



Darllen yn Well ar gyfer dementia

Llyfrau wedi eu hargymell a'u dewis gan bobl sy'n byw
gyda dementia, gofalwyr a gweithwyr iechyd proffesiynol.

Reading Well for dementia

Recommended books chosen by people living
with dementia, carers and health professionals.

reading-well.org.uk/cymru





Mae Darllen yn Well ar gyfer dementia yn argymhell llyfrau defnyddiol i'w darllen ar gyfer pobl sy'n byw gyda dementia. Mae'r llyfrau'n darparu gwybodaeth, cyngor a chymorth dibynadwy yn ogystal â straeon personol.

Mae llyfrau ar gyfer aelodau o'r teulu, ffrindiau a gofalwyr ar y rhestr hefyd.



Wedi'u profi gan bobl sy'n byw gyda dementia



Wedi'u hargymhell gan weithwyr iechyd proffesiynol

Reading Well for dementia recommends helpful reading for people living with dementia. The books provide reliable information, advice and support as well as personal stories.

There are also books on the list for family members, friends and carers.



Tried and tested by people living with dementia



Recommended by health professionals



Am fwy o wybodaeth ewch i
reading-well.org.uk/cymru/dementia

For more information visit
reading-well.org.uk/dementia



Sut gall llyfrau helpu?

Mae'r llyfrau Darllen yn Well hyn wedi cael eu dewis gan bobl sy'n byw gyda dementia, gofawyr a gweithwyr iechyd proffesiynol i'ch helpu i **ddeall mwya am ddementia**.

Gallwch ddarllen y llyfrau ar eich pen eich hun neu siarad amdanynt gyda rhywun rydych yn ymddiried ynddynt.

Mae llyfrau Darllen yn Well ar gyfer dementia **yn rhad ac am ddim** i chi eu benthg o'ch llyfrgell leol.

Efallai bod eich meddyg teulu neu weithiwr proffesiynol arall wedi argymhell llyfr Darllen yn Well i chi. Gellir defnyddio'r llyfrau ochr yn ochr â chymorth a gofal arall.

Y Llyfrgell

Chwiliwch am lyfrau Darllen yn Well ar gyfer dementia yn eich llyfrgell leol – gellir eu benthg yn rhad ac am ddim.

Os nad ydych eisoes yn aelod, mae'n hawdd **ymuno â'ch llyfrgell leol**, ac nid yw'n costio dim. Gall aelod o staff y llyfrgell eich helpu i ymaelodi.

Ar ôl i chi gael cerdyn llyfrgell gallwch fenthg llyfrau, gan gynnwys llyfrau print bras a

llyfrau llafar. Gallwch gymryd rhan mewn **gweithgareddau, digwyddiadau a llawer mwya**.

Mae llawer o lyfrgelloedd lleol yn darparu **gwybodaeth a gweithgareddau** i bobl y mae dementia yn effeithio arnynt, gan gynnwys gwybodaeth am wasanaethau lleol. I gael rhagor o wybodaeth, gofynnwch i staff y llyfrgell am yr hyn y gall y llyfrgell ei gynnig.

Rhestrau llyfrau Darllen Eraill yn Well

Yn ogystal â Darllen yn Well ar gyfer dementia efallai y bydd Darllen yn Well ar gyfer iechyd meddwl hefyd yn ddefnyddiol i chi. Mae'r casgliad hwn yn cynnwys llyfrau a argymhellir ar gyfer cyflyrau iechyd meddwl cyffredin fel gorbryder ac iselder.

Dysgwch am restrau llyfrau Darllen yn Well eraill yn eich llyfrgell leol neu ewch i reading-well.org.uk/cymru

How can books help?

These Reading Well books have been chosen by people living with dementia, carers and health professionals to help you **understand more about dementia**.

You can read the books on your own or talk about them with someone you trust.

Reading Well for dementia books are **free for you to borrow** from your local library.

You may have been recommended a Reading Well book by your GP or another professional. The books can be used alongside other support and care.

The library

Look for the Reading Well for dementia books in your local library – they're free to borrow.

It's **easy and free to join** your local library if you are not already a member. A member of library staff can help you join.

Once you have a library card you can borrow books, including large print and talking books.

You can take part in **activities, events and so much more**.

