

# Y Strategaeth ar gyfer Pobl Hŷn yng Nghymru

## The Strategy for Older People in Wales

2013-2023

Byw'n Hirach, heneiddio'n dda  
Living longer, ageing well



Llywodraeth Cymru  
Welsh Government

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Gwneud Cymru yn lle gwych i heneiddio  
Making Wales a great place to grow old

Gweledigaeth...

**Bod pobl yng Nghymru yn teimlo eu bod yn cael eu gwerthfawrogi a'u cefnogi, waeth beth fo'u hoedran**

**Bod gan bob person hy'n yng Nghymru yr adnoddau cymdeithasol, amgylcheddol ac ariannol sydd eu hangen arnynt i ymateb i'r cyfleoedd a'r heriau a wynebant.**

Mae llesiant yn gysyniad eang. Mae'n cynwys ffactorau megis pa mor fodlon yw pobl ar eu bywydau'n gyffredinol, ymreolaeth (ymdeimlad o reolaeth dros eich bywyd), a diben (ymdeimlad o ddiben mewn bywyd).

Mae meithrin llesiant a gwydnwch yn beth buddiol i unigolion ac i gymdeithas, gan leihau dibyniaeth a gwella iechyd cyffredinol.

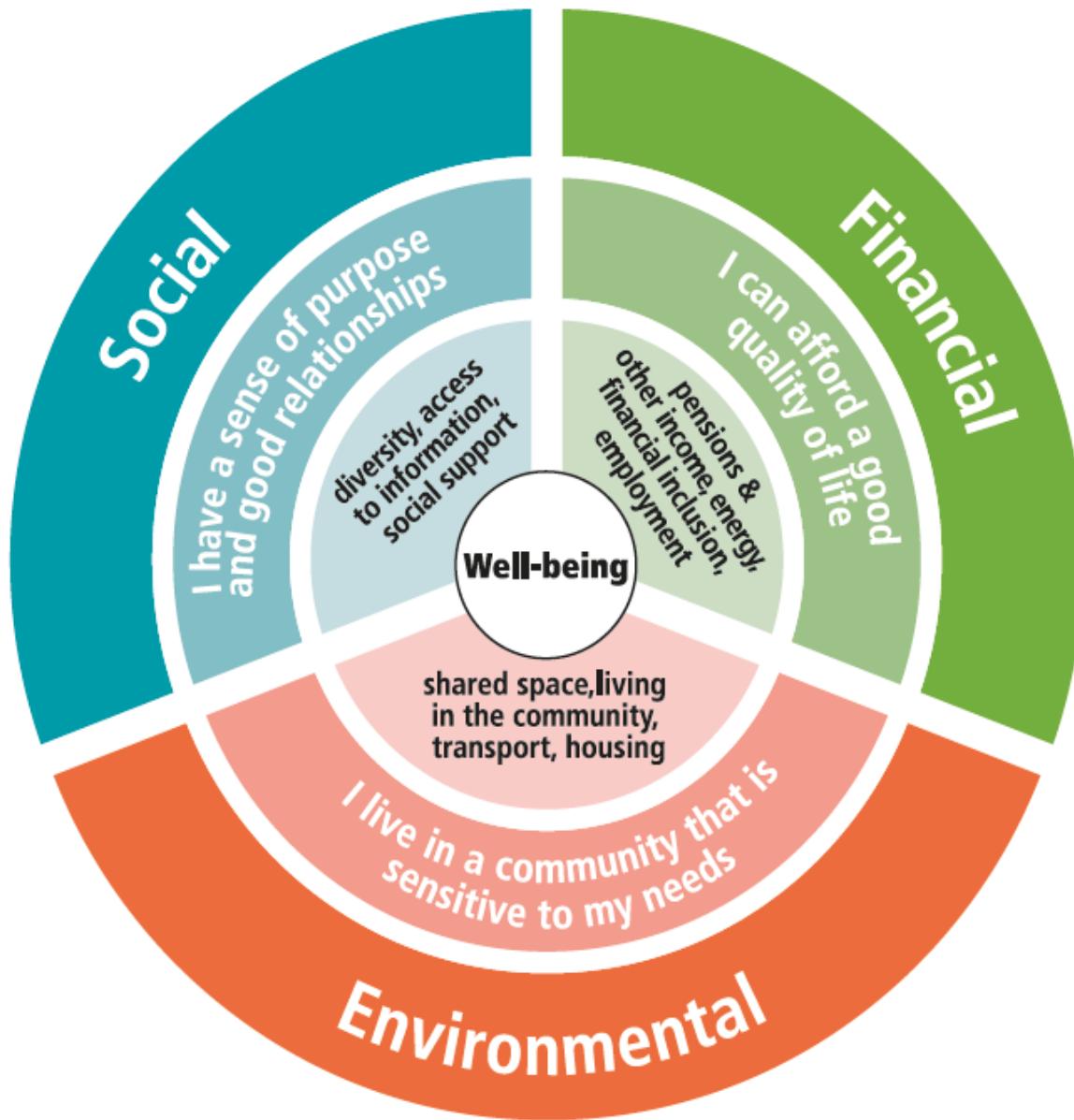
The Vision ...

