



Adnodd dysgu gofal cartref: trosolwg bras

Mae'r adnodd dysgu hwn wedi'i ddatblygu i'r gweithlu gofal a chymorth yn y cartref er mwyn cefnogi dull o weithio sy'n canolbwyntio ar ganlyniadau personol. Mae wedi'i ddylunio i reolwyr gofal cymdeithasol a darparwyr hyfforddiant ei ddefnyddio fel pecyn hyfforddi, neu yn ystod ymarfer bob dydd; er enghraifft fel rhan o'r broses arolygu neu mewn trafodaethau yn ystod cyfarfodydd tîm.

Gellir defnyddio'r adnodd mewn unrhyw drefn ac os ydych wedi datblygu adnoddau eich hun gallwch ddefnyddio'r rhain fel atodiad i'ch adnoddau dysgu a datblygu eich hun.

Cynnwys yr adnoddau

Adran 1: Darparu canlyniadau

Mae'r adran hwn yn disgrifio beth yw canlyniadau personol, pam maent yn bwysig a sut i'w cofnodi a'u monitro.

Pennod 1.1 Deall Canlyniadau

Diffinio'r gwahanol ganlyniadau ac yn esbonio'r gwahaniaeth rhwng canlyniadau personol, gwasanaethau a phrosesau.

Cyflwyniad PowerPoint: Deall Canlyniadau

Pennod 1.2 Cofnodi a monitro canlyniadau

Cytuno pam y mae'n bwysig i gofnodi canlyniadau personol a ffyrdd o fonitro cynnydd unigolyn neu ofalwr wrth gyflawni eu canlyniadau.

Cyflwyniad PowerPoint: Cofnodi a monitro canlyniadau

Pennod 1.3 Cysylltu â'r Fframwaith Canlyniadau Cenedlaethol

Nodi sut gall ddarparu canlyniadau cefnogi'r Fframwaith Canlyniadau Cenedlaethol

Cyflwyniad PowerPoint: Cysylltu â'r Fframwaith Canlyniadau Cenedlaethol

Adran 2: Cynnal sgysiau da

Mae'r adran hwn yn ystyried y sgil o gyfathrebu gan ddiffinio'r sgwrs "beth sy'n bwysig", pwysigrwydd llesiant ac mae'n gwneud awgrymiadau ar gyfer cynnal sgysiau da.

Pennod 2: Cynnal sgysiau da

Deall beth rydyn ni'n golygu wrth sgysiau "beth sy'n bwysig" a sut i ddefnyddio sgiliau cyfathrebu.

Cyflwyniad PowerPoint: Cynnal sgysiau da



Adran 3: Cadw cydbwysedd rhwng risg, hawliau a chyfrifoldebau

Bydd yr adran hon yn ystyried sut rydyn ni'n edrych ar risg a sut gallwn feddwl am gadw cydbwysedd rhwng risg, hawliau a chyfrifoldebau.

Pennod 3: Cadw cydbwysedd rhwng risg, hawliau a chyfrifoldebau

Deall beth rydyn ni'n golygu wrth risg a sut mae hwn yn allweddol wrth hybu hawliau a grymuso pobl.

Cyflwyniad PowerPoint: Cadw cydbwysedd rhwng risg, hawliau a chyfrifoldebau

Defnyddio'r adnoddau

Mae pobl wedi dweud wrthym eu bod nhw eisiau adnoddau hyblyg i gefnogi datblygiad y gweithlu a bod cael ystod eang o adnoddau (megis ymarferion, fideos, straeon a chyflwyniadau) yn bwysig iddynt.

Dyma rhai awgrymiadau ar sut y gellir defnyddio'r adnoddau hyn:

- Arolygu: er mwyn cefnogi ymarfer adlewyrchol gallwch ddewis un neu ddau o'r sleidiau mwyaf perthnasol er mwyn helpu i gynnal sgwrs
- Cyfarfodydd tîm: defnyddiwch fideos, straeon neu rhai o'r sleidiau gyda chwestiynau i bobl ystyried a thrafod
- Hyfforddiant: mae'r adnoddau hyn yn barod i'w defnyddio; gallwch hefyd ychwanegu adnoddau eich hun i gefnogi addysgu staff
- Cefnogaeth gan gymheiriaid: yn yr un modd â'r cyfarfodydd tîm gall reolwyr dewis sleidiau penodol i staff ystyried a thrafod yn fanwl
- Fframwaith Sefydlu Iechyd a Gofal Cymdeithasol Cymru Gyfan: gellir defnyddio'r adnoddau i gefnogi staff sy'n ymgymryd â'r Fframwaith Sefydlu. Mae'r canllaw llawn yn nodi ble gall yr adnodd hwn gefnogi'r Fframwaith Sefydlu