Many local libraries provide **information and activities** for people affected by dementia including information about local services. To find out more ask the library staff about what the library can offer.

Other Reading Well booklists

As well as Reading Well for dementia you might also find Reading Well for mental health helpful. This collection includes recommended books for common mental health conditions such as anxiety and depression.

Find out about other Reading Well booklists at your local library or visit reading-well.org.uk

Argymhellion darllen. Recommended reading.

Allwedd Llyfrau

▲ Gwybodaeth gyffredinol

■ Straeon personol

⬢ Ffuglen

★ Cymraeg yn unig

Book Key

▲ General information

■ Personal stories

⬢ Fiction

★ Welsh language only

Ynglŷn â dementia

About dementia

Dygymod â Nam Gwybyddol Ysgafn

Coping with Mild Cognitive Impairment (MCI)

Mary Jordan.

Jessica Kingsley Publishers ▲

Dementia: Cwestiynau Cyffredin

FAQs on Dementia

Tom Russ, Michael Huddleston.

Sheldon Press ▲

Be Dych Chi Wirioneddol Angen Wybod am Fywyd gyda Dementia

What You Really Want to Know About Life with Dementia

Karen Harrison Dening, Hilda Hayo, Christine Reddall.

Jessica Kingsley Publishers ▲

Pam fod Dementia yn Gwneud Cyfathrebu'n Anodd

Why Dementia Makes Communication Difficult

Alison Wray.

Jessica Kingsley Publishers ▲

Datod

Beti George (golygydd).

Y Lolfa ★

Byw gyda dementia

Living with dementia

Byw gyda Dementia: Llawlyfr Ymarferol

The Practical Handbook of Living with Dementia

Richard Coaten, Mark Hopfenbeck, Isla Parker.

PCCS Books ▲

Llyfr Gweithgaredd y Cof

The Memory Activity Book

Helen Lambert.

DK ▲

Byw gyda dementia

Living with dementia

Straeon personol

Personal stories

Dal dy Wynt: Byw'n Dda Gyda Dementia

Slow Puncture: Living Well with Dementia

Peter Berry, Deb Bunt.

The Book Guild Ltd ■

Rhywun o'n i'n Arfer Adnabod

Somebody I Used to Know

Wendy Mitchell.

Bloomsbury Publishing ■

Cymer Ofal, 'Machgen i: Stori Dad a'i Dementia

Take Care, Son: The Story of My Dad and his Dementia

Tony Husband.

Robinson ■

Bythgofiadwy: Rygbi, Dementia a Brwydr fy Mywyd

Unforgettable: Rugby, dementia and the fight of my life

Steve Thompson.

Bonnier Books ■

Gofalwyr a theulu

Carers and family

Hanfodion Dementia

Dementia Essentials

Jan Hall.

Vermilion ▲

Sut i Helpu Rhywun gyda Dementia

How to Help Someone with Dementia

Dr Michelle Hamill, Dr Martina McCarthy.

Trigger Publishing ▲

Unedig: Gofalu am ein hanwyliaid sy'n byw gyda dementia

United: Caring for our loved ones living with dementia

Gina Awad.

Robinson ▲

Anableddau Deallusol a Dementia: Canllaw i Deuluoedd

Intellectual Disabilities and Dementia: A Guide for Families

Karen Watchman.

Jessica Kingsley Publishers ▲

Straeon personol

Personal stories

Ti'n fy Nghofio i? Remember Me?

Shobna Gulati.

Brazen ■

Cân yn y Cof: Sut ddaeth cerddoriaeth â 'nhad adref eto

The Songaminute Man: How music brought my father home again

Simon McDermott.

HQ ■

I blant

For children

Fy Llyfr am yr Ymennydd, Newid a Dementia

My Book about Brains, Change and Dementia

Lynda Moore.

Jessica Kingsley Publishers ▲

Elfed a'r Anrheg

Elmer and the Gift

David McKee.

Andersen Press ⬢

Y Llyfr Hel Atgofion

The Memory Book

Louise Gooding.

Wren & Rook ⬢

Y Straeon Wnaeth Nain eu Anghofio (A Sut wnes i eu Canfod Nhw)

The Stories Grandma Forgot (and How I Found Them)

Nadine Aisha Jassat.