**That people in Wales feel valued and supported, whatever their age.**

**That all older people in Wales have the social, environmental and financial resources they need to deal with the opportunities and challenges they face.**

- Well-being is a broad concept. It includes factors such as how satisfied people are with their lives as a whole, autonomy (having a sense of control over your life), and purpose (having a sense of purpose in life).
- Building well-being and resilience is good for individuals and society, reducing dependence and improving overall health.

## The key elements for building a good quality of life



## **Yr her sy'n wynebu Llywodraeth Cymru dros y deng mlynedd nesaf yw:**

- creu Cymru lle mae cyfranogiad llawn o fewn cyrraedd pob person hy'n a lle mae ei gyfraniad yn cael ei gydnabod a'i werthfawrogi;
- datblygu cymunedau sy'n ystyriol o oedran tra'n sicrhau bod gan bobl hy'n yr adnoddau sydd eu hangen arnynt i fyw;
- sicrhau bod cenedlaethau o bobl hy'n yn y dyfodol yn barod ar cyfer cyfnod hwyrach yn eu bywydau drwy eu hannog i gydnabod y newidiadau a'r gofynion y gallant eu hwynebu a pharatoi ar gyfer hynny ymlaen llaw.

## **The Welsh Government's challenge for the next ten years is:**

- to create a Wales where full participation is within the reach of all older people and their contribution is recognised and valued;
- to develop communities that are age-friendly while ensuring older people have the resources they need to live;
- to ensure that future generations of older people are well equipped for later life by encouraging recognition of the changes and demands that may be faced and taking action early in preparation.

## **Sut y datblygyd y cam hwn o'r Strategaeth**

- O'r cychwyn, mae pobl hy'n wedi bod yn rhan o'r gwaith o ddatblygu'r cam hwn o'r Strategaeth ar gyfer Pobl Hy'n yng Nghymru.
- Cafodd y broses o ddatblygu'r ddogfen ymgynghori a gyhoeddwyd ym mis Hydref 2012 ei llywio gan farn dros 2,000 o bobl hy'n a gasglwyd mewn holiaduron ac mewn grwpiau ffocws.
- Cyflwynodd dros 100 o unigolion a sefydliadau ymatebion manwl i'r ymgynghoriad.

## **How we developed this phase of the Strategy**

- From the outset, older people have been involved in the development of this phase of the Strategy for Older People in Wales.
- The views of over 2,000 older people, gathered in questionnaires and at focus groups, informed the development of the consultation document published in October 2012.
- Over 100 individuals and organisations submitted detailed responses to the consultation.

**Gellir crynhoi'r hyn a ddywedodd pobl hy'n wrthym yn y tri datganiad hyn:**

- Mae gen i ymdeimlad o ddiben a chydberthnasau da.
- Rwy'n byw mewn cymuned sy'n ystyriol o'm hanghenion.
- Gallaf fforddio bywyd o ansawdd da.

**What older people told us can be encapsulated into these three statements:**

- I have a sense of purpose and good relationships.
- I live in a community that is sensitive to my needs.
- I can afford a good quality of life.

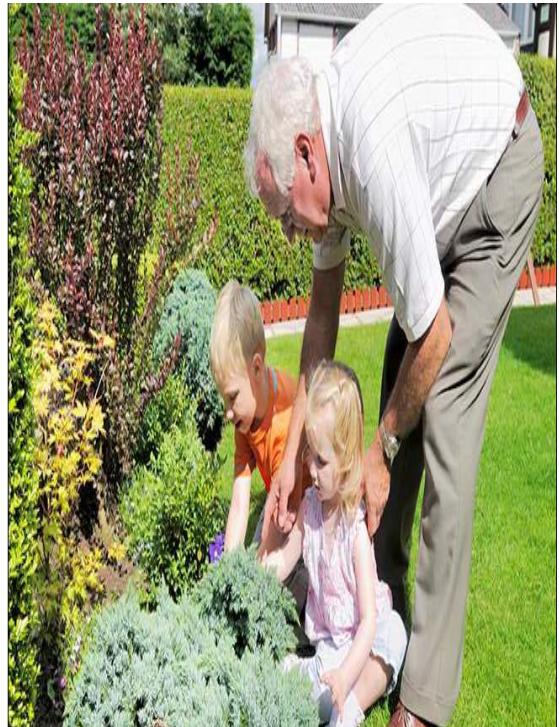
## **Sut y caiff y Strategaeth hon ei gweithredu**

- Bydd y cynlluniau cyflawni yn cynnwys amserlen o gamau penodol i'w cymryd gan Lywodraeth Cymru a'n partneriaid er mwyn sicrhau gwelliant mesuradwy yn llesiant pobl hy'n yng Nghymru.
- Byddant yn cynnwys mesurau a dangosyddion penodol.