Mae fideos hefyd yn cael eu darparu gyda'r adnoddau hyfforddi; gellir eu defnyddio fel atodiad i'r hyfforddiant a helpu i wella dealltwriaeth.

Canlyniadau dysgu

Byddwch yn nodi bod pob cyflwyniad PowerPoint yn cynnwys canlyniad dysgu. Mae hwn yn ganllaw er mwyn rhoi rhywfaint o eglurder am y dysgu cysylltiedig.

Hyfforddiant a dysgu ôl-gofrestru (PRTL)

Gall staff ddefnyddio'r adnoddau hyn fel rhan o'u hyfforddiant a dysgu ôl-gofrestru. Am fwy o wybodaeth ar PRTL gwelwch ein tudalennau cofrestru ar gofalcymdeithasol.cymru

Rydym hefyd wedi datblygu canllaw i gefnogi datblygiad proffesiynol parhaus gofalcymdeithasol.cymru/dysgu-a-datblygu/datblygiad-proffesiynol-parhaus-dpp



Domiciliary care learning resource: brief overview

This training resource has been developed for the domiciliary care and support workforce to take an outcomes focused approach to practice. It has been designed for social care managers and trainers to use as a training package or in day to day practice, for example in supervision and team meeting discussions.

The resources can be used in any order and if you have already developed your own resources, these can be used to supplement your learning and development materials.

What the resources cover

Section 1: Delivering outcomes

This section describes what personal outcomes are, why they are important and how to record and monitor them.

Chapter 1.1 Understanding Outcomes

Define different outcomes and explain the difference between personal outcomes, services and processes.

PowerPoint: Understanding Outcomes

Chapter 1.2 Recording and monitoring outcomes

Establish why it is important to record personal outcomes and ways to monitor an individual or carer's progress in achieving their outcomes

PowerPoint: Recording and monitoring outcomes

Chapter 1.3 Linking up with the National Outcomes Framework

Identify how delivering outcomes can support the National Outcomes Framework

PowerPoint: Linking up with the National Outcomes Framework

Section 2: Having a good conversation

This section looks at the art of communication, defining the 'what matters' conversation, the importance of well-being and gives some tips for having good conversations.

Chapter 2. Having a good conversation

Understand what we mean by a 'what matters' conversation and how to use communication skills

PowerPoint: Having a good conversation



Section 3: Balancing risk, rights and responsibility

This section will look at how we view risk and how we can think about balancing risk, rights and responsibility in practice.

Chapter 3 Balancing risks, rights and responsibilities

Understand what we mean by risk and how this is key to empowering and promoting people's rights

PowerPoint: Balancing risks, rights and responsibilities

Using the resources

People have told us that they want flexible tools to support workforce development and that having a wide range of resources (such as exercises, videos, stories and presentations) is important to them.

Here are some suggestions on how these resources can be used:

- Supervision: to support reflective practice you could choose one or two of the most relevant slides to help structure a conversation
- Team meetings: use videos, stories or some of the slides with suggested questions for people to consider and discuss
- Training: these resources are ready to use; you can also add your own stories to support staff learning
- Peer support: as with team meetings, managers can use selected slides for staff to consider and discuss in depth
- All Wales Induction Framework for Health and Social Care (AWIF): the resources can be used to support staff who are undertaking the AWIF. Points where this work can support the AWIF are referenced in the full guide to using these resources.

Videos are also provided with the training resources, they can be used to supplement training and improve understanding.

Learning outcomes

You will notice that each PowerPoint has its own learning outcome. This is a guide to give you some clarity about the learning that can be achieved.

Post registration training and learning (PRTL)

Staff can use these resources as part of their PRTL. For more information about PRTL please visit the registration pages at socialcare.wales

We have also developed a guide to help with continuing professional development
socialcare.wales/learning-and-development/continuing-professional-development-cpd