



Straeon personol am gadw cydbwysedd rhwng hawliau, risg a chyfrifoldebau

Mae nofio'n bwysig i mi

Mae person ifanc sy'n dwlu ar nofio yn cael ffitiau rheolaidd. Roedd gwasanaethau hamdden yn wrth risg iawn ar y cychwyn, ac ofn iddo gael ffit yn y pwll nofio. Doedden nhw ddim yn fodlon iddo ddefnyddio'r pwll nofio yn y ganolfan.

Ond, ar ôl cael trafodaethau agored gyda chanolfannau hamdden yn yr ardal am gymryd risgiau cadarnhaol maen nhw bellach yn deall nad yw'n gyfrifoldeb ar y ganolfan hamdden i ddileu risg ar ei ran, cyn belled bod yr unigolyn yn deall y risgiau ac yn barod i gymryd y risg.

Beth fyddai'r effaith o beidio gallu nofio ar y person ifanc yn y stori hon?

Beth yw'r risgiau o nofio yn y ganolfan hamdden:

- iddo fe?
- i wasanaethau hamdden?

Beth yw'r buddion?

Beth sy'n bwysig i Mrs Jones: i fyw yn ei chartref ei hun

Mae Mrs Jones yn derbyn gofal yn y cartref ar hyn o bryd. Mae pryderon yn cael eu codi am ei chof a'i gallu, sydd i'w weld yn dirywio. Mae hi'n anghofio sut i fwyta ac nid oes ganddi ddealltwriaeth lawn o'i hanghenion cymorth a gofal. Mae hi'n gallu bod yn esgeulus o ran ei gofal personol ac mae hi wedi gwrthod cymorth gyda gofal personol yn y gorffennol. Mae Mrs Jones yn gadael y tŷ yn aml ac nid ydy hi ar gael i dderbyn cymorth. Mae'r heddlu yn ymwybodol ohoni ac maen nhw wedi derbyn adroddiadau person coll amdani yn y gorffennol.

Mae ei mab, oedd yn byw gyda Mrs Jones gynt, yn symud i ffwrdd ac mae e'n teimlo bod angen gofal preswyl arni. Bydd e ond yn medru ymweld â'i fam bob hyn a hyn.

Mae Mrs Jones eisiau aros yn ei chartref ei hun ac mae hi wedi bod yn ddig ac yn gynhyrfus gyda'r cynnig y dylai hi fynd i fyw mewn cartref gofal. Mae Mrs Jones yn mynd yn ofidus pan mae hi'n teimlo bod hi'n colli rheolaeth neu'n teimlo y dylai hi adael ei chartref er mwyn byw mewn cartref gofal.

Mae gan Mrs Jones nifer o gathod ac mae problemau wedi bod yn y gorffennol gyda chwain yn y cartref.

Beth ellir ei wneud, a chan bwy, er mwyn cefnogi Mrs Jones i gyflawni'r hyn sy'n bwysig iddi?



Personal stories about balancing rights, risk and responsibilities

Swimming is important to me

A young person who loves swimming also experiences regular seizures. Leisure services were initially very risk averse and terrified that he might have a seizure in the pool, and had banned him from swimming at the centre.

But with open discussion with leisure centres in the area about positive risk taking, they are now on board with idea that if an individual knows and understands the risks, and is willing to take the risk then that is okay and it's not the responsibility of the leisure service to eliminate risk on their behalf.

What effect do you think that not being able to swim would have on the young person in this story?

What are the risks of swimming at the leisure centre:

- for him?
- for leisure services?

What are the benefits?

What's important to Mrs Jones: to live in her own home

Mrs Jones currently receives homecare service. Concerns are raised regarding her memory and capacity which is deteriorating. She can forget how to eat and does not have a full understanding of her care and support needs. Personal care and hygiene can be neglected and she has previously refused support with personal care. Mrs Jones often leaves the home and is not always available for support. She has been known to the police and has been previously reported missing.

Her son who was previously living with Mrs Jones is moving away and feels that she needs residential care. He will only be able to visit mum now and again.

Mrs Jones wants to remain at home and has previously become very angry and upset when it was suggested that she may want to consider going into a care home. Mrs Jones becomes extremely distressed when she feels she is losing control or that she should leave her home to live in a care setting.

Mrs Jones also has several cats and there have been previous issues with recurring fleas at the home.

What could be done, by who, to support Mrs Jones with what is important to her?