City of Cardiff Council

Day Opportunities Strategy Consultation

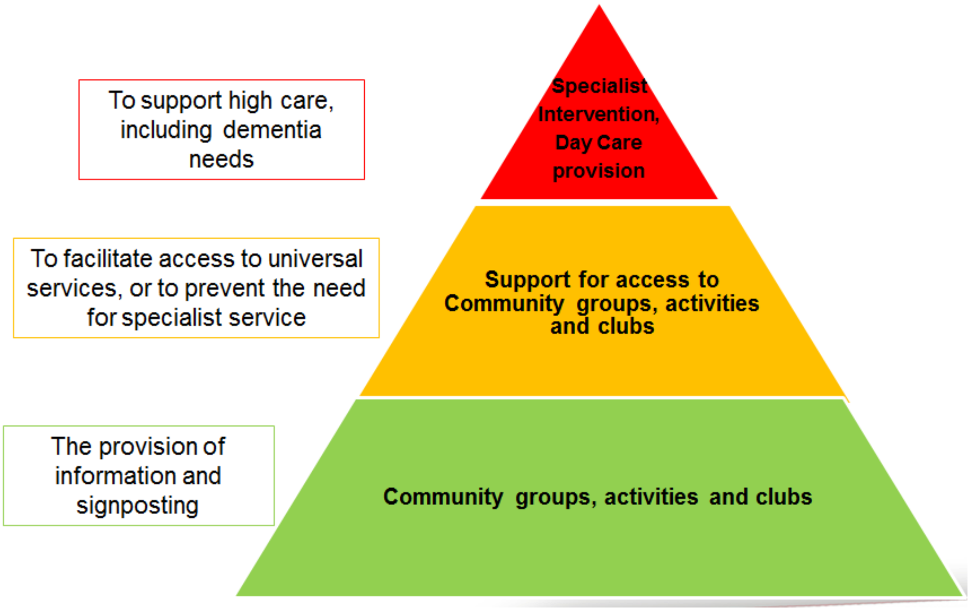
Our provision of elderly care services is facing challenges, which will result in changes to the way that elderly day services work in the city. This is due to a significant growth in the overall population, an increasing number of older people, a need to improve the ability of the service to meet those with higher levels of need, and the need to help to reduce loneliness.

Building on last year's consultation, the Council has developed a model for day services with a set of proposals that will deliver the outcomes that people will want in order to improve their lives. The model consists of three tiers that differentiate between types of day services based on the needs of the service users. Further information on the model can be found in the Cabinet Report of 12th November 2015 and is available on the council's website at the following link.

http://cardiff.moderngov.co.uk/documents/s7624/item%208%20Cabinet%2012%20Nov%202015%20Day%20Opportunities.pdf

It is proposed that the Day Opportunities Strategy will aim to prevent social isolation by enabling older people to achieve their chosen outcome by:

- Providing information, advice and assistance to encourage independent access to social activities and engagement opportunities
- Providing assistance to those who need it to access community services and activity through targeted intervention and support
- Supporting the most vulnerable through high quality specialist day services



The Council must ensure that spending is focused on the areas that are most important and that make the biggest difference in supporting people. It also means we need to make sure that each pound goes as far as possible through working successfully with partners and community groups. This is so we can meet the needs of people who have the highest care and support needs and the most vulnerable people in our communities.

We would appreciate you taking the time to give us your views so that we can gain a broader understanding of what people in Cardiff want / will want in old age.

There are 3 ways to respond to the consultation questionnaire:-

a) On line via https://www.snapsurveys.com/wh/s.asp?k=144845082531
b) Return your completed questionnaire to one of the Council hubs
c) Address your envelope to the following - Cardiff Research Centre, Cardiff Council, FREEPOST CF3474, Atlantic Wharf, Cardiff. CF10 562.

Closing Date: Friday 5th February 2015

make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

About You

1 What was your age on your last birthday? Please tick one box only.

☐ Under 18 ☐ 25-34 ☐ 45-54 ☐ 65-74
☐ 18-24 ☐ 35-44 ☐ 55-64 ☐ 75+

2 Are you….? Please tick one box only.

☐ Female ☐ Male ☐ Transgender

3 Are you responding to this survey:

☐ On your own behalf
☐ On behalf of service user
☐ On behalf of an organisation/community group (please specify) (go to Q5) ____________

4 Do you support a friend, relative or neighbour who is unable to manage at home alone due to old age, disability or long-term illness?

