

DEWIS

Dewis Cymru is a website that aims to help people with their well-being. It's THE place to go for people who want information or advice about well-being – whether that's their own well-being or the well-being of a family member or friend.

It's got information that can help you think about what matters to you, and it's also got information about people and services in your area that can help you with the things that matter to you.

Can Dewis Cymru help me?

Dewis Cymru has been developed to help people find information about organisations and services that can help them take control of their own well-being, so Dewis Cymru is for YOU!

When we talk about well-being, we don't just mean your health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends.

No two people are the same and well-being means different things to different people. So Dewis Cymru is here to help you find out more about what matters to you.

What sort of information does Dewis Cymru hold?

Dewis Cymru has lots of information about being well, being safe, being at home, and being social. It's also got information about managing your money, and information if you look after someone else.

It could be general information to help you think about what matters, or it could be something more specific - about the sorts of extra support that might help you live in your own home for as long as possible for example.

Where can I find Dewis Cymru?

Just go to www.dewis.wales. You'll then be able to search for local services or browse our national information pages to help you think about what matters to you. If you need any help, let us know using the 'Contact us' link on the website and we'll be happy to help you.



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[Click here](#) to download this information.

Gwefan yw Dewis Cymru sy'n ceisio helpu pobl gyda'u llesiant. Dyma'r lle GORAU i bobl fynd am wybodaeth neu gyngor am lesiant – boed eu llesiant eu hun neu lesiant aelod o'r teulu neu ffrind.

Mae ganddo wybodaeth sy'n gallu eich helpu i feddwl am beth sy'n bwysig i chi, yn ogystal â gwybodaeth am bobl a gwasanaethau yn eich ardal chi sy'n gallu eich helpu gyda'r pethau sy'n bwysig i chi.

Ydy Dewis Cymru yn gallu fy helpu i?

Mae Dewis Cymru wedi ei ddatblygu i helpu pobl i ddod o hyd i wybodaeth am gyrff a gwasanaethau sy'n gallu eu helpu i gymryd rheolaeth dros eu llesiant eu hun, felly rhywbeth i CHI yw Dewis Cymru!

Wrth sôn am lesiant, nid eich iechyd yn unig sydd dan sylw. Rydym ni'n sôn am bethau fel ble rydych yn byw, pa mor ddiogel rydych chi'n teimlo, mynd allan, a chadw mewn cysylltiad â'ch teulu a ffrindiau.

Bydd amgylchiadau pob unigolyn yn amrywio ac mae llesiant yn golygu pethau gwahanol i bobl wahanol. Felly mae Dewis Cymru yma i helpu chi i ddysgu mwy am beth sy'n bwysig i chi.

Pa fath o wybodaeth sydd ar Dewis Cymru?

Mae llawer o wybodaeth ar Dewis Cymru am lesiant, bod yn ddiogel, bod gartref, a bod yn gymdeithasol. Mae ganddo wybodaeth hefyd am reoli'ch arian, a gwybodaeth os ydych chi'n gofalu am rywun arall.

Efallai gwybodaeth gyffredinol fydd hi i'ch helpu i feddwl am beth sy'n bwysig, neu fe allai fod yn rhywbeth mwy penodol – am y mathau o gymorth ychwanegol a allai eich helpu chi i fyw yn eich cartref eich hun mor hir â phosibl, er enghraifft.

Ble allai i ddod o hyd i Dewis Cymru?

Mae ond angen mynd i www.dewis.cymru. Yna cewch chi chwilio am wasanaethau lleol neu bori ein tudalennau gwybodaeth genedlaethol i'ch helpu i feddwl am beth sy'n bwysig i chi. Os oes angen unrhyw help arnoch chi, rhowch wybod i ni gan ddefnyddio'r ddolen 'Cysylltu â ni' ar y wefan a byddwn ni'n hapus i'ch helpu.



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[Cliciwch yma](#) i lawrlwytho'r wybodaeth hon.