ADTRAC UPDATE

Sir Ddinbych yn Gweithio
Working Denbighshire

ADTRAC working with other professionals to support a participant who has sight loss.

John (age 18) was referred to ADTRAC in November 2019 by a Social Worker from the Complex Disabilities Team within Denbighshire County Council. John had left full time education as the college he was attending was making him feel uncomfortable within the classroom setting. Tutors were not discreet about his disability in front of his peers.

John has a significant visual impairment which affects his near and distance vision and also has a hormone condition known as hypopituitarism. His symptoms include excessive tiredness and decreased energy.

John has 'move-on' support in place from his Social Worker, which will enable John to move from his family home to supported accommodation in the north of the county. He is also receiving support from 'Just enough Support' Project, an occupational therapist is working 1:1 with John to improve his daily routine, increase basic living skills, support to access transport and to increase his confidence to live independently. ADTRAC have been working 1:1 with John to develop a personalised action plan for employability support. John has received support to create a CV and has been seeking relevant training courses and a work placement in his chosen career, Tourism.

John was referred to the ADTRAC Mental Health Practitioner for additional help to improve his mental wellbeing and to identify ways to improve his mood and self-esteem. John also needed support to accept his condition and support to manage his anger in the home environment due to being frustrated with his own limitations. It has been important for all professionals working with John to keep in regular communication. Regular 'catch up' meetings have been taking place with John and his family.

John has been doing well; he attended a Confidence and Assertiveness course delivered by ADTRAC mentors in early 2020. John's mentor ensured that the course was fully accessible to him, making sure the venue, lighting and transport were suitable and that his workbooks were in an appropriate font and size. John enjoyed and gained a lot from the course and built a rapport with the other participants who attended. He provided excellent feedback and felt very welcomed and supported by the whole team.

Unfortunately John's work placement, volunteering and face to face training courses were put on hold due to Covid-19 restrictions. ADTRAC were however able to order John a laptop so that he could complete online courses and attend the weekly online drop-in sessions during lockdown. He is completing online modules to become a Denbighshire Tourism Ambassador and has been receiving regular phone calls from his ADTRAC mentor and Mental Health Practitioner.

John moved from his family home into supported housing in July 2020. This has been a huge challenge for John but he's had the remote support of professionals and he is now happy to be living independently.

John will be referred to our employment co-ordinator to seek a workplace in tourism now that some of the Covid-19 restrictions are lifting.

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European Social Fund

Cyngor sir ddinbych denbighshire County Council

GIG Cymru NHS Wales — Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

Adtrac is being led by:
Grŵp Llandrillo Menai

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Y DIWEDDARAF GAN ADTRAC

ADTRAC yn gweithio gyda phobl broffesiynol eraill i gefnogi cyfranogwr sydd â nam ar ei olwg.

Cyfeiriwyd John (18 oed) at ADTRAC yn Nhachwedd 2019 gan Weithiwr Cymdeithasol o'r Tîm Anableddau Cymhleth o fewn Cyngor Sir Dinbych. Roedd John wedi gadael addysg lawn-amser gan fod y coleg roedd yn ei fynychu yn gwneud iddo deimlo yn anghyffyrddus o fewn y lleoliad ystafell ddosbarth. Nid oedd tiwtoriaid yn ddoeth iawn wrth ymdrin â'i anabledd o flaen ei gyfoedion.

Mae gan John nam sylweddol ar ei olwg sydd yn effeithio ar ei olwg agos a phell ac mae ganddo hefyd gyflwr hormonaidd o'r enw hypobitwidedd. Mae ei symptomau'n cynnwys gorflinder a llai o egni.

Mae gan John gefnogaeth "symud -ymlaen" gan ei Weithiwr Cymdeithasol, a fydd yn galluogi John i symud o'i gartref teuluol i lety lle ceir cefnogaeth yng ngogledd y sir. Mae hefyd yn derbyn cefnogaeth o'r Prosiect "Just Enough Suppport", mae therapydd galwedigaethol yn gweithio 1:1 gyda John i wella ei rwtin dyddiol, cynyddu sgiliau byw sylfaenol, cefnogaeth i gael mynediad i gludiant ac i gynyddu ei hyder i fyw yn annibynnol. Mae ADTRAC wedi bod yn gweithio 1:1 gyda John i ddatblygu cynllun gweithredu personol ar gyfer cefnogaeth cyflogadwyedd. Mae John wedi derbyn cefnogaeth i greu CV ac wedi bod yn chwilio am gyrsiau hyfforddi perthnasol a lleoliad gwaith yn ei yrfa dethol, Twristiaeth.

Cyfeiriwyd John at yr Ymarferwr Iechyd Meddwl ADTRAC am help ychwanegol i wella ei les meddyliol ac i ddynodi ffyrdd o wella ei hwyliau a'i hunan-dyb. Roedd John hefyd angen cefnogaeth i dderbyn ei gyflwr a chefnogaeth i reoli ei ddicter yn amgylchedd y cartref oherwydd ei fod yn rhwystredig gyda'i gyfyngiadau ei hun. Bu'n bwysig i'r holl bobl broffesiynol sy'n gweithio gyda John i gadw mewn cysylltiad rheolaidd. Cynhaliwyd cyfarfodydd "dal i fyny" rheolaidd gyda John a'i deulu.

Bu John yn gwneud yn dda; mynychodd gwrs Hyder a Phendantrwydd wedi ei gyflwyno gan fentoriaid ADTRAC yn gynnar yn 2020. Sicrhaodd mentor John fod y cwrs yn gwbl gyraeddadwy iddo, gan wneud yn siwr fod y lleoliad, goleuo a'r cludiant yn addas a bod ei lyfrau gwaith mewn ffont a maint priodol. Mwynhaodd ac elwodd John lawer o'r cwrs ac adeiladodd berthynas gyda'r cyfranogwyr eraill a fynychodd. Darparodd adborth ardderchog a theimlai wedi ei groesawu a'i gefnogi yn fawr gan yr holl dim.

Yn anffodus gohiriwyd lleoliad gwaith, gwirfoddoli a chyrsiau hyfforddi wyneb yn wyneb John o ganlyniad i gyfyngiadau Covid-19. Llwyddodd ADTRAC fodd bynnag i archebu gliniadur i John fel y gallai gwblhau cyrsiau ar-lein a mynychu'r sesiynau galw heibio ar-lein wythnosol yn ystod y cyfnod clo. Mae'n cwblhau cyrsiau ar-lein i ddod yn Llysgennad Twristiaeth Sir Ddinbych a bu'n derbyn galwadau ffôn rheolaidd gan ei fentor ADTRAC a'r Ymarferwr Iechyd Meddwl.

Symudodd John o'i gartref teuluol i dy gyda chefnogaeth yng Ngorffennaf 2020. Bu hyn yn her anferthol ar gyfer John ond cafodd gefnogaeth o bell pobl broffesiynol ac mae nawr yn hapus i fod yn byw yn annibynnol.

Caiff John ei gyfeirio at ein cydlynydd cyflogaeth i geisio lle gwaith mewn twristiaeth nawr fod rhai o'r cyfyngiadau Covid-19 yn codi.

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