☐ Yes ☐ No

5 Do you receive services from Adult Social Services?

☐ Yes ☐ No ☐ Not sure

6 Are you, or do you care for someone who accesses:

☐ Grand Avenue / Ely Day Centre
☐ Fairwater Day Centre
☐ Meals on Wheels
☐ Community Alarm / Telecare
☐ Other (please specify below)
☐ Minehead Road Day Centre
☐ Oldwalls Court (Alzheimers)
☐ Home Care

____

CREU GWIR IN THESE STONES FEL GWYDR HORIZONS OF WRNAIS AWEN SING

We want people to stay active and connected to their community. To help with this we will provide information and assistance to help older people access activities, clubs and groups in their area. By doing this, the aim is to reduce social isolation.

7 How would you like to access this information?

- ☐ On the internet, with easy to search features by inputting interests and your postcode
- ☐ Over the phone
- ☐ Face to Face in Hubs
- ☐ Other (please specify below)

____

____

We propose to create a Day Opportunities Team to support older people to access community facilities. This could involve a support worker accompanying someone to a local activity in the first instance or arranging community transport to a luncheon club and helping them in their first few visits.

8 Do you agree with the proposal to support people to be as independent as possible in accessing community events or activities?

☐ Yes ☐ No ☐ Maybe

The model recommends that those with the highest care and support needs (including dementia) will need to have access to a specialist Day Centre. This will help to support carers by providing respite from caring. There are currently three council run day centres at Minehead Road, Grand Avenue and Fairwater, in addition to the council-funded Oldwell Court Day Centre run by the Alzheimer's Society.

The proposal is for

- Minehead Road and Fairwater to remain as Day Centres for those with high care and support need and lower levels of dementia.
- Grand Avenue/Ely to become a specialist dementia centre. This will allow us to partner with Health to provide a joined-up service.
- Alzheimer's Service at Oldwell Court not to be funded as the current provision does not meet the needs of the individuals with the highest needs and those needs would be best met from one of the centres above.

It is anticipated that current Day Centre users will still be able to access Day Centres as part of the new proposal.

By making these changes we can continue to provide sustainable and high quality Day Centre services.

9 Do you agree with the above proposal?

☐ Strongly agree ☐ Agree ☐ Neutral
☐ Disagree ☐ Strongly Disagree

10 Do you have any further comments about the Day Centres proposal?

____

____

____

It was previously agreed that the Council would stop providing the Meals on Wheels service. Although not a statutory service, it is an important service for people to receive a regular hot meal and it provides an essential social contact for many older people. Currently the service does not cover its costs and meals are therefore provided at a subsidy. Therefore if we are to continue to provide this service it will need to be cost effective. Proposals to make the service self-sustaining include expanding the service, exploring different meal options and increasing the cost of a hot meal by £1, from £2.90 to £3.90.

11 Do you agree with the proposal to continue the meals on wheels service with an increase in the cost of a hot meal by £1?

☐ Strongly agree ☐ Agree ☐ Neutral
☐ Disagree ☐ Strongly Disagree

12 Would you consider accessing the Meals on Wheels scheme, either for yourself, or for a friend or family member?

☐ Yes ☐ No ☐ Maybe

13 If you or a family member receive meals on wheels, would you also be interested in receiving a cold meal for the evening?

☐ Yes ☐ No ☐ Maybe

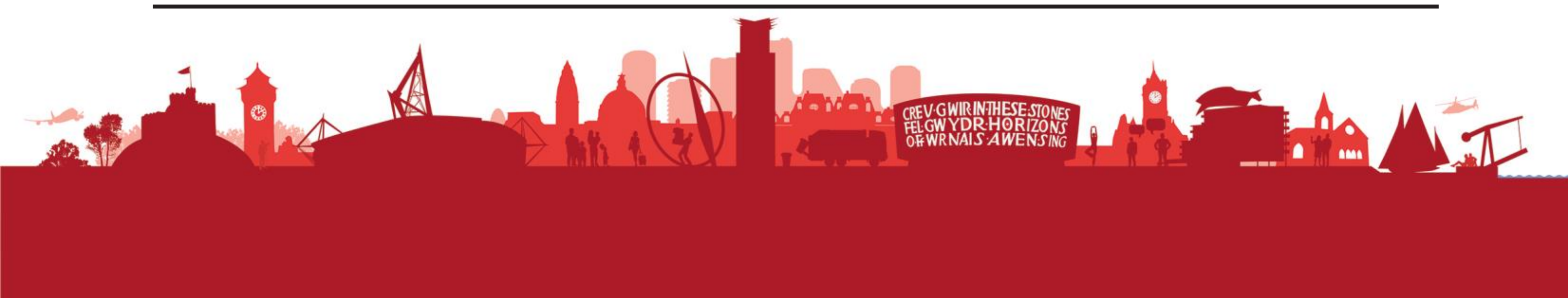
14 Do you agree with the proposal to expand the current Meals on Wheels service to anyone that wants it?

