GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Hywel Dda
Hywel Dda University Health Board

Gwasanaeth Therapi Iaith a Lleferydd Plant

Mae Therapydd Iaith a Lleferydd (ThILl) yn gweithio gyda rhieni, gofalwyr a gweithwyr proffesiynol eraill ar y canlynol:

- Y sgiliau cynnar sydd eu hangen wrth ddysgu i siarad e.e. sylw, chwarae
- Deall iaith
- Defnydd o iaith
- Seiniau lleferydd
- Llyncu
- Ansawdd llais
- Gwahanol ffyrdd o gyfathrebu
- Atal dweud

Mae pob ThILl wedi gwneud gradd ac yn aelodau cofrestredig o Goleg Brenhinol y Therapyddion Lleferydd ac Iaith (CBThLlI) a'r Cyngor Proffesiynau Iechyd a Gofal (CPIG).

Mae cais am help wedi'I dderbyn gan ein Gwasanaeth, a chyn hir byddwn mewn cysylltiad naill ai dros y ffon neu ar bapur ynghylch apwyntiad.

<u>Yr Apwyntiad</u>

Byddwn yn gweld eich plentyn yn un o'r canlynol:

- Clinig cymunedol
- Clinig ysbyty
- Meithrinfa
- Ysgol
- Eich cartref (yn ôl oedran ac angen)

Ar ddiwrnod yr apwyntiad, dewch â'r canlynol gyda chi:

- Unrhyw sbectol neu gymhorthion clyw sydd eu hangen ar eich plentyn.
- Llyfr coch datblygiad eich plentyn, os ydy eich plentyn dan oed ysgol
- Adroddiadau gan unrhyw weithwyr proffesiynol eraill

Os yn bosibl, gwnewch drefniadau I rywun warchod unrhyw blant arall, fel y gallwch gymryd rhan lawn yn y sesiwn.

Os ydy'ch plentyn yn sâl ar y diwrnod, ffoniwch i ail-drefnu.

Bydd yr apwyntiad cyntaf yn para tua awr.

Bydd y ThILl yn gofyn cwestiynau am y canlynol:

- Datblygiad a bywyd cynnar eich plentyn e.e. Sawl gair mae'n dweud? Sut mae'n chwarae? Sut mae'n cyfathrebu? ac ati.
- Eich pryderon
- Sut mae'r anawsterau'n effeithio ar fywyd eich plentyn a'r teulu
- Sut rydych wedi ceisio helpu eich plentyn
- Sut rydych chi'n ymdopi ar hyn o bryd
- Sut y credwch y gall ThILl eich helpu
- Beth hoffech chi fod yn wahanol
- Pwy arall sy'n helpu eich plentyn

Bydd y ThILl yn gwneud y canlynol:

- Dod i adnabod eich plentyn trwy sgwrsio, gwylio a chwarae
- Defnyddio asesiadau i gofnodi galluoedd eich plentyn
- Siarad am alluoedd eich plentyn
- Rhoi syniadau i chi ar sut i helpu'ch plentyn
- Siarad am yr hyn fydd yn digwydd nesaf

<u>Beth nesaf?</u>

Efallai:

- Cewch eich gwahôdd i Sesiwn Wybodaeth i Rieni
- Cewch syniadau I'w hymarfer adref
- Bydd gofyn I chi rannu gwybodaeth gyda phobl beysig eraill ym mywyd eich plentyn

Efallai bydd angen y canlynol ar eich plentyn:

- Apwyntiad arall ar gyfer mwy o asesiadau
- Nifer o sesiynau therapi
- Adolygiad o gynnydd o ran iaith a lleferydd
- Dim apwyntiadau pellach
- Cael ei weld gan weithiwr proffesiynol arall megis Paediatregydd, Awdiolegydd, Athro Cynghori ac ati

Pwyntiau i'w nodi:

Chi yw athro gorau eich plentyn. Mae therapi'n gweithio orau pan gaiff ei wneud yn rheolaidd gennych chi.

