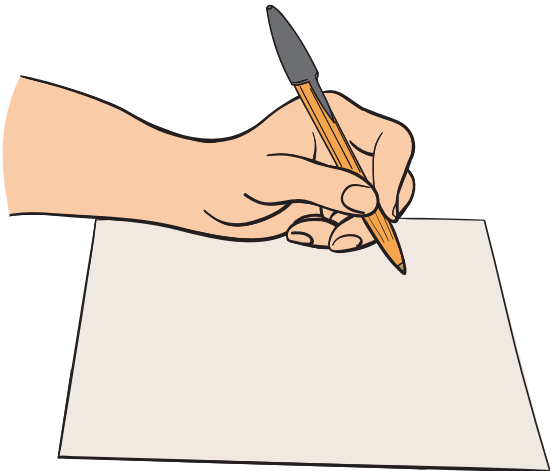


Llyfr Lluniau Cyfathrebu



Llyfr Lluniau Cyfathrebu



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.

Sut i ddefnyddio'r llyfr hwn

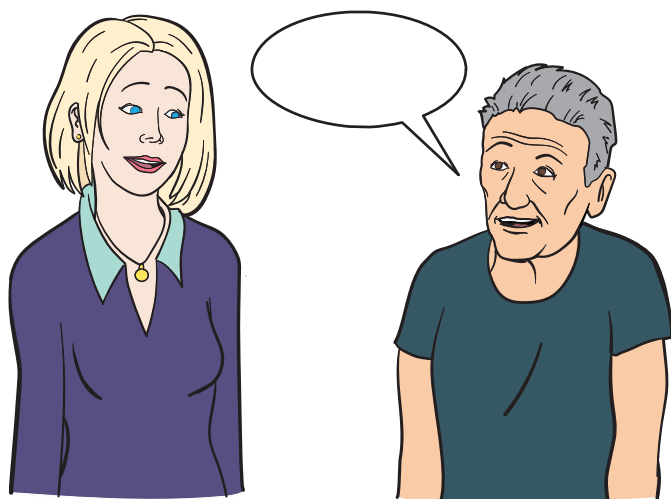


Rhowch y llyfr o'ch blaen.

Defnyddiwch y lluniau i gefnogi sgwrs a chwestiynau.

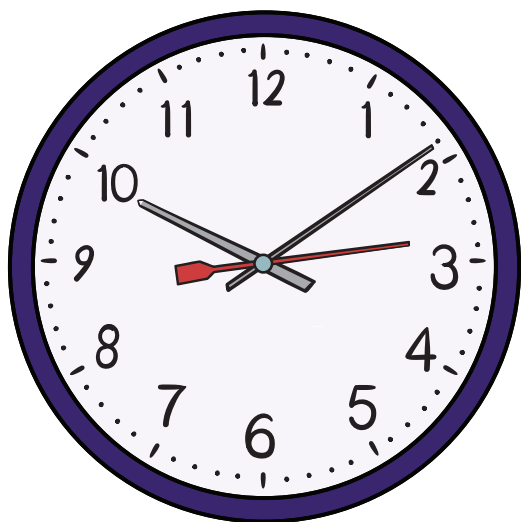
Gallwch **gyfathrebu trwy**:

- Pwyntio.
- Edrych ar y llun.
- Ystum.
- Mynegiant yr wyneb.
- Siarad.



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**.



Awgrymiadau i bobl sy'n eich cefnogi:



Cadwch eich **brawddegau'n fyr** ac i'r pwynt.



Peidiwch â rhoi gormod o **wybodaeth** ar unwaith.



Ceisiwch **osgoi** defnyddio **jargon** neu acronymau.



Gwiriwch fy mod wedi **deall**.



Ailadroddwch yr hyn rydych wedi'i **ddeall**. **Gofynnwch** a yw'r hyn rydych wedi'i ailadrodd yn **gywir**.



Peidiwch ag esgus deall pan nad ydych wedi gwneud hynny.

Amdanaf i

Fy **enw** i yw _____

Rwy'n hoffi cael fy **ngalw** yn _____



Dyddiad strôc: _____



Gwybodaeth ychwanegol amdanaf i:

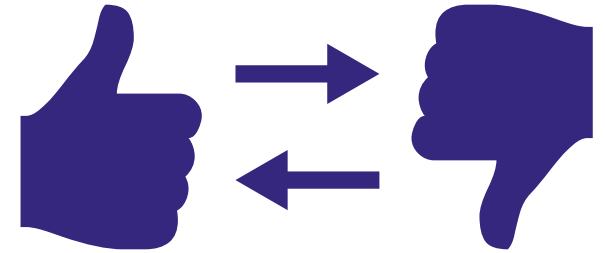
Mae gen i anawsterau cyfathrebu



- ☐ Cael trafferth dod o hyd i'r gair iawn



- ☐ Defnyddio'r gair anghywir



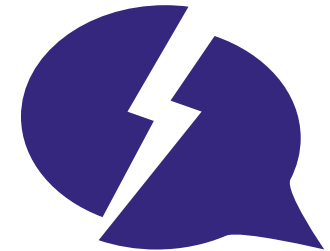
- ☐ Cymysgu 'ie' a 'na'