☐ Strongly agree ☐ Agree ☐ Neutral
☐ Disagree ☐ Strongly Disagree

14 Do you have any other suggestions to improve the Meals on Wheels Service?

____

____



make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

Luncheon clubs have an important role to play in preventing social isolation. We are aware of 30 Luncheon Clubs in the city, two of which receive a subsidy. The two receiving subsidy are based at Moorland Road and Dalton Street. We want to see a sustainable and equitable provision across the city and therefore are proposing the withdrawal of specific funding.

Alzheimer's Service at Oldwell Court not to be funded as the current provision does not meet the needs of the individuals with the highest needs and those needs would be best met from one of the centres above.

15 Do you current attend a Luncheon Club?

☐ Yes ☐ No

15a If yes, which do you attend?

---

16 Do you support this proposal?

☐ Strongly agree ☐ Agree ☐ Neutral
☐ Disagree ☐ Strongly Disagree

We recognise it is important that transport is made available to those who need it to attend doctors' appointments or to visit luncheon clubs and other community resources.

17 The proposal is to maintain current funding levels of the community transport already in place. Do you agree with this proposal?

☐ Strongly agree ☐ Agree ☐ Neutral
☐ Disagree ☐ Strongly Disagree

make the difference | gwnewch wahaniaeth

CARDIFF
CAERDYDD

18 Do you currently use the VEST (Community Transport) service?

☐ Yes ☐ No

18a If yes, does the service meet your needs?

☐ Yes ☐ No

18b If no, please detail

____

____

> We currently fund a pilot project run by Age Connects to deliver a service through volunteers to support people who are lonely. Early evidence shows this has been successful in achieving positive outcomes for those receiving the service.

19 Do you have a volunteer from Age Connect assisting you?

☐ Yes ☐ No

19a If yes, is the service meeting your needs?

☐ Yes ☐ No

19b If no, please detail

____

____

20 Do you support the proposal to increase this service?

☐ Yes ☐ No

We would like to use the skills and experience of volunteers to provide additional support and assistance to older people. There are a growing number of people wishing to volunteer.

21 Which tasks do you think are appropriate for volunteers to provide to older people?

☐ Help to access to activities
☐ Assist with shopping
☐ Going on outings together
☐ Gardening
☐ Befriending – home visit
☐ Befriending – weekly telephone call
☐ Providing transport
☐ Other (please specify below)

____

22 Would you like to volunteer?

☐ Yes ☐ No

23 If you would like to be contacted about volunteer opportunities please provide contact details

____

____

____

make the difference | gwnewch wahaniaeth

24 We would like to continue supporting development of day opportunities for older people in the community. What activities do you think should be made available to older people? What would you like to attend?

- ☐ Arts and culture
- ☐ Exercise classes
- ☐ Singing
- ☐ Cooking
- ☐ Reading clubs
- ☐ Learning opportunities
- ☐ Walking
- ☐ Family history
- ☐ Dancing

25 Any other suggested activities you would like to attend?

____

____

____

____

26 What do you think are the main barriers that older people face and which prevent them from currently accessing community facilities?