Orion Children's Books ⬢



Adnoddau Digidol

Ochr yn ochr â'r llyfrau Darllen yn Well ar gyfer dementia, argymhellir adnoddau digidol hefyd. Mae'r rhain yn darparu gwybodaeth er mwyn eich helpu i ddeall a rheoli eich iechyd a'ch lles.

Sganiwch y cod QR neu ewch i reading-well.org.uk/cymru/dementia i gael gwybod mwy.



Digital Resources

Alongside the Reading Well for dementia books, there are recommended digital resources. These provide information to help you understand and manage your health and wellbeing.

Scan the QR code or visit reading-well.org.uk/dementia to find out more.

Beth os bydd angen mwy o help arnaf?

Os nad yw llyfr yn rhoi'r holl help sydd ei angen arnoch, gallwch siarad â rhywun rydych yn ymddiried ynddynt, fel aelod o'r teulu, gofalwr, ffrind neu arweinydd ffydd. Gallwch hefyd siarad â phobl sydd ag arbenigedd yn y gymuned fel eich meddygfa, clinig cof neu weithwyr proffesiynol eraill.

Gallwch gysylltu ag un o'r sefydliadau canlynol i gael cymorth:

Cymdeithas Alzheimer's Cymru:

Gwybodaeth, cyngor ymarferol, a chefnogaeth emosiynol am ddim i bobl sy'n byw gyda dementia a'u teuluoedd.

Mae gwybodaeth ar gael mewn

ieithoedd eraill hefyd. **Llinell gymorth**

Gymraeg ar: ☎ 03300 947 400. **Llinell**

gymorth Saesneg ar: ☎ 0333 150 3456

🌐 alzheimers.org.uk/about-us/wales

Dementia UK: Cymorth a chyngor am ddim i unrhyw un sy'n cael eu heffeithio gan ddementia. Mae gwybodaeth ar gael mewn ieithoedd eraill hefyd.

Llinell gymorth Dementia Helpline ar:

☎ 0800 888 6678 🌐 dementiauk.org

Age Cymru: Cefnogaeth am ddim i bobl hŷn, eu teuluoedd, ffrindiau, gofalwyr a gweithwyr proffesiynol.

Llinell gymorth ar: ☎ 0300 303 4498

🌐 ageuk.org.uk/cymraeg/age-cymru

Mae Darllen yn Well yn rhaglen a ddatblygwyd gan The Reading Agency mewn partneriaeth â Libraries Connected a Chymdeithas Prif Lyfrgellwyr (SCL) Cymru. Fe'i cyflwynir trwy lyfrgelloedd cyhoeddus ac fe'i hariennir gan Lywodraeth Cymru a Chyngor Celfyddydau Lloegr. Mae Darllen yn Well ar gyfer dementia wedi'i greu ar y cyd gydag Innovations in Dementia.

Cefnogir Darllen yn Well ar gyfer Dementia

gan: Age UK, Alzheimer's Society, Bangor University, British Psychological Society, Cardiff and Vale University Health Board, Carers UK, Dementia UK, Improvement Cymru, Innovations in Dementia, National Academy for Social Prescribing, National Association of Primary Care, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists.

What if I need more help?

If a book does not provide you with all the help you need, you can talk with someone you trust such as a family member, carer, friend or faith leader. You can also talk to people with expertise in the community such as your GP practice, memory clinic or other professionals. **You can contact one of the following organisations for support:**

Alzheimer's Society Cymru:

Free information, practical advice, and emotional support for people living with dementia and their families. Information is also available in other languages.

Welsh speaking Support Line on:

☎ 03300 947 400

English speaking Support Line on:

☎ 0333 150 3456

🌐 alzheimers.org.uk/about-us/wales

Dementia UK: Free support and advice for anyone affected by dementia. Information is also available in other languages.

Dementia Helpline on:

☎ 0800 888 6678 🌐 dementiauk.org

Age UK: Free support for older people, their families, friends, carers and professionals.

Advice Line on: ☎ 0300 303 4498

🌐 ageuk.org.uk/cymru

Reading Well is a programme developed by The Reading Agency in partnership with Libraries Connected and the Society of Chief Librarians (SCL) Cymru. It is delivered through public libraries and is funded by Welsh Government and Arts Council England. Reading Well for dementia has been co-created with Innovations in Dementia.

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