Os oes unrhyw apwyntiad yn anghyfleus, cysylltwch i roi gwybod cyn gynted â phosib.

Byddai'r ThILl yn gwerthfawrogi petai chi'n diffodd eich ffôn yn ystod apwyntiadau.

Os ydy'ch cyfeiriad neu rif ffôn yn newid, rhowch wybod i ni.

Os ydych chi'n colli apwyntiad heb roi gwybod i ni, bydd eich plentyn yn cael ei ryddhau o'r Gwasanaeth ThILl. Gwasanaeth Therapi Iaith a Lleferydd, Bwrdd Iechyd Prifysgol Hywel Dda, (cyfeiriad a rhif ffôn yn lleol i bob ardal)

Rhai gwefannau defnyddiol:

www.stammering.org;www.talkingpoint.org.uk
www.wordsforlife.org.uk , www.afasic.org.uk

Mae Therapyddion Iaith a Lleferydd yn gweithio mewn timau aml-asiantaeth. Efallai bydd gwybodaeth bersonol yn ymwneud â'ch atgyfeiriad yn cael ei rhannu â gweithwyr proffesiynol eraill yn y gwasanaethau iechyd, addysg a gofal cymdeithasol yn unol â deddfwriaeth bresennol at ddibenion diagnosis neu ddarpariaeth gofal priodol

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Children's Speech and Language Therapy Service

A Speech and Language Therapist (SLT) works together with parents, carers and other professionals on:

- Early skills needed when learning to talk e.g. Attention, play
- Understanding language
- Use of language
- Speech sounds
- Swallowing
- Voice quality
- Different ways of communicating
- Stammering

All SLTs have completed a degree and are registered members of the Royal Collage of Speech and Language Therapists (RCSLT) and Health and Care Professions Council (HCPC).

A request for help has been accepted by our Service, and soon you will be contacted regarding an appointment. This may be on the phone or in writing.

<u>The Appointment</u>

Your child may be seen at:

- Community clinic
- Hospital Clinic
- Nursery
- School
- Your home (if indicated by age and need)

On the day of the appointment please have with you:

- Any glasses and hearing aids your child needs.
- Child's red development book if your child is a preschooler
- Reports from other professionals

Where possible, arrange for other children to be looked after to allow you to fully take part in the session.

If your child is unwell on the day please ring to re-arrange.

The first appointment will last up to an hour.

The SLT will ask:

- About your child's development and early life e.g. How many words do they say? How do they play? How do they communicate? etc.
- What your concerns are
- How the difficulties affect your child's and family's life
- How you have tried to help your child
- How you are coping at the moment
- How you think the SLT can help you
- What would you like to be different
- Who else helps your child

The SLT will:

- Get to know your child by chatting, watching and playing
- Use assessments to record your child's abilities
- Talk about your child's abilities
- Give you ideas on how to help your child
- Talk about what will happen next

<u>What Next?</u>

You may be:

- Invited to a Parent Information Session
- Given ideas to practise at home
- Asked to share information with other important people in your child's life

Your child may need:

- Another appointment for more assessment
- To be seen for a number of therapy sessions
- To have their speech and language progress reviewed
- No further appointments
- To be seen by another professional such as a Paediatrician, Audiologist, Advisory Teacher etc.

Points to note:

You are the child's best teacher. Therapy works best when it is done regularly by you.

If any appointment is not convenient, please let us know as soon as possible.

The SLT would appreciate it if you could turn off your phone during appointments.

If you change your address or phone number please let us know.

If you miss an appointment without letting us know, your child will be discharged from the SLT service.

Speech and Language Therapy Service
Hywel Dda University Health Board
(Address and phone number local to each county)

Informative websites are: www.stammering.org; www.talkingpoint.org.uk; www.wordsforlife.org.uk; www.afasic.org.uk;

Speech & Language Therapists work within multi-agency teams. Personal information related to your referral may be shared with other professionals in the health, education and social care services in compliance with current legislation for the purposes of diagnosis or provision of appropriate care.