____

____

make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

Cyngor Dinas Caerdydd

Ymgynghori Strategaeth Cyfleoedd Dydd

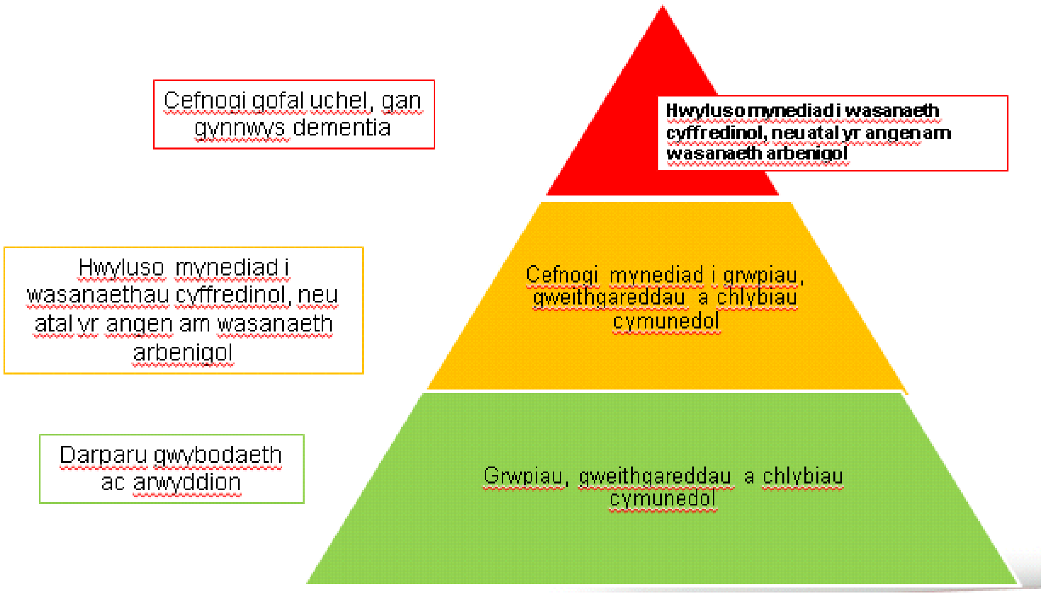
Mae ein darpariaeth gwasanaethau gofal henoed yn wynebu heriau, a fydd yn arwain at newidiadau yn y ffordd y mae gwasanaethau dydd i’r henoed yn gweithio yn y ddinas. Mae hyn oherwydd twf sylweddol yn y boblogaeth yn gyffredinol, y nifer cynyddol o bobl hŷn, yr angen i wella gallu'r gwasanaeth i gwrdd â’r lefelau uwch hyn o angen, a'r angen i helpu i leihau unigrwydd.

Gan adeiladu ar ymgynghoriad y llynedd, mae'r Cyngor wedi datblygu model ar gyfer gwasanaethau dydd gyda set o gynigion a fydd yn cyflenwi’r canlyniadau y bydd pobl eu heisiau i wella eu bywydau. Mae'r model yn cynnwys tair haen sy'n gwahaniaethu rhwng gwahanol fathau o wasanaethau dydd yn seiliedig ar anghenion y defnyddwyr gwasanaeth. Ceir rhagor o wybodaeth am y model yn Adroddiad y Cabinet 12fed Tachwedd 2015, ac mae ar gael ar wefan y cyngor ar y ddolen ganlynol.

http://cardiff.moderngov.co.uk/documents/s7624/item%208%20Cabinet%2012%20Nov%202015%20Day%20Opportunities.pdf

Y bwriad yw y bydd y Strategaeth Cyfleoedd Dydd yn ceisio atal ynysu cymdeithasol drwy alluogi pobl hŷn i gyflawni eu canlyniadau dewisol drwy:

- Ddarparu gwybodaeth, cyngor a chymorth i annog mynediad annibynnol at weithgareddau cymdeithasol a chyfleoedd ymgysylltu
- Darparu cymorth i'r rhai sydd ei angen i gael mynediad at wasanaethau a gweithgareddau cymunedol drwy ymyrraeth a chymorth wedi'i dargedu
- Cefnogi'r rhai sydd fwyaf agored i niwed trwy wasanaethau dydd arbenigol o ansawdd uchel



Rhaid i'r Cyngor sicrhau bod gwariant yn canolbwyntio ar y meysydd pwysicaf ac sy'n gwneud y gwahaniaeth mwyaf o ran cefnogi pobl. Golyga hefyd bod angen gwneud yn siŵr bod pob punt yn mynd cyn belled ag y bo modd trwy weithio'n llwyddiannus gyda phartneriaid a grwpiau cymunedol. Mae hyn er mwyn i ni allu cwrdd ag anghenion pobl sydd gyda'r anghenion gofal a chymorth uchaf a'r bobl sydd fwyaf agored i niwed yn ein cymunedau.

