

Dementia Advocacy:

supporting you to be heard and at the centre of decisions

Are you, or someone you know, aged 18+ and living in Wales with a diagnosis of dementia?

Do you need help from a trained Independent Dementia Advocate to:

- Understand your accommodation options?
- Understand the choices you can make?
- Access the services you need?
- Stay connected to the things that matter to you?
- Know your rights, and make sure they are respected and upheld?
- Feel safe and get the help you need when you need it?
- Have your voice heard in all aspects of your life?
- Have a voice in meetings?



If you think that we can support you, please call **029 2043 1555** or e-mail **dementiaadvocacy@agecymru.org.uk**

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Eiriolaeth Dementia:

cefnogi chi i gael eich clywed a bod wrth galon penderfyniadau

Ydych chi, neu rywun rydych yn ei adnabod, yn 18+ oed ac yn byw yng Nghymru gyda diagnosis o ddementia?

Ydych chi angen help gan Eiriolwr Dementia Annibynnol hyfforddedig i:

- Deall eich opsiynau llety?
- Deall y penderfyniadau y gallwch eu gwneud?
- Geisio'r gwasanaethau sydd eu hangen arnoch?
- Parhau i fod yn gysylltiedig â'r pethau sy'n pwysig i chi?
- Bod yn ymwybodol o'ch hawliau, a sicrhau eu bod yn cael eu parchu a'u cynnal?
- Teimlo'n ddiogel ac yn cael y cymorth sydd ei angen arnoch pan rydych ei angen?
- Dweud eich dweud ynghylch pob agwedd ar eich bywyd?
- Dweud eich dweud mewn cyfarfodydd?



Os ydych chi'n credu y gallwn eich cefnogi chi, galwch **029 2043 1555** neu e-bostiwch **dementiaadvocacy@agecymru.org.uk**

Dilynwch ni ar:



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