- ☐ 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



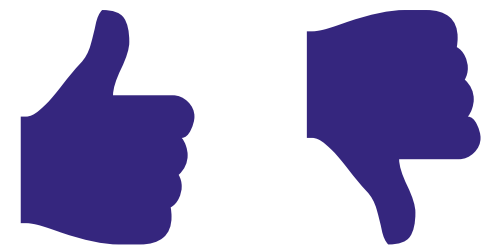
☐ Ysgrifennwch eiriau allweddol i mi



☐ Siaradwch yn araf ac yn glir

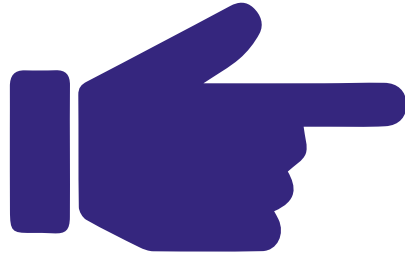


☐ Aralleirio os nad wyf yn deall

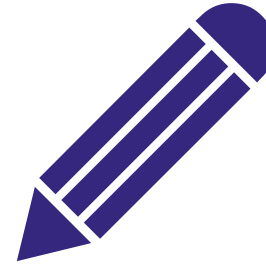


☐ Defnyddiwch fawd i fyny a bawd i lawr i wirio fy atebion

Sut gallwch chi helpu fy nghyfathrebu

☐

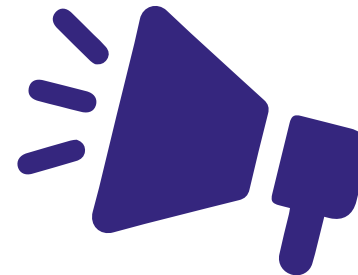
Defnyddiwch
ystumiau

☐

Tynnwch lun i mi

☐

Lleihau sŵn
cefndir

☐

Peidiwch â gweiddi
na siarad drosta i

Mae gen i



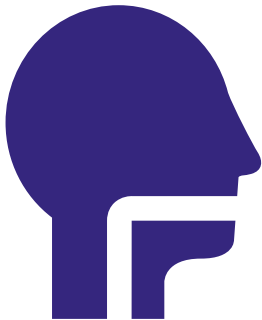
Anawsterau
gweledol



Problemau clyw



Blinder



Dysffagia
(anawsterau llyncu)