Byddem yn gwerthfawrogi petaech yn cymryd yr amser i roi eich barn i ni a thrwy hynny hybu'n dealltwriaeth o'r hyn y mae pobl yng Nghaerdydd ei eisiau/ y byddant ei eisiau yn eu henaint.

Mae 3 ffordd i ymateb i'r holiadur ymgynghori:-

a) Ar-lein drwy'r ddolen hon https://www.snapsurveys.com/wh/s.asp?k=144889977406
b) Dychwelyd eich holiadur wedi'i gwblhau i un o hybiau'r Cyngor
c) Cyfeirio eich amlen i'r canlynol - Canolfan Ymchwil Caerdydd, Cyngor Caerdydd, RHADBOST CF3474, Glanfa'r Iwerydd, Caerdydd. CF10 562.

Dyddiad cau: Dydd Gwener 5 Chwefror 2015

Amdanoch chi

1 Faint oedd eich oed ar eich pen-blwydd diwethaf? Ticiwch un blwch yn unig.

- ☐ Dan 18
- ☐ 18-24
- ☐ 25-34
- ☐ 35-44
- ☐ 45-54
- ☐ 55-64
- ☐ 65-74
- ☐ 75+

2 A ydych chi ….? Ticiwch un blwch yn unig.

- ☐ Benyw
- ☐ Gwryw
- ☐ Trawsrywiol

3 A ydych yn ymateb i'r arolwg hwn:

- ☐ Ar eich rhan eich hun
- ☐ Ar ran y defnyddiwr gwasanaeth
- ☐ Ar ran mudiad / grŵp cymunedol ayb (ewch i C5)

4 A ydych yn cefnogi ffrind, perthynas neu gymydog na all ymdopi gartref ar ei ben ei hun oherwydd henaint, anabledd neu salwch hirdymor?

- ☐ Ydw
- ☐ Nac ydw

5 A ydych chi'n derbyn gwasanaethau gan y Gwasanaethau Cymdeithasol i Oedolion?

- ☐ Ydw
- ☐ Nac ydw
- ☐ Ddim yn siŵr

6 A ydych chi, neu a ydych yn gofalu am rywun sy'n cael mynediad at:

- ☐ Canolfan Ddydd Grand Avenue/ Treláі
- ☐ Canolfan Ddydd y Tyllgoed
- ☐ Prydau ar Glud
- ☐ Larwm Cymunedol / Teleofal
- ☐ Canolfan Ddydd Minehead Road
- ☐ Oldwalls Court (Alzheimers)
- ☐ Gofal Catref
- ☐ Arall (nodwch isod)

make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

Rydym eisiau i bobl aros yn weithgar ac yn gysylltiedig â'u cymuned. I helpu gyda hyn, byddwn yn rhoi gwybodaeth a chymorth i helpu pobl hŷn gael mynediad at weithgareddau, clybiau a grwpiau yn eu hardal. Drwy wneud hyn, y nod yw lleihau ynysu cymdeithasol.

7 Sut hoffech chi gael mynediad at y wybodaeth hon?

- ☐ Ar y rhyngrwyd, gyda nodweddion hawdd i chwilio trwy gofnodi diddordebau a'ch cod post
- ☐ Dros y ffôn
- ☐ Wyneb yn Wyneb mewn Hybiau
- ☐ Arall

____

____

Rydym yn bwriadu creu Tîm Cyfleoedd Dydd i gefnogi pobl hŷn i gael mynediad at gyfleusterau cymunedol. Gallai hyn olygu gweithiwr cymorth yn mynd gyda rhywun i weithgarwch lleol yn y lle cyntaf neu drefnu cludiant cymunedol i glwb cinio a’u helpu ar eu hychydig o ymweliadau cyntaf.

8 A ydych yn cytuno â'r cynnig i gefnogi pobl i fod mor annibynnol ag y bo modd o ran cael mynediad at ddigwyddiadau neu weithgareddau cymunedol?

☐ Ydw ☐ Nac ydw ☐ Efallai

make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

Mae'r model yn argymell y bydd angen i'r rhai sydd â'r anghenion gofal a chymorth uchaf (yn cynnwys dementia) gael mynediad i Ganolfan Ddydd arbenigol. Bydd hyn yn helpu i gefnogi gofalwyr drwy ddarparu seibiant o ofalu. Ar hyn o bryd, mae'r Cyngor yn rhedeg tair canolfan ddydd yn Minehead Road, Grand Avenue a'r Tyllgoed, yn ogystal â Chanolfan Ddydd Oldwell Court a ariennir gan y cyngor ac a gaiff ei rhedeg gan y Gymdeithas Alzheimer.

