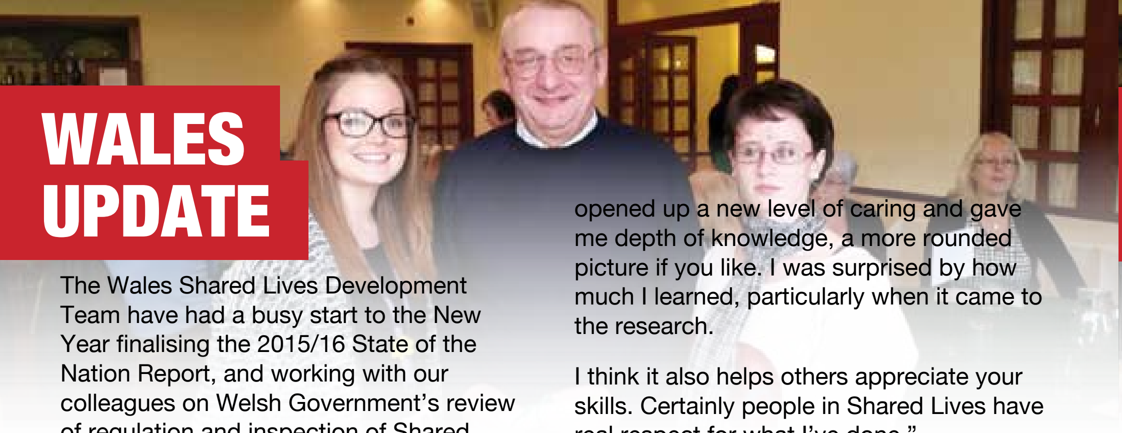


WALES UPDATE

The Wales Shared Lives Development Team have had a busy start to the New Year finalising the 2015/16 State of the Nation Report, and working with our colleagues on Welsh Government's review of regulation and inspection of Shared Lives services. We're also close to finishing our new business cases setting out how commissioners can use Shared Lives to support older people and those with dementia, and our guides for Shared Lives carers wanting to get a qualification using their skills and experience. Below Shared Lives carer, Tony Fiske, tells us why he decided to work for a Level Three Diploma in Health and Social Care.

SHARING KNOWLEDGE

Tony Fiske is one of many Shared Lives carers in Wales discovering how working for a qualification can give a new perspective on caring.

Using his skills and experience as a Shared Lives carer, Tony trained to get a Level Three Diploma in Health and Social Care (Adults).

This qualification, recognised by Care Council for Wales, is designed to equip learners with the knowledge they need to care for others. You can select a pathway that suits the work you already do, for example working with people with a learning disability, people with dementia or young people.

Taking on the burden of study can be daunting, especially if the last time you thought about exams was at school! But for Tony it made sense to develop his experiences as a Shared Lives carer into a recognised qualification. He said: "For me it opened up a new level of caring and gave me depth of knowledge, a more rounded picture if you like. I was surprised by how much I learned, particularly when it came to the research.

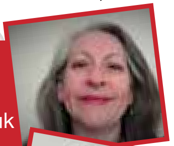
I think it also helps others appreciate your skills. Certainly people in Shared Lives have real respect for what I've done."

It took Tony a year to get his Diploma. It was hard work, but it helped being self-employed as it gave him time to study. You need to be committed to getting the work done, he said, but it's worth it.

Newly approved Shared Lives carers can study for a Level Two Award in Social Care Induction (Wales). It will help you develop a broad level of knowledge and is particularly useful for people who haven't worked in social care previously.

If you are interested in getting a qualification that reflects what you do with Shared Lives talk to your scheme about getting qualified.

If you'd like to tell us about qualifications you've worked for as a Shared Lives carer, do get in touch.



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CYMRU UPDATE

Cafodd tîm datblygu Cysylltu Bywydau ddechrau prysur i'r flwyddyn newydd yn cwblhau adroddiad Cyflwr y Genedl 2015/16, ac yn gweithio gyda'n cydweithwyr ar adolygiad Llywodraeth Cymru o reoleiddio ac archwilio gwasanaethau Cysylltu Bywydau. Hefyd, rydyn ni ar fin cwblhau'n hachosion busnes newydd sy'n dangos sut gall comisiynwyr ddefnyddio gwasanaeth Cysylltu Bywydau i helpu pobl hŷn a rhai â dementia, a'n canllawiau i ofalwyr Cysylltu Bywydau sydd eisiau ennill cymhwyster gan ddefnyddio eu sgiliau a'u profiad. Isod, mae un o'r gofalwyr hynny, Tony Fiske yn egluro pam y penderfynodd weithio tuag at Ddiploma lefel tri mewn Iechyd a Gofal Cymdeithasol.

CYSYLLTU DYSG A GWYBODAETH

Mae Tony Fiske ymhlith llu o ofalwyr Cysylltu Bywydau yng Nghymru sy'n gweld gofalu mewn goleuni newydd yn sgil gweithio tuag at gymhwyster.

Gan ddefnyddio ei sgiliau a'i brofiad fel gofalwr Cysylltu Bywydau, aeth Tony ati i hyfforddi er mwyn ennill Diploma Lefel 3 mewn Iechyd a Gofal Cymdeithasol (Oedolion).

Nod y cymhwyster hwn, sy'n cael ei gydnabod gan Gofal Cymdeithasol Cymru, yw rhoi gwybodaeth angenrheidiol i rai sy'n gofalu am eraill. Gallwch ddewis cwrs sy'n addas i'ch gwaith chi, er enghraifft gweithio gyda phobl ag anableddau dysgu, pobl â dementia neu bobl ifanc.

Mae bwrw ati i astudio ar ben popeth arall yn gallu bod yn gryn her, yn enwedig os mai yn yr ysgol oedd y tro diwethaf i chi feddwl am arholiadau! Ond i Tony, roedd yn gwneud synnwyr iddo ddatblygu ei brofiadau fel gofalwr Cysylltu Bywydau yn gymhwyster cydnabyddedig. Meddai: "Mae wedi cyflwyno lefel newydd o ofalu i mi, ac wedi rhoi gwybodaeth fwy trylwyr a darlun mwy cyflawn mewn gwirionedd. Synnais i gymaint roeddwn i wedi'i ddysgu, yn enwedig wrth wneud gwaith ymchwil.

Hefyd, dw i'n credu ei fod yn helpu pobl eraill i werthfawrogi'ch sgiliau chi. Heb os, mae criw Cysylltu Bywydau yn parchu'r hyn wnes i."

Cymerodd flwyddyn i Tony gael ei Ddiploma. Roedd yn waith caled, ond roedd y ffaith ei fod yn hunangyflogedig o gymorth gan fod ganddo'r amser i astudio. Er bod angen rhoi cant y cant iddi, dywedodd ei fod yn werth chweil.

Mae gofalwyr Cysylltu Bywydau newydd eu cymeradwyo yn gallu astudio am Ddyfarniad Lefel 2 mewn Sefydlu Gofal Cymdeithasol (Cymru). Bydd yn eich helpu i feithrin gwybodaeth eang ac mae'n arbennig o ddefnyddiol i rai nad ydynt wedi gweithio ym maes gofal cymdeithasol cyn hyn.

Os hoffech chi ennill cymhwyster sy'n adlewyrchu'r hyn rydych chi'n ei wneud gyda Cysylltu Bywydau, siaradwch â'ch cynllun ynglŷn â chael cymwysterau.

Os ydych am ddweud wrthym am gymwysterau rydych wedi gweithio i'w hennill fel gofalwr Cysylltu Bywydau, cofiwch gysylltu â ni:

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