Anawsterau
symudedd



Anawsterau
cyfathrebu

Gwneud dewisiadau



Ie



Na

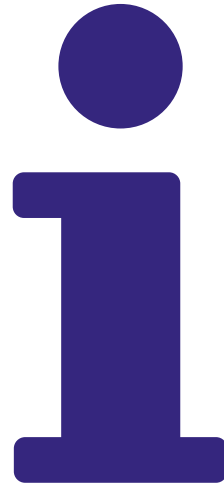


Ddim yn siŵr

Gwneud dewisiadau



Gofynnwch fy marn

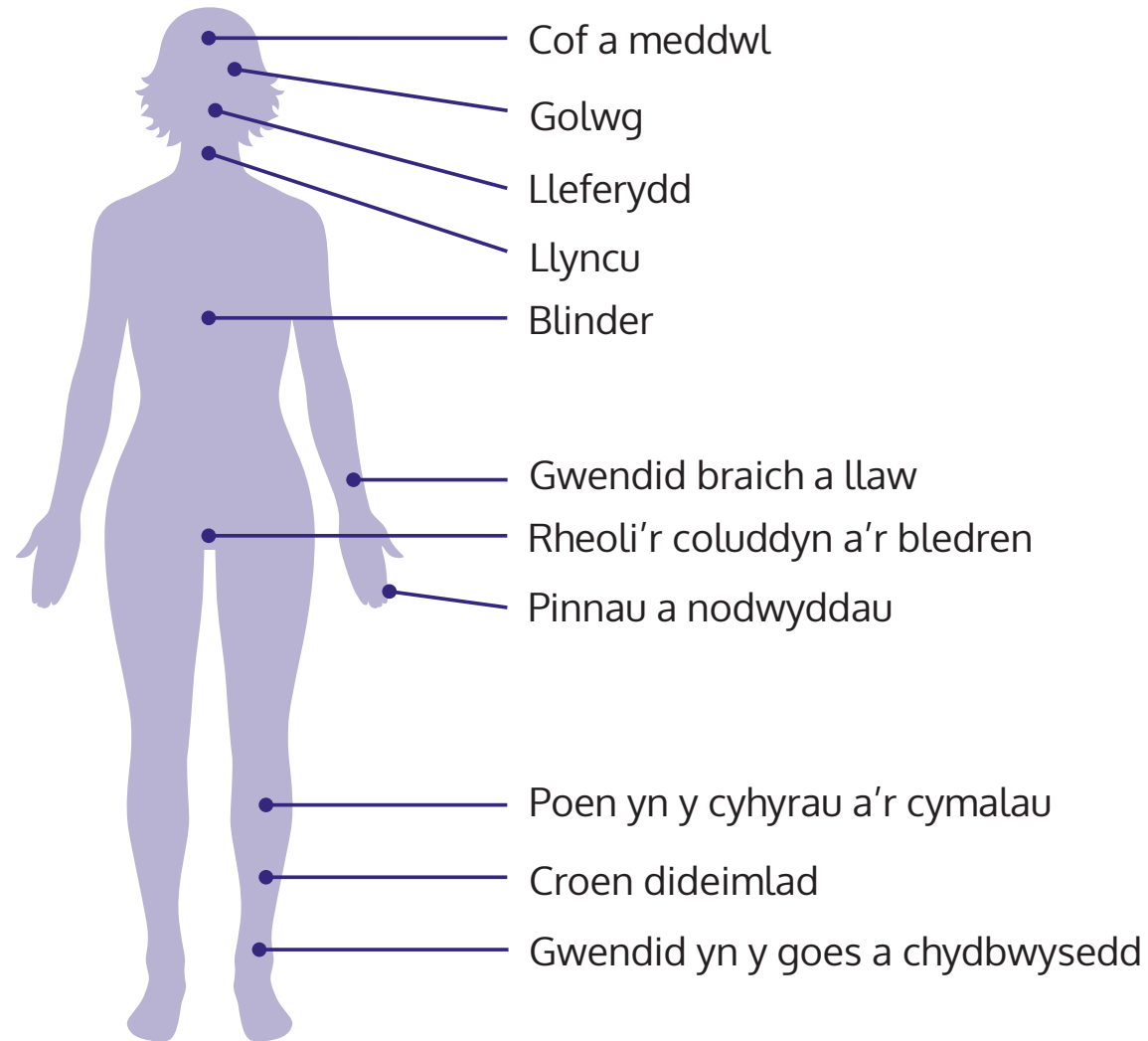


Rhowch mwy o
wybodaeth i mi



Dwi ddim yn deall

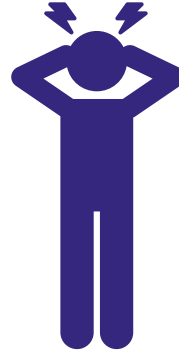
Fy nghorff



Fy lechyd



lawn



Poen



Penysgafn



Yn sâl

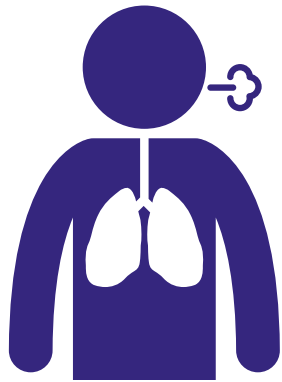


Wedi blino

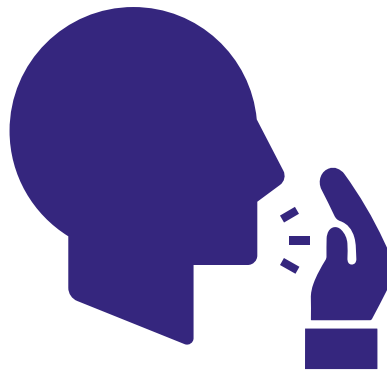


Help

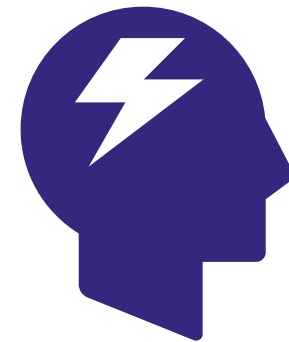
Fy iechyd



Anhawster anadlu



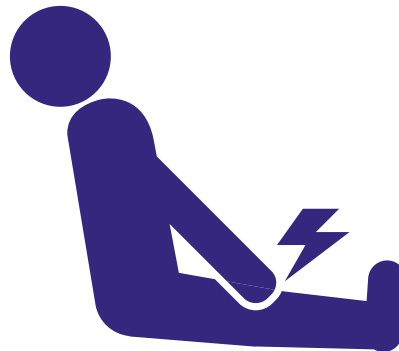
Peswch



Cur pen



Problemau golwg



Cramp

Nodiadau:

Rydw i'n teimlo



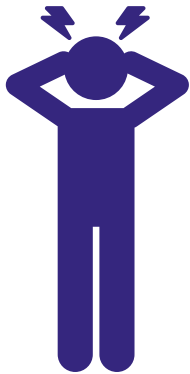
Hapus



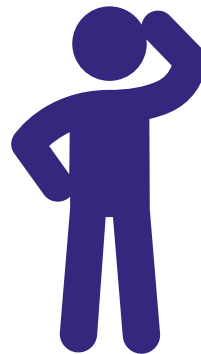
Trist



Poeni



Rhwystredig



Wedi drysu



Ofnus

Rydw i'n teimlo



Wedi cyffroi



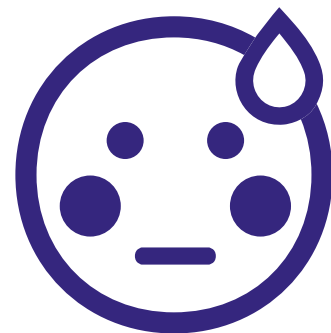
Yn flin



Balch



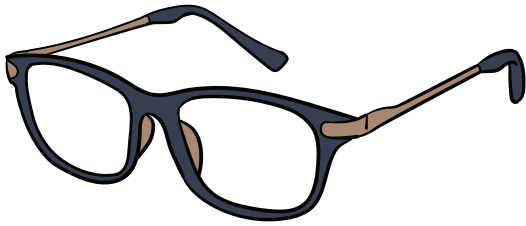
Siomedig



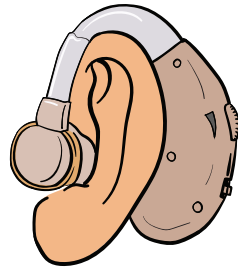
Cywilydd

Nodiadau:

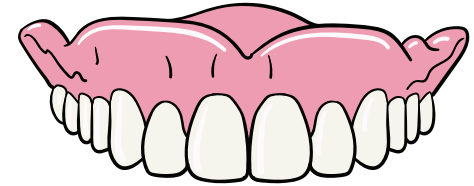
Dwi angen fy



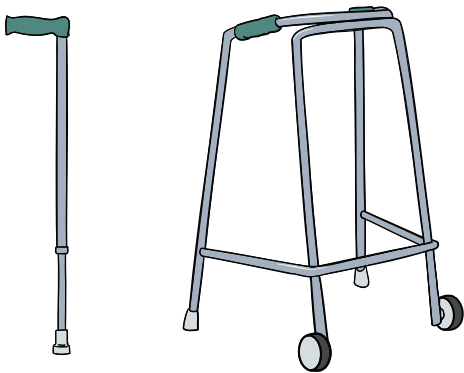
Sbectol



Cymhorthion clyw



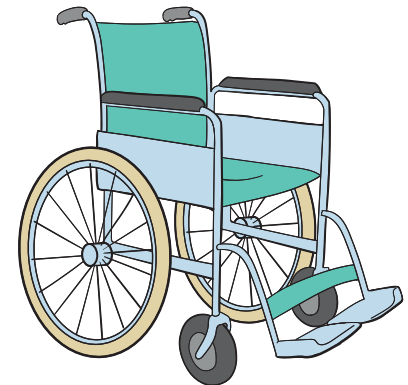
Dannedd gosod



Ffon gerdded neu
ffrâm cerdded



Cansen wen

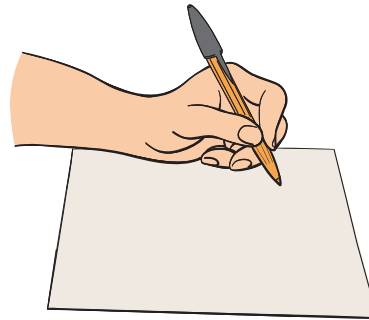


Cadair olwyn

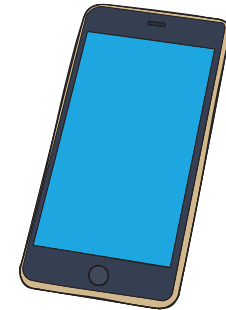
Dwi angen fy



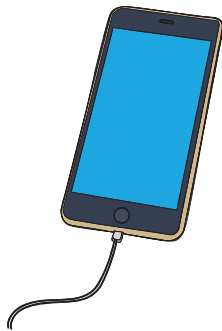
Cymorth cyfathrebu



Pen a phapur



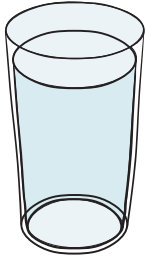
Ffôn



Gwefrydd ffôn

Nodiadau:

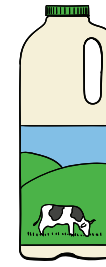
Diodydd



Dŵr



Sudd



Llefrith



Te



Coffi

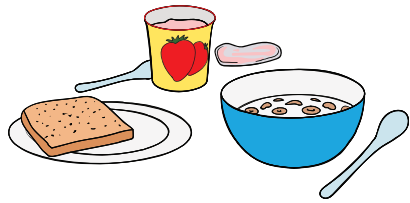


Siwgr

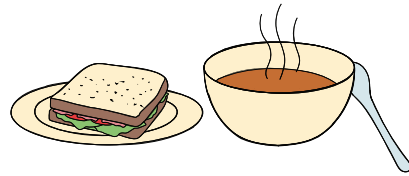


Dydw i ddim eisiau diod nawr

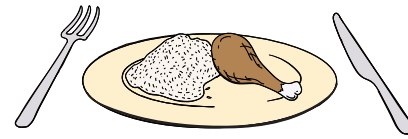
Bwyd



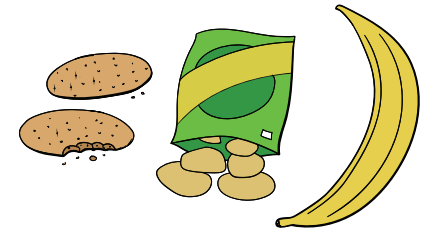
Brecwast



Cinio



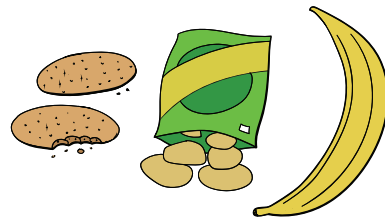
Te



Byrbryd



Dwi eisiau bwyd



Byrbryd

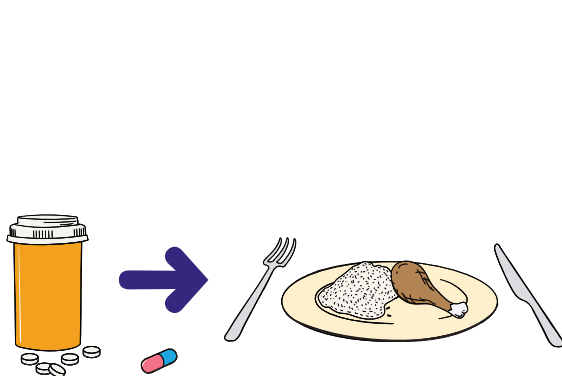


Dydw i ddim eisiau bwyta

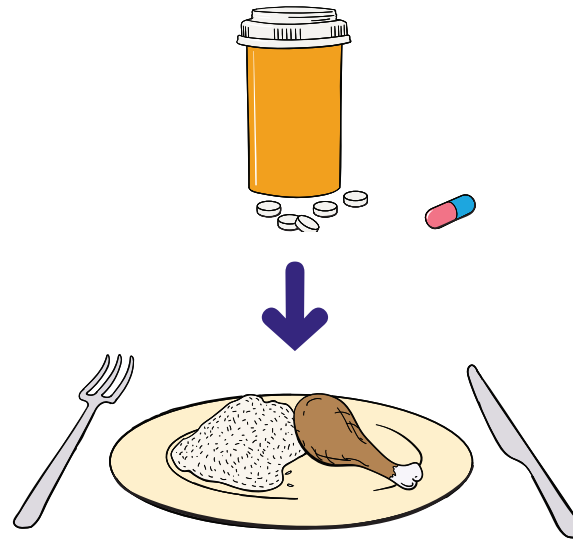


Dydw i ddim eisiau bwyta nawr

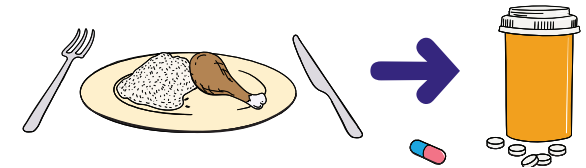
Bwyd a meddyginiaeth



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

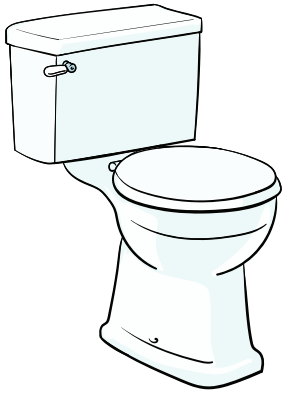


Rwy'n cymryd
meddyginiaeth **gyda** fy
mhryd o fwyd

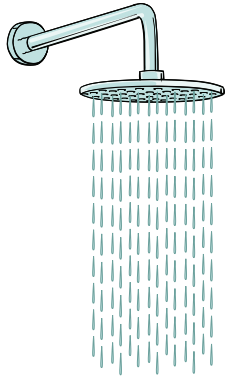


Rwy'n cymryd
meddyginiaeth **ar ôl** fy
mhryd o fwyd

Ystafell ymolchi