Y cynnig yw

- Minehead Road a'r Tyllgoed i aros yn Ganolfannau Dydd ar gyfer rhai sydd ag angen gofal a chymorth uchel a rhai gyda lefelau is o ddementia.
- Grand Avenue /Trelái i fod yn ganolfan dementia arbenigol. Bydd hyn yn ein galluogi i fod yn bartner gydag Iechyd i ddarparu gwasanaeth cydgysylltiedig.
- Rhoi'r gorau i ariannu Gwasanaeth Alzheimer yn Oldwell Court gan nad yw'r ddarpariaeth bresennol yn bodloni anghenion yr unigolion sydd â'r anghenion mwyaf ac y byddai'r anghenion hynny'n cael eu diwallu orau yn un o'r canolfannau uchod.

Rhagwelir y bydd defnyddwyr presennol Canolfannau Dydd yn dal i allu cael mynediad i Ganolfannau Dydd fel rhan o'r cynnig newydd.

Drwy wneud y newidiadau hyn, gallwn barhau i ddarparu gwasanaethau Canolfan Ddydd cynaliadwy o ansawdd uchel.

9 A ydych yn cytuno â'r cynnig uchod?

☐ Cytuno'n gryf ☐ Tueddu i gytuno ☐ Ddim yn cytuno nac anghytuno
☐ Tueddu i anghytuno ☐ Anghytuno'n gryf

10 A oes gennych unrhyw sylwadau pellach ynghylch y cynnig Canolfannau Dydd?

____

____

Cytunwyd yn flaenorol y byddai'r Cyngor yn rhoi'r gorau i ddarparu'r gwasanaeth pryd ar glud. Er nad yw'n wasanaeth statudol, mae'n wasanaeth pwysig i bobl gael pryd poeth rheolaidd ac mae'n darparu cyswllt cymdeithasol hanfodol i lawer o bobl hŷn. Ar hyn o bryd nid yw'r gwasanaeth yn cwrdd â'i gostau ac felly darperir prydau bwyd gyda chymhorthdal. Felly, os ydym am barhau i ddarparu'r gwasanaeth hwn, bydd angen iddo fod yn gost-effeithiol. Mae cynigion i wneud y gwasanaeth yn hunangynhaliol yn cynnwys ehangu'r gwasanaeth, archwilio opsiynau prydau gwahanol a chynyddu cost pryd poeth o £1, o £2.90 i £3.90.

11 A ydych yn cytuno â'r cynnig i barhau â'r gwasanaeth pryd ar glud gyda chynnydd o £1 ym mhris pryd poeth?

☐ Cytuno'n gryf ☐ Tueddu i gytuno ☐ Ddim yn cytuno nac anghytuno
☐ Tueddu i anghytuno ☐ Anghytuno'n gryf

12 A fyddech chi'n ystyried defnyddio'r cynllun Pryd ar Glud, naill ai i chi eich hun, neu i ffrind neu aelod o'r teulu?

☐ Busawn ☐ Na fusawn ☐ Efallai

13 A ydych yn cytuno â'r cynnig i ehangu'r gwasanaeth Pryd ar Glud presennol i unrhyw un sydd ei eisiau?

☐ Cytuno'n gryf ☐ Tueddu i gytuno ☐ Ddim yn cytuno nac anghytuno
☐ Tueddu i anghytuno ☐ Anghytuno'n gryf

14 A oes gennych unrhyw awgrymiadau eraill i wella'r gwasanaeth Pryd ar Glud?

____

____

Mae gan Glybiau Cinio rôl bwysig i'w chwarae mewn atal ynysu cymdeithasol. Rydym yn ymwybodol o 30 o Glybiau Cinio yn y ddinas, dau ohonynt yn derbyn cymhorthdal. Mae'r ddau sy'n derbyn cymhorthdal yn Moorland Road a Dalton Street. Nid ydym yn credu ei fod yn drefniant teg na chynaliadwy i ddarparu cyllid i 2 o'r clybiau hyn. Y cynnig yw bod yr holl Glybiau Cinio, gan gynnwys y rhai sy'n derbyn cymhorthdal, yn dod yn hunangynhaliol, a bydd y Cyngor yn cynnig cymorth a chefnogaeth gyda'r newid hwn.

