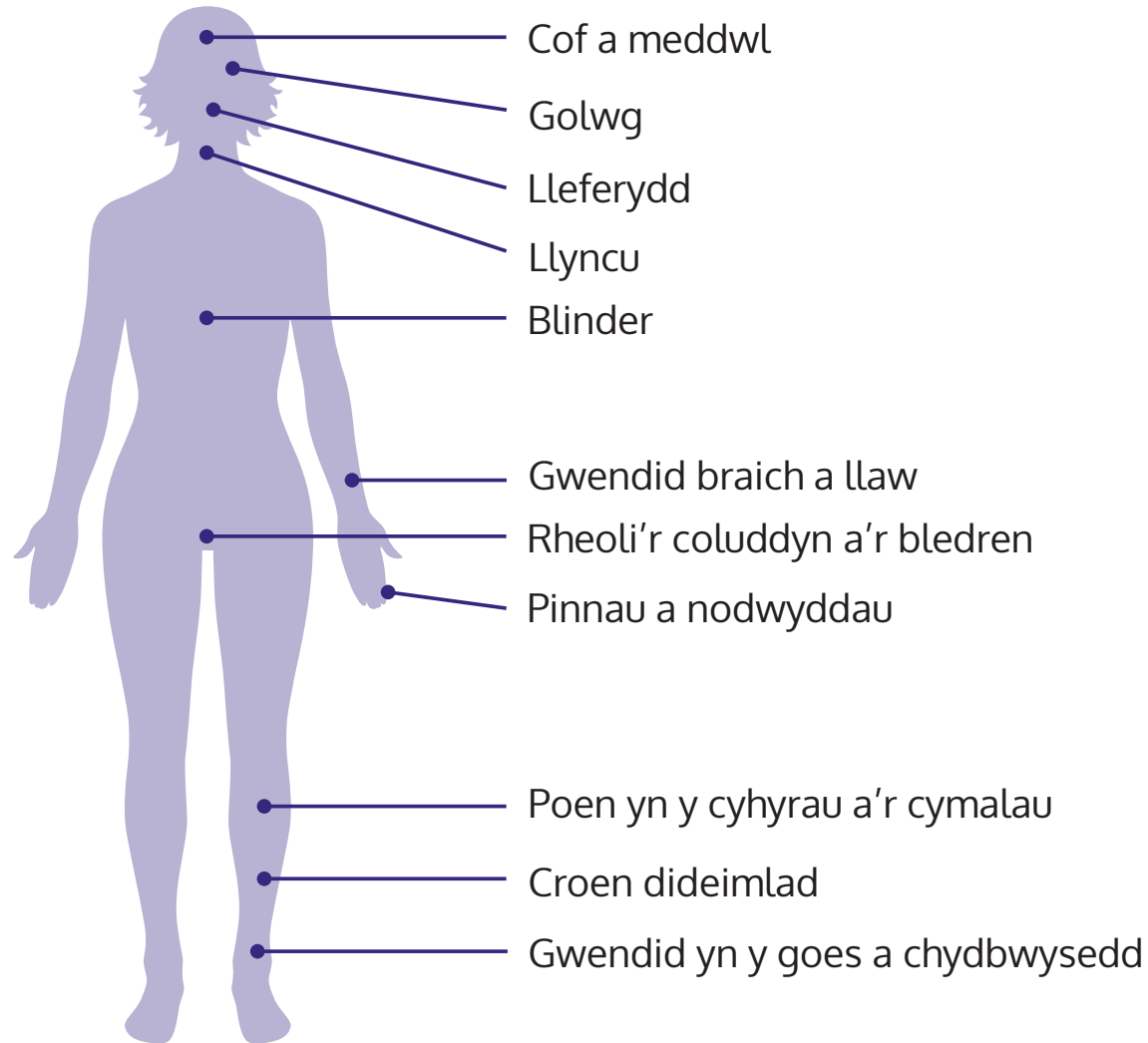


Lleihau sŵn
cefndir

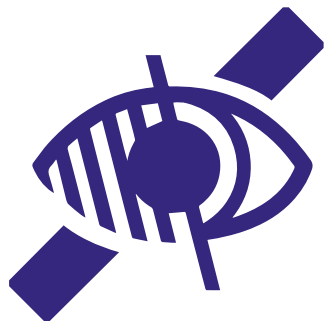


Peidiwch â gweiddi
na siarad drosta i

Fy nghorff



Mae gen i



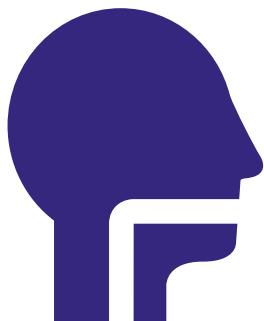
Anawsterau gweledol



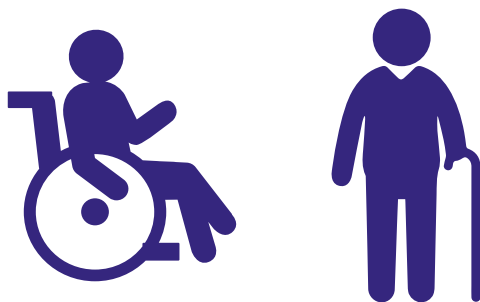
Problemau clyw



Blinder



Dysffagia (anawsterau llyncu)



Anawsterau symudedd

Nodiadau:

Fy iechyd



lawn



Poen



Penysgafn



Yn sâl

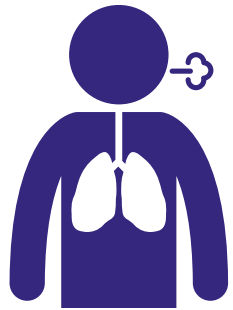


Wedi blino

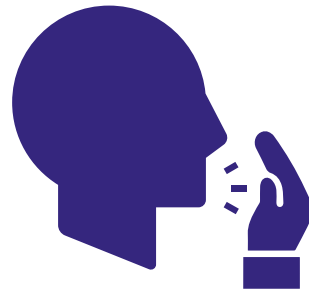


Help

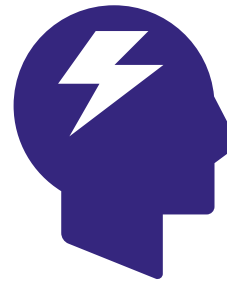
Fy iechyd



Anhawster
anadlu



Peswch



Cur pen

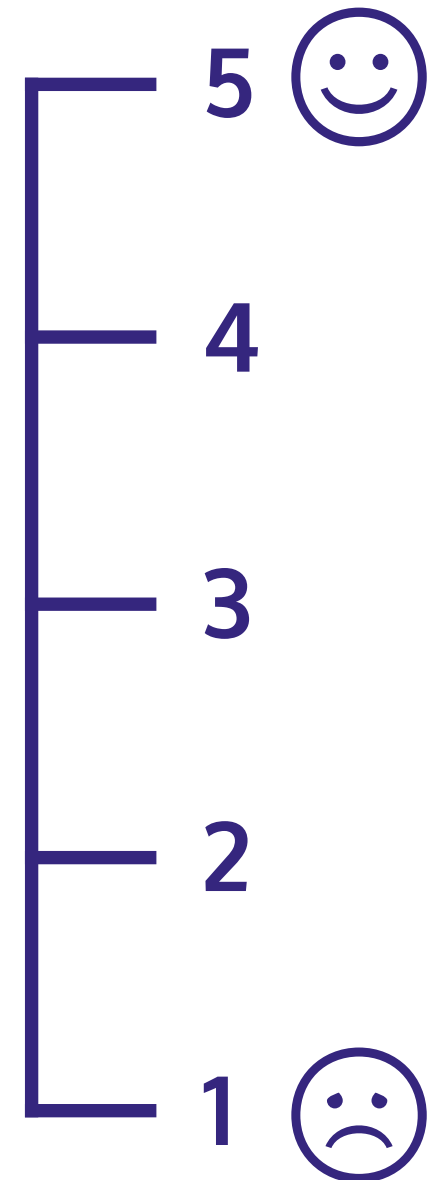


Golwg aneglur



Cramp

Nodiadau:



Rydw i'n teimlo



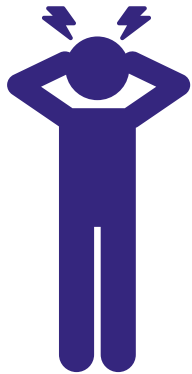
Hapus



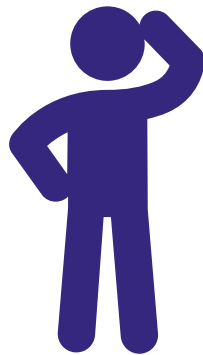
Trist



Poeni



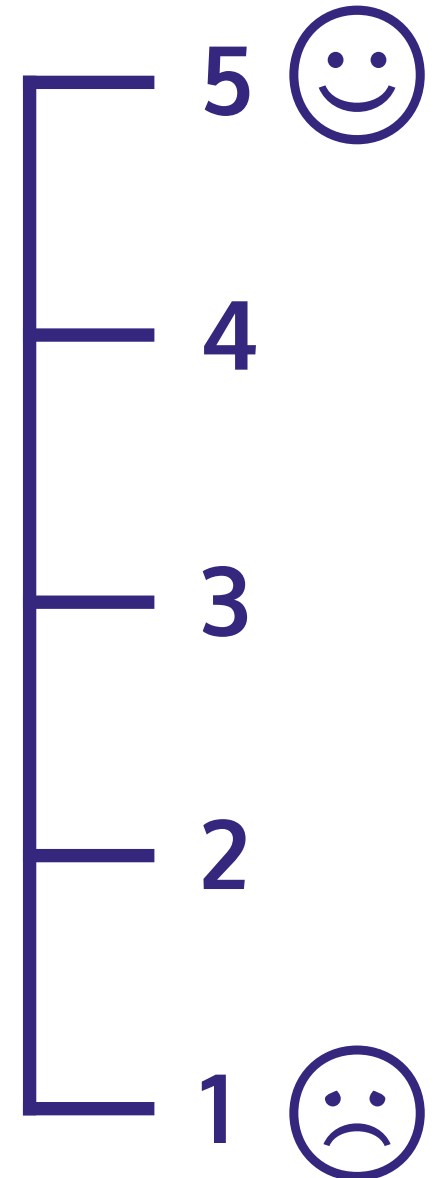
Rhwystredig



Wedi drysu



Ofnus



Rydw i'n teimlo



Wedi cyffroi



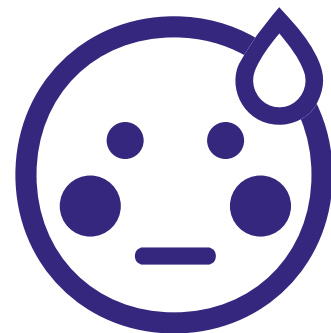
Yn flin



Balch



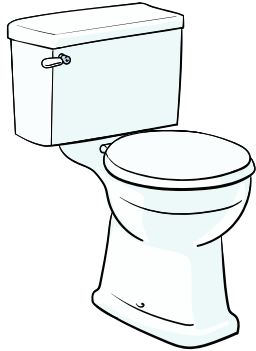
Siomedig



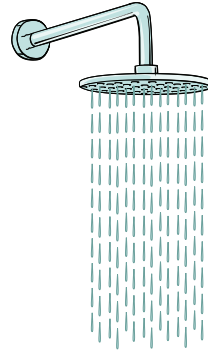
Cywilydd

Nodiadau:

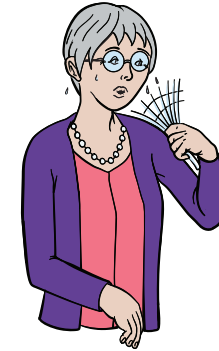
Fy ystafell



Toiled



Cawod



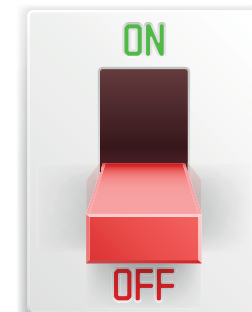
Rwy'n teimlo'n boeth



Rwy'n teimlo'n oer

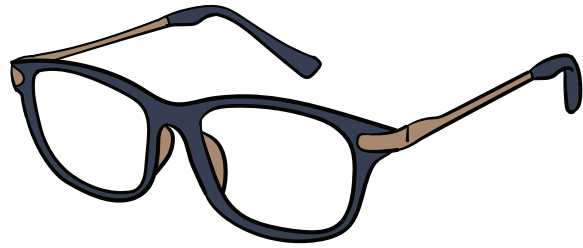


Ar

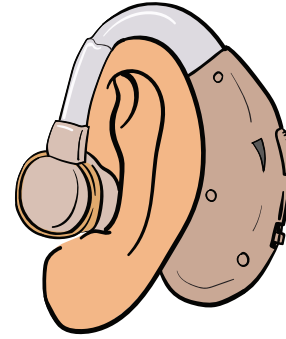


I ffwrdd

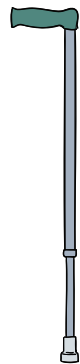
Dwi angen fy



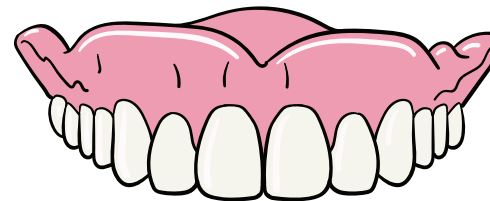
Sbectol



Cymhorthion clyw

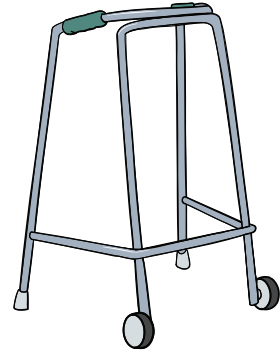


Ffon gerdded

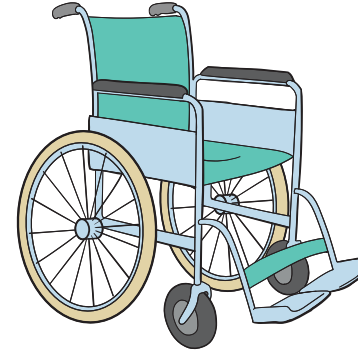


Dannedd gosod

Dwi angen fy



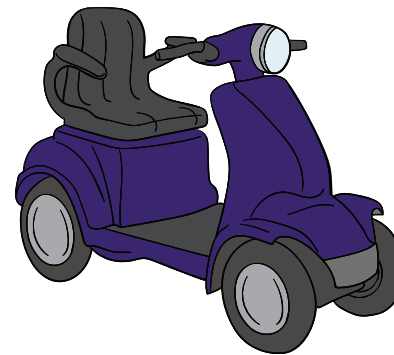
Ffrâm cerdded



Cadair olwyn

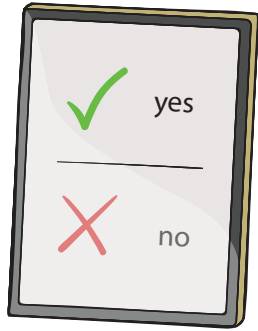


Cansen wen

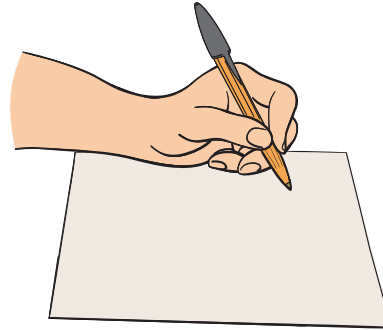


Sgwter symudedd

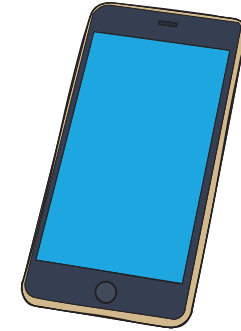
Dwi angen fy



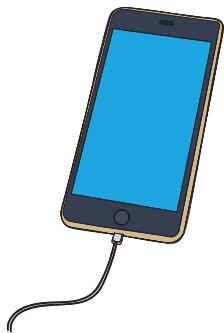
Cymorth cyfathrebu



Pen a phapur



Ffôn



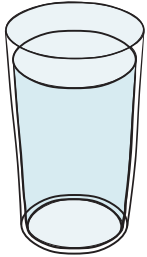
Gwefrydd ffôn



Meddyginiaeth

Nodiadau:

Diodydd



Dŵr



Sudd



Llefrith



Te



Coffi



Siwgr

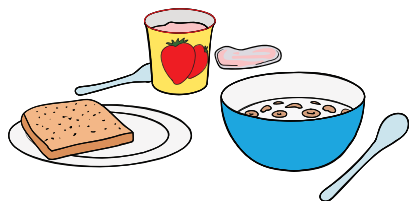


Dydw i ddim eisiau diod

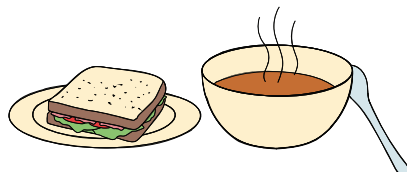
Fy hoff fwyd a diod

Nodiadau:

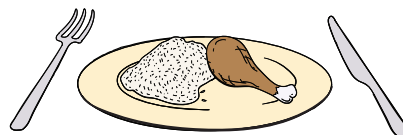
Bwyd



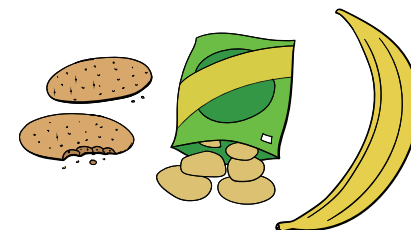
Brecwast



Cinio



Te



Byrbryd

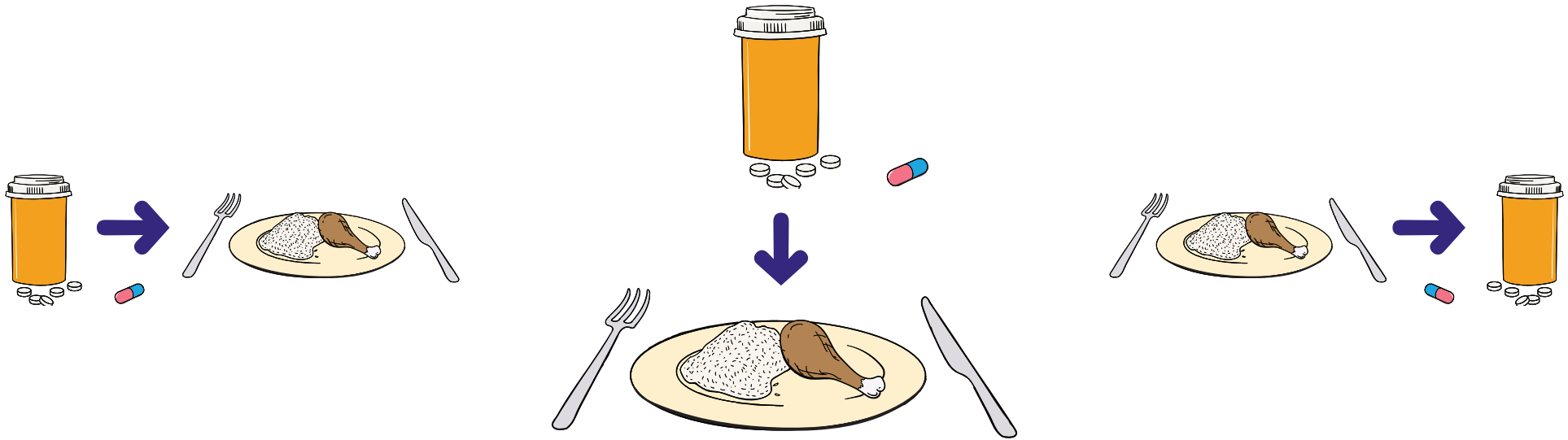


Dydw i ddim eisiau bwyta

Mae gen i anghenion dietegol:

Ni allaf fwyta:

Bwyd a meddyginiaeth



Rwy'n cymryd
meddyginiaeth **cyn** fy
mhryd o fwyd

Rwy'n cymryd
meddyginiaeth **gyda** fy
mhryd o fwyd

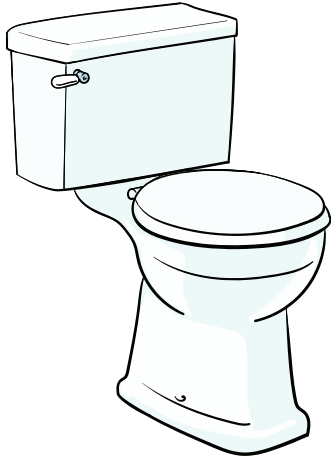
Rwy'n cymryd
meddyginiaeth **ar ôl** fy
mhryd o fwyd



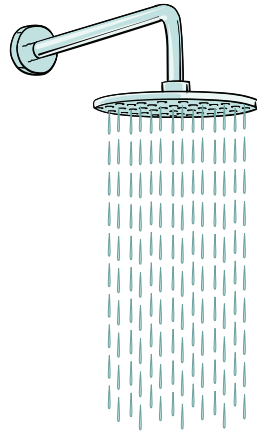
Fy Nghylch Cymdeithasol

Nodiadau:

Ystafell ymolchi



Toiled



Cawod/Baddon



Golchi gwallt



Siafio

Nodiadau:

Cael eich hun yn barod



Brwsio dannedd



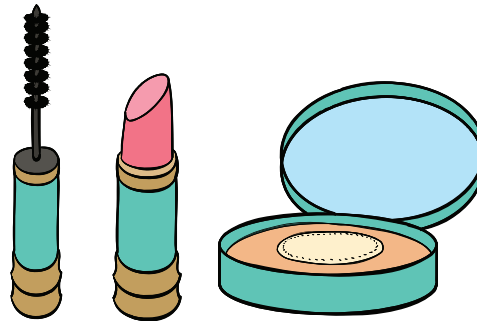
Golchi wyneb



Brwsio gwallt



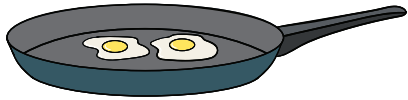
Gwisgo amdanoch



Rhoi color ymlaen

Nodiadau:

Gweithgareddau



Coginio



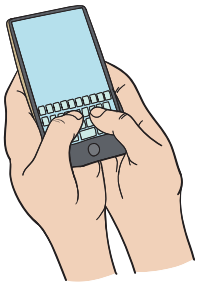
Apiau



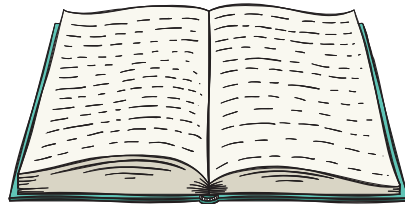
Gweld fy
ngrŵp strôc



Gwyllo'r teledu



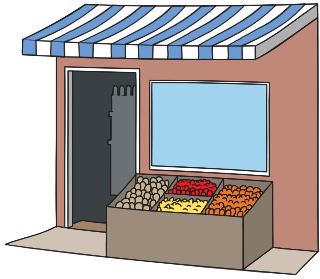
Defnyddio fy ffôn



Darllen

Nodiadau:

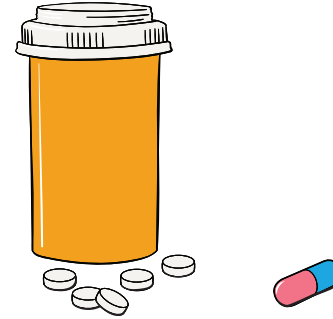
Lleoedd i ymweld â nhw



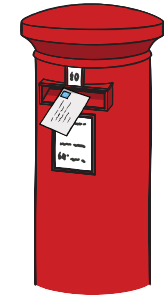
Siop fwyd



Caffi



Fferyllfa



Swyddfa Bost



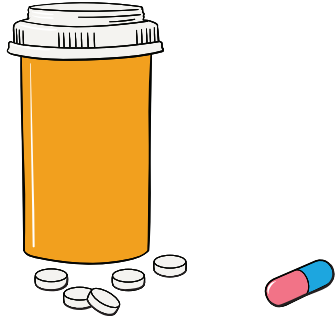
Fy Meddyg Teulu



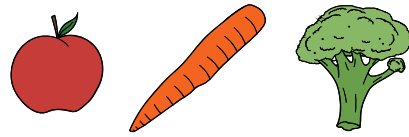
Ysbyty

Nodiadau:

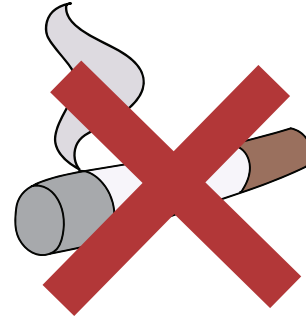
Aros yn iach



Meddyginiaeth



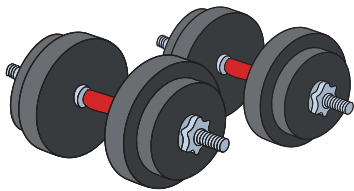
Bwyd iachus



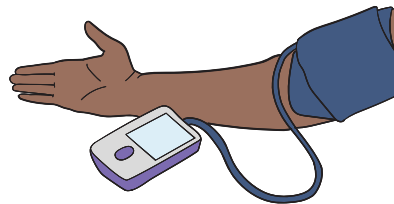
Rhoi'r gorau
i ysmegu



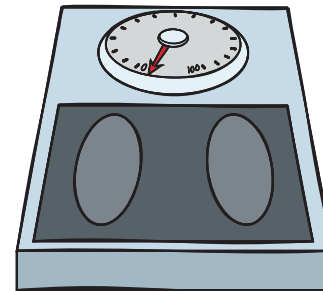
Alcohol
cyfyngedig



Ymarfer corff

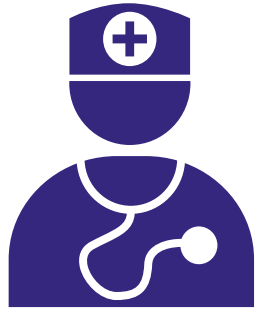


Pwysedd gwaed



Pwysau iach

Gweithwyr iechyd proffesiynol



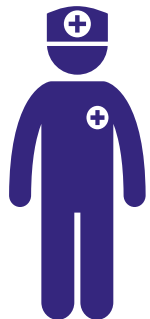
Meddyg



Therapydd lleferydd ac
iaith



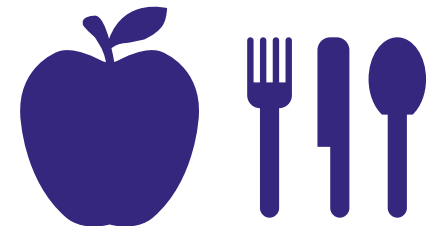
Therapydd galwedigaethol



Nyrs



Ffisiotherapydd



Dietegydd

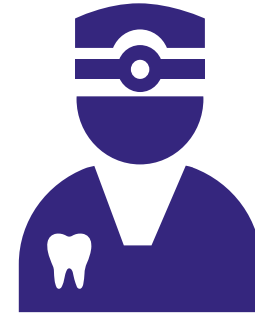
Gweithwyr iechyd proffesiynol



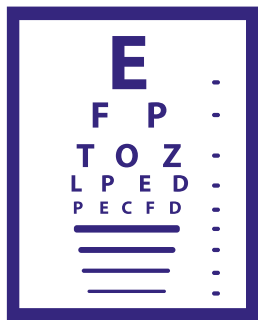
Gweithiwr cymdeithasol



Seicolegydd



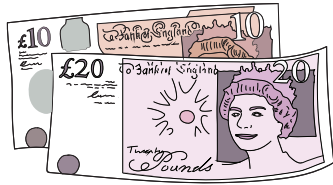
Deintydd



Optegydd

Nodiadau:

Arian



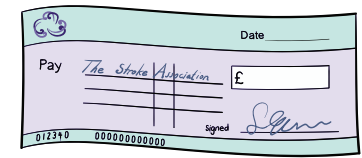
Arian parod



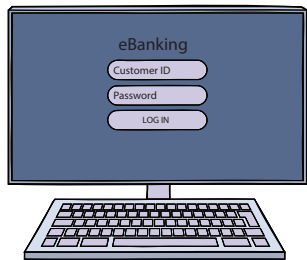
Ceiniogau



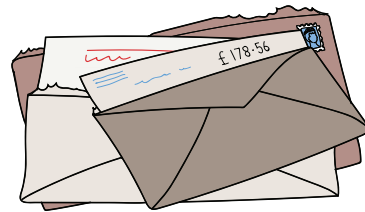
Cerdyn



Siec



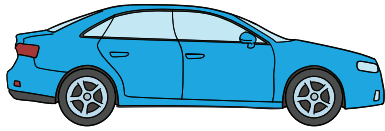
Bancio dros y
rhyngwrwd



Biliau

Nodiadau:

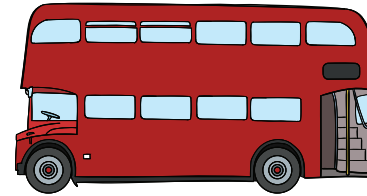
Cludiant



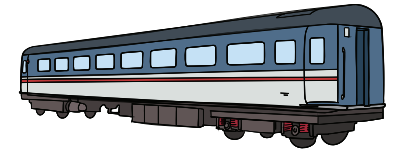
Car



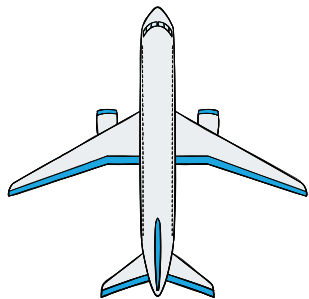
Tacsi



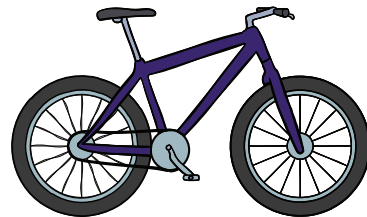
Bws



Trên



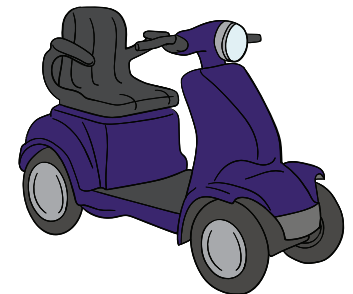
Awyren



Beic

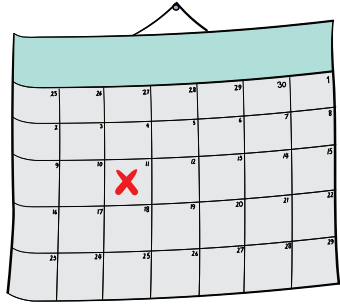


Cerdded

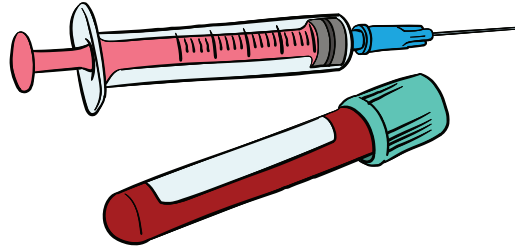


Sgwter symudedd

Gwiriad iechyd



Apwyntiad iechyd



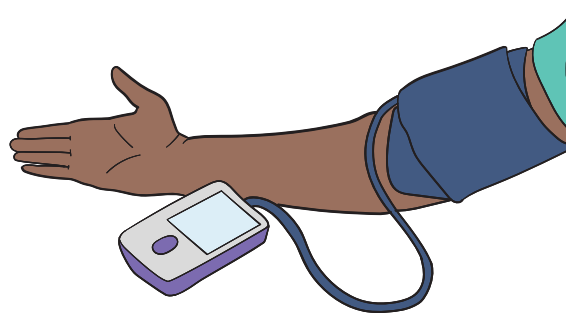
Prawf gwaed



Adsefydlu/therapi

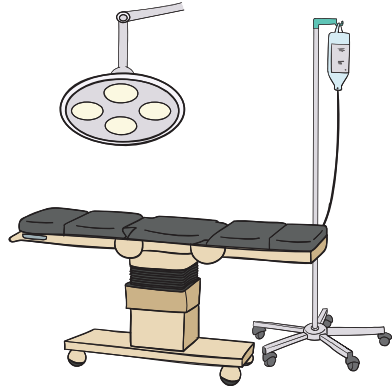


Meddyginiaeth

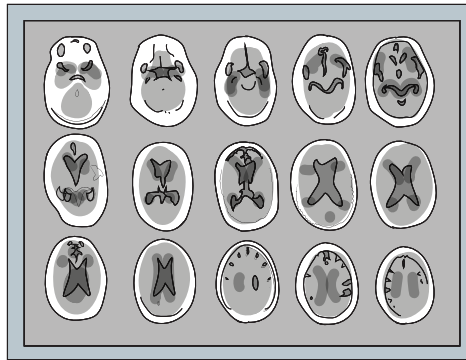


Pwysedd gwaed

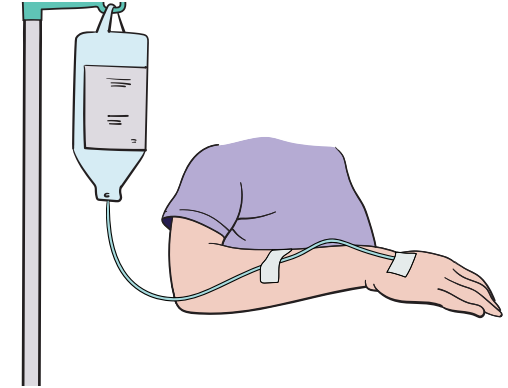
Ysbyty



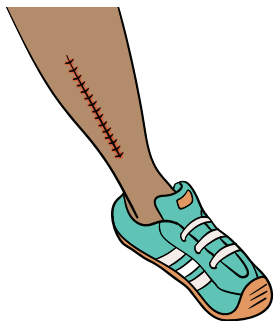
Llaw driniaeth



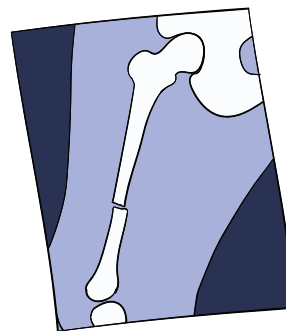
Sganiau



Drip



Pwythau



Pelydrau-x

Nodiadau:

Dyddiau'r Wythnos

Dydd Llun

Dydd Mawrth

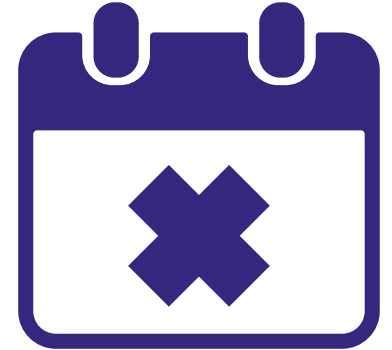
Dydd Mercher

Dydd Iau

Dydd Gwener

Dydd Sadwrn

Dydd Sul



Calendr

