



ADTRAC UPDATE

Journey into Employment and Independence

D was educated in a residential setting in Doncaster, as he is deaf and can only communicate using British Sign Language. He moved back to Anglesey to be near his family, his Mum acts as his sole interpreter as no one in his immediate family can communicate with him. He wasn't working and had been receiving Employment Support Allowance since returning to Anglesey. D's deafness is his main barrier and affects all aspects of his daily life and it has been hard for him to manage without the residential setting where he has spent most of his life to date. Because of his deafness D gets easily frustrated and finds it difficult to manage his anger. Consequently, his relationship with his Mum is fractious and has often broken down. D has diabetes and it is difficult for him to understand and manage his condition at times. He also has Aspergers and his level of understanding can be difficult to assess.

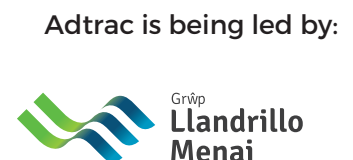
At the time of referral D was living in shared accommodation but his tenancy was being terminated and he had to move back home to live with his Mum who contacted ADTRAC. D was very socially isolated and his confidence and wellbeing were very low, his long term aim was to find a job.

Anglesey's ADTRAC Team procured BSL interpreters to help D attend meetings, access services, courses and ADTRAC wellbeing activities and events. Two of the ADTRAC mentors also completed the "Introduction to BSL" course in order to better communicate with D directly. In order to address D's wellbeing and social isolation and build his confidence he attended ADTRAC's 12 week Outdoor Experience course delivered by Cafod. This provided the opportunity for D to build up skills in an outdoor environment, give something back to the community and to mix with other young people of a similar age. Whilst on the course D built up social connections with others in the group and gained a John Muir Award accreditation. He also completed Level 2 Health and Safety at work and Lantra pedestrian and ride on lawn-mower courses.

D wanted to live independently and not have to rely on his Mum all the time, but needed support to develop life skills and self-confidence so that he could become more independent and less socially isolated. His ADTRAC Mentor worked closely in partnership with Anglesey's Social Services and Housing to help D move into his own tenancy and arranged for him to attend a basic cooking skills course.

D's ADTRAC Employability Mentor working in partnership with the DWP Disability Advisor arranged a placement on the Access to Work scheme for D to get tailored "in work" support from the Doncaster Deaf Trust and developed an action plan and exit strategy to ensure D's smooth transition when he was ready to move on from ADTRAC.

D's confidence and wellbeing grew significantly during his time with ADTRAC, he attended the ADTRAC Stakeholder event where a short video clip of D explaining how the project had helped him was shown on the day. There was also bunting displaying D's journey. D was very proud of what he had achieved with ADTRAC project and he was smiling from ear to ear.





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Taith i Gyflogaeth ac Annibyniaeth

Derbyniodd D ei addysg mewn lleoliad preswyl yn Doncaster, mae'n fyddar ac yn cyfathrebu drwy gyfrwng iaith Arwyddion Prydain Symudodd yn ôl i Ynys Môn er mwyn bod yn agos at ei deulu, a'i Fam sy'n cyfathrebu ar ei ran oherwydd nad oes neb arall yn ei deulu agos yn gallu cyfathrebu ag o. Doedd o ddim yn gweithio ac mae o wedi bod yn derbyn Lwfans Cyflogaeth a Chefnogaeth ers dychwelyd i Ynys Môn. Byddardod yw prif rwystr D ac mae'n cael effaith ar bob agwedd o'i fywyd bob dydd ac wedi ei gwneud hi'n anodd iddo ymdopi heb fod mewn lleoliad preswyl, ble mae wedi treulio'r rhan fwyaf o'i fywyd hyd yma. Oherwydd ei fod yn fyddar, mae D yn mynd yn rhwystredig yn sydyn iawn ac yn cael trafferth rheoli ei dymer. O ganlyniad i hyn, mae ei berthynas â'i fam yn bigog ac wedi chwalu ar sawl achlysur. Mae gan D diabetes ac mae hi'n anodd iddo ddeall a rheoli ei gyflwr ar adegau. Mae Aspergers arno hefyd ac mae hi'n anodd ar brydiau asesu lefel ei ddealltwriaeth.

Pan gafodd ei gyfeirio, roedd D yn byw mewn llety a rennir ond roedd ei denantiaeth yn dod i ben ac roedd rhaid iddo symud gartref i fyw gyda'i Fam, felly cysylltodd ei fam ag ADTRAC. Roedd D yn ynysig yn gymdeithasol ac roedd ei hyder a'i les yn isel iawn. Ei nod tymor hir oedd dod o hyd i swydd.

Trefnodd Tîm ADTRAC gyfieithwyr BSL i gynorthwyo D fynd i gyfarfodydd, i gael mynediad at wasanaethau, cyrsiau a gweithgareddau a digwyddiadau Lles ADTRAC. Cwblhaodd dau o fentoriaid ADTRAC y cwrs 'Cyflwyniad i BSL' er mwyn cyfathrebu'n uniongyrchol â D. Er mwyn mynd i'r afael â lles ac ynysigrwydd cymdeithasol D a chodi ei hyder, aeth ar gwrs Profiad yn yr Awyr Agored 12 wythnos o hyd gyda Cafod fel rhan o gynllun ADTRAC. Rhoddodd hyn y cyfle i D feithrin ei sgiliau mewn amgylchedd awyr agored, i roi rhywbeth yn ôl i'r gymuned a chymysgu gyda phobl ifanc o'r un oed ag o. Yn ystod y cwrs, cafod o gyfle i feithrin cysylltiadau cymdeithasol gydag eraill yn y grŵp ac enillodd achrediad John Muir. Cwblhaodd gwrs Lefel 2 mewn Iechyd a Diogelwch yn y Cwaith a chysiau defnyddio peiriannau torri gwair Lantra wrth gerdded ac â sedd arnynt.

Roedd D eisiau byw yn annibynnol heb orfod dibynnu ar ei Fam drwy'r amser, ond roedd angen iddo ddatblygu sgiliau byw a magu hunan hyder fel y gallai fod yn fwy annibynnol ac yn llai ynysig yn gymdeithasol. Gweithiodd ei Fentor ADTRAC yn agos gyda Gwasanaethau Cymdeithasol Ynys Môn a'r Adran Dai er mwyn ei gynorthwyo i symud i lety ei hun ac i drefnu ei fod yn dilyn cwrs sgiliau coginio sylfaenol.

Trefnodd Mentor Cyflogadwyedd ADTRAC mewn partneriaeth â'r Cynghorydd Anableded yr Adran Gwaith a Phensiynau Ie i D ar y Cynllun Mynediad at Waith, er mwyn iddo dderbyn cefnogaeth 'yn y gweithle' gan Doncaster Deaf Trust. Datblygwyd cynllun gweithredu a strategaeth gadael i hwyluso'r cyfnod pontio i D pan fyddai'n barod i symud ymlaen o ADTRAC.

Mae hyder a lles D wedi cynyddu'n sylweddol yn ystod ei gyfnod gydag ADTRAC, aeth i ddigwyddiad Rhanddeiliaid ADTRAC ble dangoswyd clip fideo byr o D yn egluro sut mae'r prosiect wedi ei gynorthwyo. Roedd yna hefyd faneri yn arddangos taith D. Roedd D yn falch iawn o'r hyn roedd wedi'i gyflawni ar brosiect ADTRAC ac roedd yn wên o glust i glust.