## **How this Strategy will be implemented**

- The delivery plans will be a timetable of specific actions to be taken by the Welsh Government and our partners in order to bring about a measurable improvement in the well-being of older people in Wales.
- They will include specific measures and indicators.

# Social Resources



# What outcomes do we want to achieve by 2023?

- **Social participation** – Older people enjoy a better quality of life, have active social lives (if desired), and loneliness and unwanted social isolation is minimised. Older people are not subjected to abuse.
- **Diversity** – older people are not discriminated against because of their age, and do not experience multiple discrimination on account of gender, ethnicity, disability, religion and belief, or sexual orientation, in addition to their age.
- **Access to information** – older people have access to information and advice about services and opportunities, and are not disadvantaged when accessing them.
- **Learning and activities** – older people have opportunities to be engaged in lifelong learning and other appropriate social activities.
- **Healthy Ageing** – Older people enjoy good physical, mental and emotional health and well-being with the aim of being able to live independently for longer, with a better quality of life and continue to work and participate in their communities.

# Pa ganlyniadau rydym am eu cyflawni erbyn 2023?

- » **Cyfranogiad cymdeithasol** – Mae pobl hy'n yn cael gwell ansawdd bywyd, yn byw bywydau cymdeithasol llawn (os dymunir hynny) ac mae unigedd ac ynysu cymdeithasol diangen yn cael eu lleihau i'r eithaf. Ni chaiff pobl hy'n eu cam-drin.
- » **Amrywiaeth** – ni wahaniaethir yn erbyn pobl hy'n oherwydd eu hoedran, ac nid ydynt yn profi gwahaniaethu lloosog ar sail rhyw, ethnigrwydd, anabledd, crefydd a chred, na chyfeiriadedd rhywiol yn ogystal ag oedran.
- » **Cael gafael ar wybodaeth** – mae pobl hy'n yn gallu cael gafael ar wybodaeth a chyngor ar wasanaethau a chyfleoedd, ac nid ydynt o dan anfantais wrth wneud hynny.
- » **Dysgu a gweithgareddau** – mae pobl hy'n yn cael cyfleoedd i fod yn rhan o ddysgu gydol oes a gweithgareddau cymdeithasol priodol eraill.
- **Heneiddio'n lach** – Omae pobl hy'n yn mwynhau iechyd a llesiant corfforol, meddyliol ac emosiynol da gyda'r nod o allu byw'n annibynnol yn hwy, gyda gwell ansawdd bywyd a pharhau i weithio a chymryd rhan yn eu cymunedau.

# Environmental Resources



# What outcomes do we want to achieve by 2023?

- **Shared spaces** – older people find public places welcoming, safe and accessible.
- **Living in the community** – older people are able to participate and contribute in their communities and access services and amenities.
- **Transport** – Older people can access affordable and appropriate transport which assists them to play a full part in family, social and community life.
- **Housing** – Older people have access to housing and services that supports their needs and promote independence.

# Pa ganlyniadau rydym am eu cyflawni erbyn 2023?

- » **Mannau a rennir** – mae mannau cyhoeddus yn groesawgar, yn ddiogel ac yn hygrych i bobl hy'n.
- » **Byw yn y gymuned** – gall pobl hy'n gyfranogi a chyfrannu yn eu cymunedau a chael gafael ar wasanaethau ac amwynderau.
- » **Trafnidiaeth** – gall pobl hy'n ddefnyddio trafnidiaeth fforddiadwy a phriodol sy'n eu helpu i chwarae rhan lawn mewn bywyd teuluol, cymdeithasol a chymunedol.
- **Tai** – mae pobl hy'n yn gallu cael gafael ar dai a gwasanaethau sy'n cefnogi eu hanghenion ac yn hyrwyddo annibyniaeth.

# Financial Resources



# **What outcomes do we want to achieve by 2023?**

- **Pensions and other income** – older people have an adequate standard of income and are receiving all the financial benefits to which they are entitled.
- **Energy** – older people live in energy efficient homes and can afford to heat their homes to the temperature required to protect health.
- **Financial inclusion** – older people can access appropriate financial advice and services, and are not over-indebted.
- **Employment** – older people who want to work are able to do so and can access help with re-skilling and retraining.

# Pa ganlyniadau rydym am eu cyflawni erbyn 2023?

- » **Pensiynau ac incwm arall** – mae gan bobl hy'n incwm o safon ddigonol ac maent yn cael yr holl fudd-daliadau y mae ganddynt hawl i'w cael.
- » **Ynni** – mae pobl hy'n yn byw mewn cartrefi sy'n effeithlon o ran ynni a gallant fforddio gwresogi eu cartrefi ar y tymheredd sydd ei angen i ddiogelu eu hiechyd.
- » **Cynhwysiant ariannol** – gall pobl hy'n gael gafael ar gyngor a gwasanaethau ariannol priodol, ac nid ydynt yn mynd i ormod o ddyled.
- **Cyflogaeth** – gall pobl hy'n sydd am weithio wneud hynny a gallant gael y cymorth i ddysgu sgiliau newydd ac ailhyfforddi.

# Thank you for listening.

## Questions?

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