Toiled



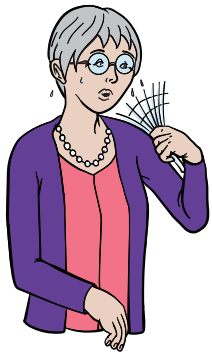
Cawod/Baddon



Golchi gwallt



Siafio



Rwy'n teimlo'n
boeth



Rwy'n teimlo'n
oer

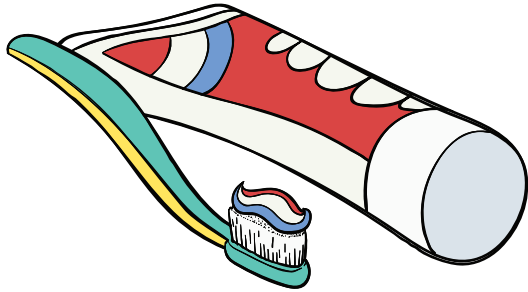


Ar



I ffwrdd

Cael eich hun yn barod



Brwsio dannedd



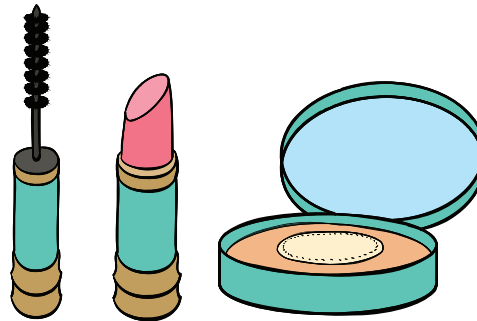
Golchi wyneb



Brwsio gwallt



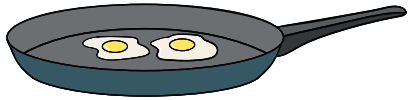
Gwisgo amdanoch



Rhoi color ymlaen

Nodiadau:

Gweithgareddau



Coginio



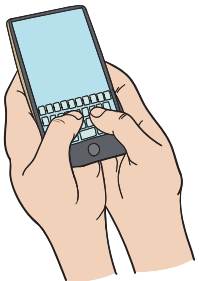
Apiau



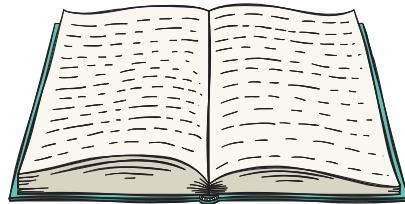
Gweld fy ffrindiau



Gwyllo'r teledu



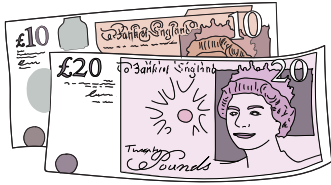
Defnyddio fy ffôn



Darllen

Nodiadau:

Arian



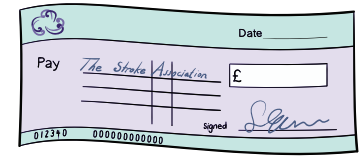
Arian parod



Ceiniogau



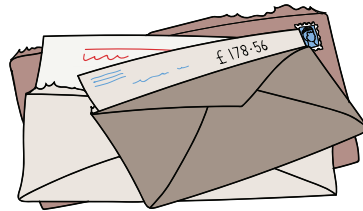
Cerdyn



Siec



Bancio dros y
rhyngwrdd



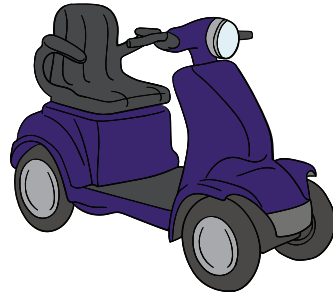
Biliau

Nodiadau:

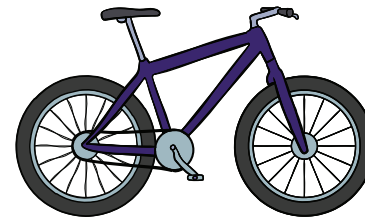
Cludiant



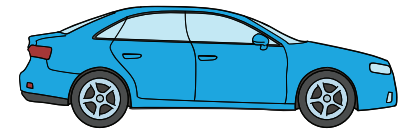
Cerdded



Sgwter symudedd



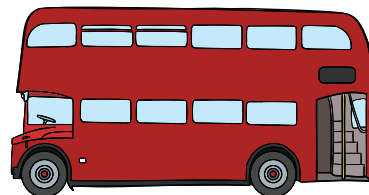
Beic



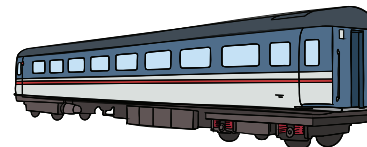
Car



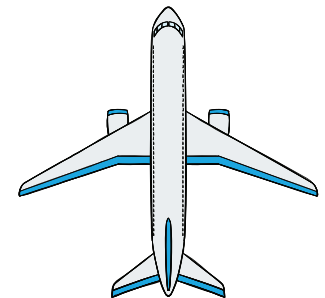
Tacsi



Bws

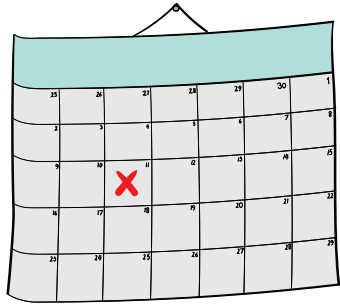


Trên

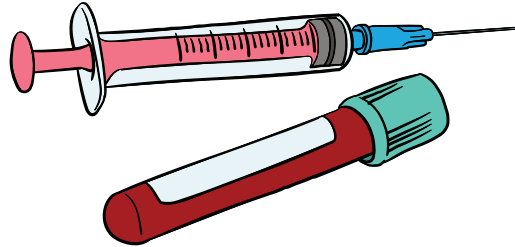


Awyren

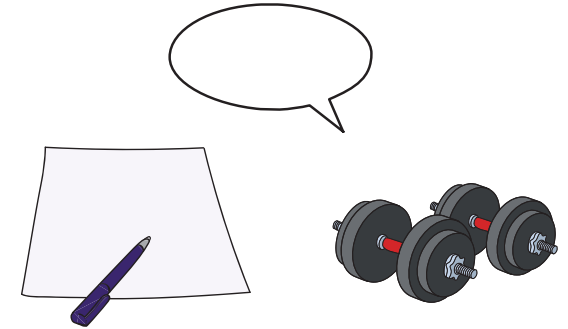
Gwiriad iechyd



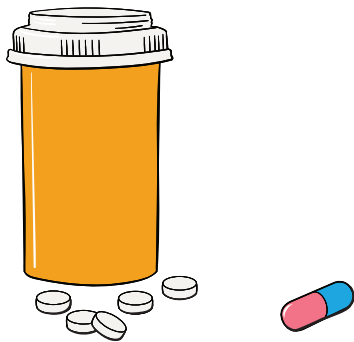
Apwyntiad iechyd



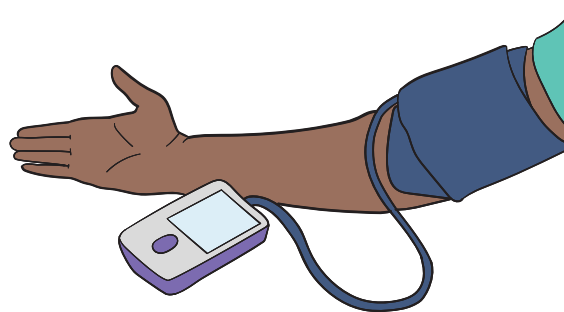
Prawf gwaed



Adsefydlu/therapi



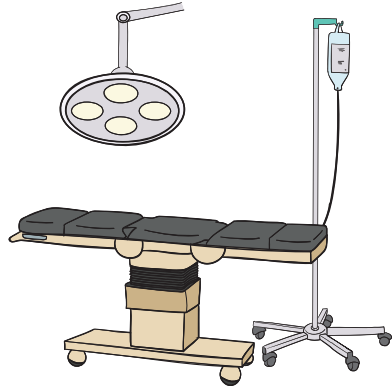
Meddyginiaeth



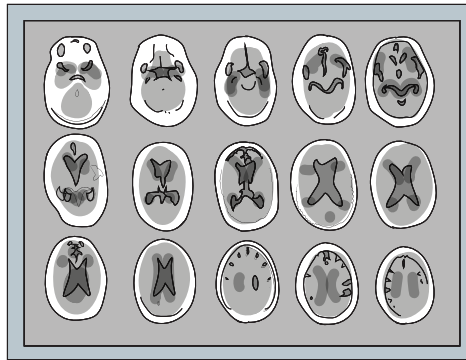
Pwysedd gwaed

Arall:

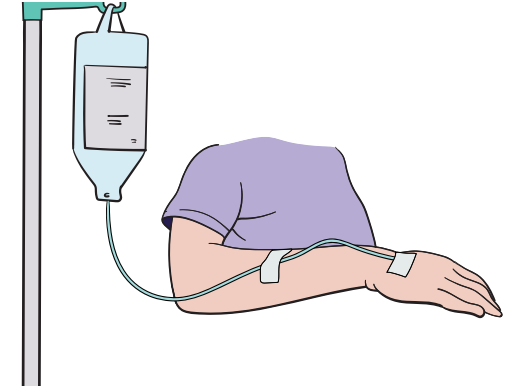
Ysbyty



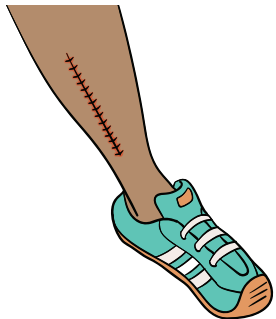
Llaw driniaeth



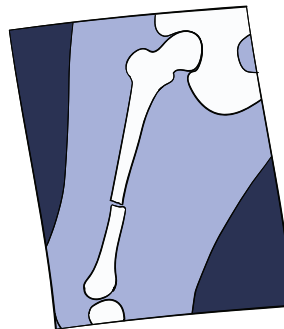
Sganiau



Drip



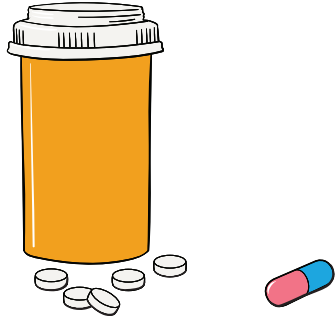
Pwythau



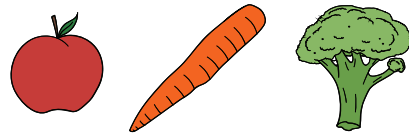
Pelydrau-x

Nodiadau:

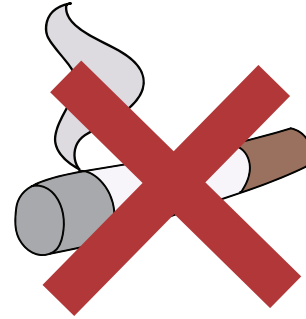
Aros yn iach



Meddyginiaeth



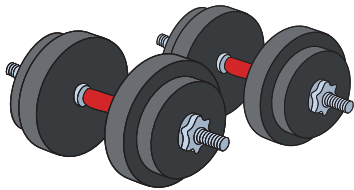
Bwyd iachus



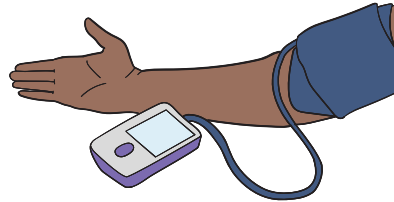
Rhoi'r gorau
i ysmegu



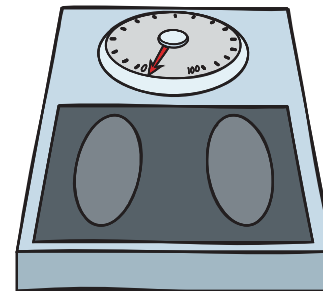
Alcohol
cyfyngedig



Ymarfer corff



Pwysedd gwaed



Pwysau iach

Nodiadau:

Dyddiau'r Wythnos

Dydd Llun

Ionawr

Mai

Medi

Chwefror

Mehefin

Hydref

Dydd Mawrth

Mawrth

Gorffennaf

Tachwedd

Ebrill

Awst

Rhagfyr

Dydd Mercher

Dydd Iau

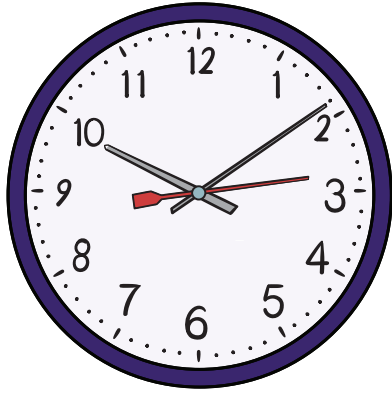
Dydd Gwener

Dydd Sadwrn

Dydd Sul

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				

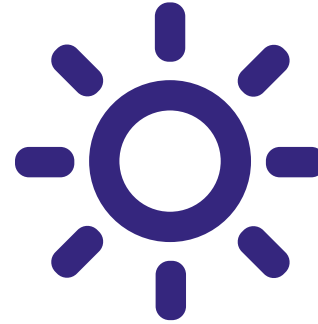
Amser



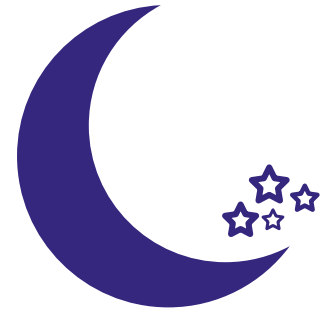
Faint o'r gloch
yw hi?



Bore



Prynhawn



Nos

Ddoe



Heddiw



Yfory



Siart llythyren

a	b	c	ch	d	dd
e	f	ff	g	ng	h
i	j	l	ll	m	n
o	p	ph	r	rh	s
t	th	u	w	y	

le



Na



Bysellfwrdd



le



Gofod



Na





Gall ein **Llinell Gymorth Cefnogaeth** 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:

A large, empty rectangular box with a thin black border, intended for taking notes. It occupies the central portion of the slide.

Bob dydd yn y DU mae **240** o bobl eraill yn deffro i **effaith strôc**.

Mae'n ddigwyddiad **trawmatig** sy'n **newid bywydau**.

Gyda **chryfder, penderfyniad** a'r **gefnogaeth gywir**, mae **adferiad** yn **bosibl**.

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

Gyda mwy o **roddion** a **chymorth** gallwn gyrraedd **pawb** y mae **strôc** yn **effeithio arnynt**.

Cysylltwch â ni

Rydym yma i chi. Cysylltwch â ni am wybodaeth a chefnogaeth arbenigol dros y ffôn, e-bost ac ar-lein.

Llinell Gymorth Strôc: **0303 3033 100**

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

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

Gwefan: **stroke.org.uk**



Canfod **cryfder** trwy **gefnogaeth**