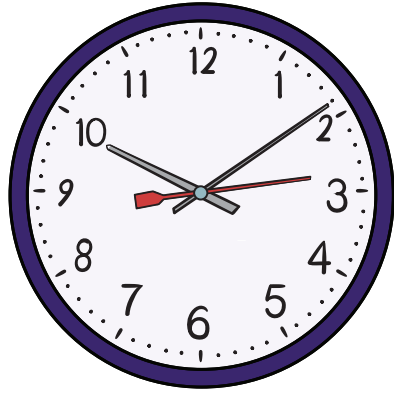
Ionawr
Chwefror
Mawrth
Ebrill

Mai
Mehefin
Gorffennaf
Awst

Medi
Hydref
Tachwedd
Rhagfyr

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

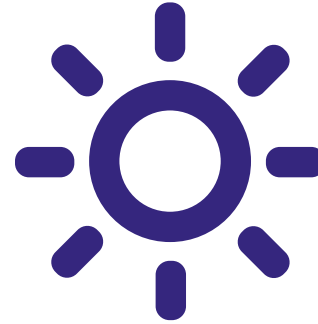
Amser



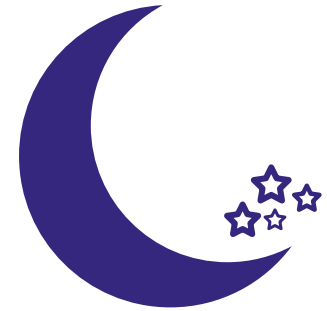
Faint o'r gloch
yw hi?



Bore



Prynhawn



Nos

Ddoe



Heddiw



Yfory



Siart llythyren

a	b	c	d	gofod >	
e	f	g	h	< yn ôl	
i	j	k	l	m	n
o	p	q	r	s	t
u	v	w	x	y	z

le



Na



Bysellfwrdd



le



Gofod



Na



Archebwch Becyn Cymorth Cyfathrebu rhad ac am ddim

Mae'r **Gymdeithas Strôc** yn elusen sy'n helpu pobl i **ailadeiladu** eu **bywydau** ar ôl **strôc**.

Archebwch eich **Pecyn Cymorth Cyfathrebu rhad ac am ddim**. Mae hyn yn cynnwys:

- Dau **ganllaw** mewn arddull **cyfeillgar i affasia**.
 1. **Eich cyfathrebiad** ar ôl **strôc**.
 2. **Strôc**.
- Problemau cyfathrebu ar ôl **strôc**, **canllaw i ofalwyr**.
- **Cerdyn** cyfathrebu.
- **Llyfr Lluniau** Cyfathrebu: **Cymuned**.

I **archebu** neu **lawrlwytho** eich Pecyn Cymorth Cyfathrebu ewch i **stroke.org.uk/aphasia**
Neu **ffoniwch** ein **Llinell Gymorth** ar 0303 3033 100



Gall ein **Llinell Gymorth Strôc helpu** gyda **chefnogaeth ymarferol** ac **emosiynol**.