15 A ydyah yn mynychu Clwb Cinio ar hyn o bryd?

☐ Ydw ☐ Nac ydw

15a Os ydych, pa un ydych chi'n ei fynychu?

---

16 A ydych chi'n cefnogi'r cynnig hwn?

☐ Cytuno'n gryf ☐ Tueddu i gytuno ☐ Ddim yn cytuno nac anghytuno
☐ Tueddu i anghytuno ☐ Anghytuno'n gryf

Rydym yn cydnabod ei bod yn bwysig bod cludiant ar gael i'r rhai sydd ei angen i fynd i apwyntiadau meddyg neu i ymweld â chlybiau cinio ac adnoddau cymunedol eraill.

17 Y cynnig yw cynnal y lefelau cyllido presennol i gludiant cymunedol sydd eisoes yn ei le. A ydych yn cytuno â'r cynnig hwn?

☐ Cytuno'n gryf ☐ Tueddu i gytuno ☐ Ddim yn cytuno nac anghytuno
☐ Tueddu i anghytuno ☐ Anghytuno'n gryf

18 A ydych yn defnyddio'r gwasanaeth VEST (Cludiant Cymunedol) presennol?

☐ Ydw ☐ Nac ydw ☐ Efallai

18a Os ydych, a yw'r gwasanaeth yn cwrdd â'ch anghenion?

☐ Ydyw ☐ Nac ydyw

18b Os nac ydw, rhowch fanylion

Ar hyn o bryd rydym yn ariannu prosiect peilot a redir gan Age Connects i ddarparu gwasanaeth drwy wirfoddolwyr i gefnogi pobl sy'n unig. Dengys tystiolaeth gynnar fod hwn wedi bod yn llwyddiannus wrth sicrhau canlyniadau cadarnhaol i'r rhai sy'n derbyn y gwasanaeth.

19 A oes gennych wirfoddolwr o Age Connect yn eich cynorthwyo chi?

☐ Oes ☐ Nac oes

19a Os ydych, a yw'r gwasanaeth yn cwrdd â'ch anghenion?

☐ Ydyw ☐ Nac ydyw

19b Os nac ydw, rhowch fanylion

---

make the difference | gwnewch wahaniaeth

CARDIFF CAERDYDD

20 A ydych chi’n cefnogi'r cynnig i gynyddu’r gwasanaeth hwn?

☐ Ydw ☐ Nac ydw

Byddem yn hoffi defnyddio sgiliau a phrofiad gwirfoddolwyr i ddarparu cefnogaeth a chymorth ychwanegol i bobl hŷn. Mae nifer gynyddol o bobl sy'n dymuno gwirfoddoli.

21 Yn eich barn chi, pa dasgau sy’n briodol i wirfoddolwyr eu darparu i bobl hŷn?

☐ Help i gael mynediad at weithgareddau
☐ Cyfeillio – ymweliad cartref
☐ Cyfeillio – galwad ffôn wythnosol
☐ Cymorth gyda siopa
☐ Mynd ar dripiau gyda’i gilydd
☐ Darparu cludiant
☐ Garddio
☐ Arall (nodwch)

____

22 A hoffech chi wirfoddoli?

☐ Hoffwn ☐ Na hoffwn

23 Os hoffech i ni gysylltu â chi ynglŷn â chyfleoedd gwirfoddoli, rhowch fanylion cyswllt

____

____

24 Hoffem barhau i gefnogi datblygiad cyfleoedd dydd i bobl hŷn yn y gymuned. Pa weithgareddau ydych chi'n meddwl y dylai fod ar gael i bobl hŷn? Beth fyddech chi'n hoffi ei fynychu?

- ☐ Celf a diwylliant
- ☐ Dosbarthiadau ymarfer
- ☐ Canu
- ☐ Coginio
- ☐ Clybiau darllen
- ☐ Cyfleoedd dysgu
- ☐ Cerdded
- ☐ Hanes teuluol
- ☐ Dawnsio

25 Unrhyw weithgareddau awgrymedig eraill yr hoffech eu mynychu?

____

____

____

____

26 Beth yn eich barn chi yw'r prif rwystrau y mae pobl hŷn yn eu hwynebu ac sy'n eu hatal rhag cael mynediad at y cyfleusterau cymunedol presennol?

____

____