Gall y Llinell Gymorth roi **gwybodaeth** i chi am **strôc**.

Gallant ddweud wrthyich am **gymorth** yn **eich ardal**.

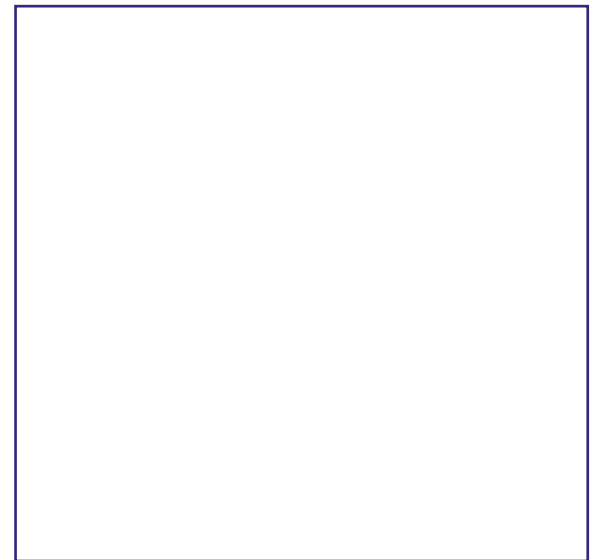
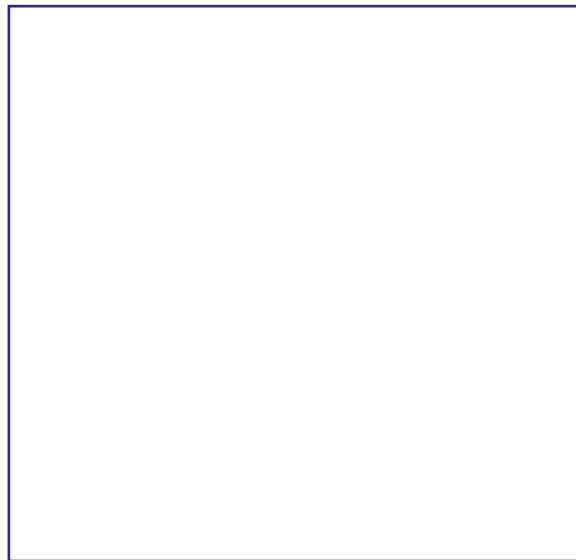
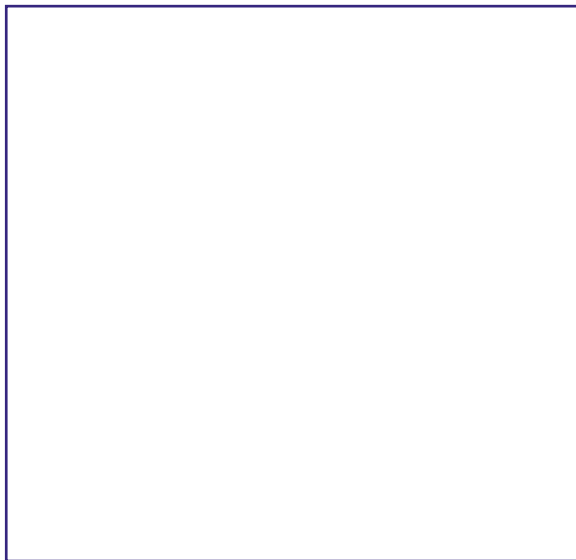
Gallwch **ffonio** 0303 3033 100

Mae'r Llinell Gymorth **ar agor o ddydd Llun i ddydd Sadwrn**.



Gallwch hefyd ymweld â'n **gwefan** i gael **mwyr o wybodaeth** am strôc.

Gwefan: **stroke.org.uk**



Nodiadau:



Nodiadau:



Mae **strôc** yn digwydd **bob pum munud** yn y DU.

Mae strôc yn **newid bywydau**.

Mae **adferiad** yn **galed**.

Ond gyda'r **gefnogaeth arbenigol gywir** gall yr ymennydd **addasu**.

Dim ond gyda chefnogaeth y **gymuned strôc** y mae ein **cefnogaeth arbenigol, ymchwil** ac **ymgyrchu** yn bosibl.

Gyda mwy o **roddion** a **cefnogaeth** gallwn **ailadeiladu** hyd yn oed mwy o **fywydau**.

Cysylltwch â ni

Rydym yma ichi. Cysylltwch â ni am wybodaeth a chymorth arbenigol ar y ffôn, drwy e-bost ac ar-lein.

Llinell Gymorth: **0303 3033 100**

O ffôn testun: **18001 0303 3033 100**

E-bost: **helpline@stroke.org.uk**

Gwefan: **stroke.org.uk**

Ailadeiladu bywydau ar ôl strôc

Cymdeithas

Strôc | **Stroke**
Association

Cod yr eitem: **A08C55** © Cymdeithas Strôc 2023

Mae'r Gymdeithas Strôc yn Gwmni Cyfyngedig trwy Warant a gofrestrwyd yng Nghymru a Lloegr (Rhif 61274).

Swyddfa gofrestredig: Stroke Association House, 240 City Road, Llundain EC1V 2PR.

Cofrestrwyd fel Elusen yng Nghymru a Lloegr (Rhif 211015) ac yn yr Alban (SC037789).

Mae wedi'i chofrestru hefyd yn Ynys Manaw (Rhif 945) a Jersey (Rhif 221) ac yn gweithredu fel elusen yng Ngogledd Iwerddon.