



"Paid dal yn ôl"

Pobl ifanc sydd ag anableddau dysgu yn tyfu'n oedolion.



"Don't hold back"

Transitions to adulthood for young people with learning disabilities.



Mae Comisiynydd Plant Cymru yn edrych ar sut mae pobl ifanc sydd angen cefnogaeth yn cael eu helpu wrth dyfu'n oedolion. Mae'r adroddiad yma'n sôn am beth sydd ei angen ar bobl ifanc ag anableddau dysgu, a sut maen nhw'n cael eu helpu.



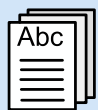
Mae'r adroddiad yma'n sôn am beth sydd ei angen ar bobl ifanc ag anableddau dysgu, a sut maen nhw'n cael eu helpu.



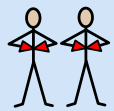
Fe edrychon ni ar waith ymchwil mae pobl eraill wedi'i wneud.



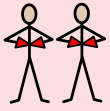
The Children's Commissioner for Wales is looking at how young people who need support are helped as they become adults.



This report is about what young people with learning disabilities need, and how they are being helped.

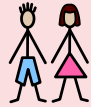


We looked at research that other people have done.



Fe wrandawon ni ar:

99



99 o bobl ifanc 14-26 oed sydd ag anableddau dysgu.

187



187 o rieni plant a phobl ifanc sydd ag anableddau dysgu.

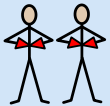
43



43 o weithwyr proffesiynol addysg, gofal cymdeithasol, iechyd a gwasanaethau gwirfoddol.



Roedd person ifanc ag anableddau dysgu yn rhan o'r tîm ymchwil, i'n helpu ni i wneud yr ymchwil yn iawn.



We listened to:

99



99 young people who have learning disabilities aged 14-26.

187



187 parents of children and young people with learning disabilities.

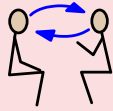
43



43 professionals from education, social care, health and voluntary services.



A young person with learning disabilities was part of the research team, to help us get this research right.



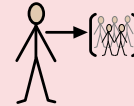
Dyma'r pethau rydyn ni'n eu trafod yn yr adroddiad yma:



gobeithion ar gyfer y dyfodol



beth sy'n bwysig



chwarae rhan



ffrindiau, bywyd cymdeithasol a thrafnidiaeth



bywyd y teulu



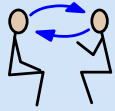
ansawdd gwasanaethau



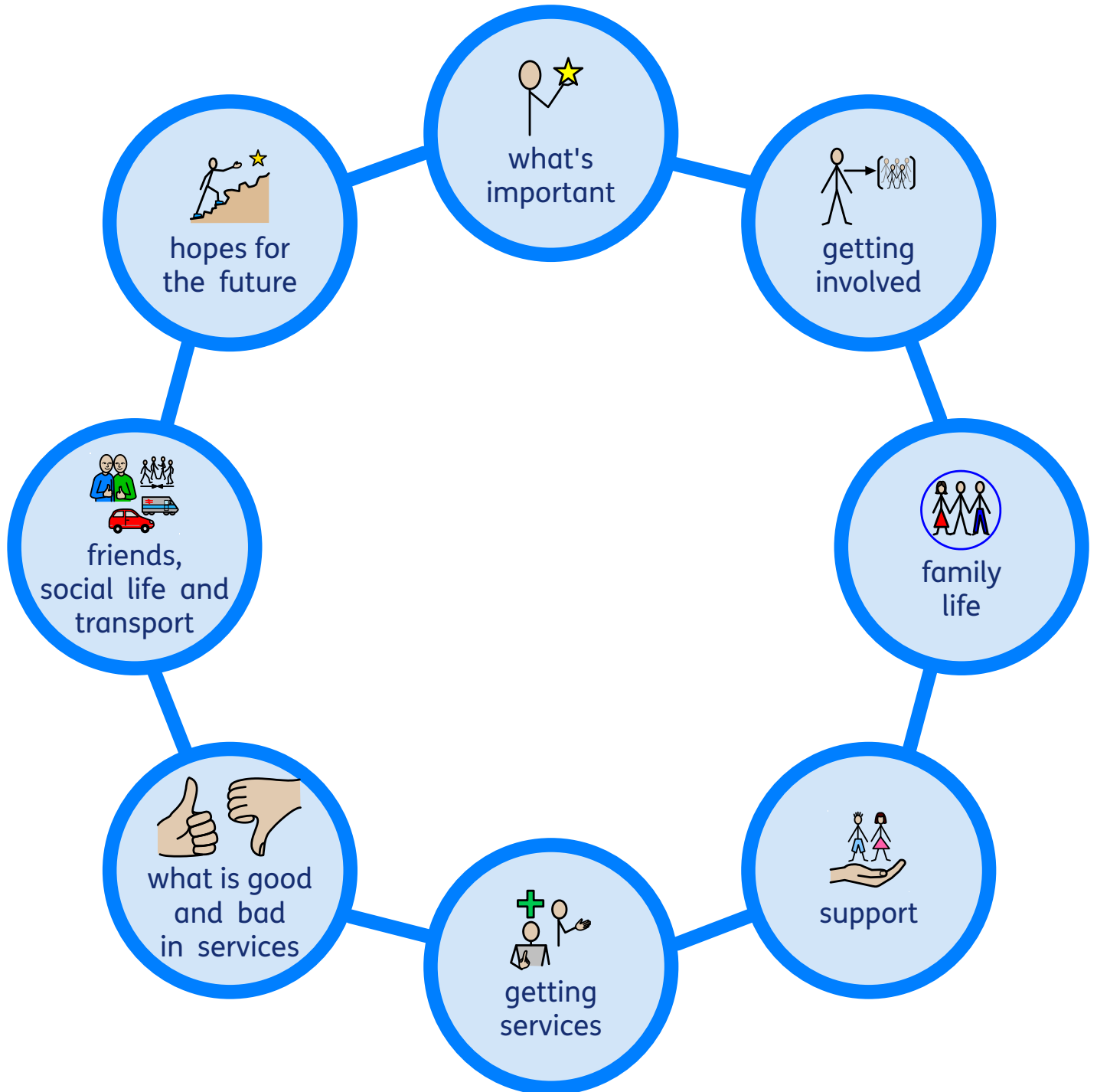
cael gwasanaethau



cymorth



These are the things we discuss in this report:





1. Beth sy'n bwysig wrth dyfu'n oedolyn?

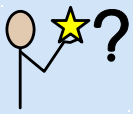


Roedd y bobl ifanc yn meddwl mai ffrindiau, cael digon o arian, a chael parch oedd y pethau pwysicaf ar yr adeg yma.



18+

Roedd rhieni a gweithwyr proffesiynol yn poeni am sut byddai'r gwasanaethau sy'n cefnogi pobl ifanc yn newid ar ôl 18 oed.



1. What's important when becoming an adult?

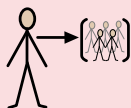


Young people thought friendships, having enough money and being treated with respect were most important at this stage.



18+

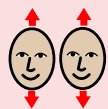
Parents and professionals were worried about how the services that support young people would change after the age of 18.



2. Chwarae rhan



Roedd y rhan fwyaf o'r bobl ifanc yn meddwl bod pobl ifanc ddim yn cael digon o gyfle i fod yn rhan o gynlluniau a phenderfyniadau.



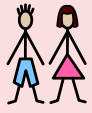
Roedd y rhan fwyaf o rieni'n teimlo'r un fath.



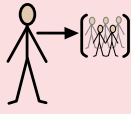
Roedd y rhieni a'r bobl ifanc yn meddwl bod staff ddim bob amser yn holi beth oedd barn y person ifanc o gwbl.



Roedd rhai gweithwyr proffesiynol yn cytuno bod angen gwella hyn.



Roedd eraill yn meddwl bod y bobl ifanc yn chwarae rhan yn yr ysgol, ond yn anghofio weithiau, neu ddim yn meddwl bod hyn yn rhywbeth diddorol.



Roedd rhai enghreifftiau da o bobl ifanc yn chwarae rhan. Mewn rhai prosiectau arbennig i gefnogi pobl ifanc wrth iddyn nhw dyfu'n oedolion, roedden nhw wedi dysgu am eu hawliau, ac roedden nhw'n dweud pethau fel:



'Paid dal yn ôl na themlo cywilydd am dy anabledd.'



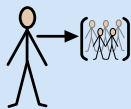
'Problem y gymdeithas yw anableddau dysgu, nid dy broblem di.'



Roedd rhai pobl ifanc yn teimlo bod Gyrfa Cymru a cholegau wedi rhoi cyngor da am beth i'w astudio iddyn nhw.



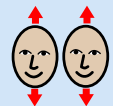
Roedd eraill yn dweud eu bod nhw heb gael digon o gyngor, neu bod dim llawer o ddewis oherwydd bod angen pasio arholiadau TGAU i wneud llawer o gyrsiau coleg.



2. Getting involved



Most young people thought that young people did not get enough chances to be involved in making plans and decisions.



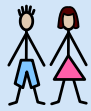
Most parents felt the same.



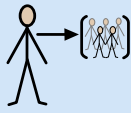
Both parents and young people thought that staff did not always try to find out the young person's views at all.



Some professionals agreed that this should improve.



Others thought that the young people were involved in school but sometimes forgot or did not find it interesting.



There were some good examples of young people being involved. In some special projects to support young people becoming adults, they had learned about their rights, and said things like:



'Don't hold back or be ashamed of your disability.'



'Having learning difficulties is not your problem but society's problem.'



Some young people felt they had good advice from Careers Wales and colleges on what to study.



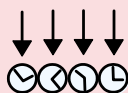
Others said they didn't get enough advice, or that there was very little choice because you need to pass GCSEs to do lots of college courses.



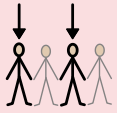
3. Bywyd y teulu



Dyweddodd rhyw 1 o bob 3 o'r rhieni bod rheoli'r holl wasanaethau mae eu plant yn eu derbyn yn waith anodd iawn – yn arbennig yr holl apwyntiadau.



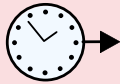
Maen nhw'n teimlo bod rhaid iddyn nhw weithio'n galed i wneud yn siŵr bod pethau'n digwydd, a bod hynny'n frwydr o hyd. Mae'r gwaith trefnu a gweinyddu yn cymryd llawer iawn o amser.



Un o'r problemau eraill y soniodd rhai pobl amdanyn nhw oedd bod heb ddigon o arian.



I nifer fach roedd hynny achos eu bod nhw'n methu gweithio, achos eu bod nhw'n rhy brysur yn bod yn ofalwyr, neu achos bod ganddyn nhw ddim gofal plant neu ofal gwyliau addas.



Mae rhai rhieni'n poeni llawer am beth fydd yn digwydd yn y dyfodol, a dydyn nhw ddim yn meddwl bydd pobl eraill yn rhoi'r un gofal a sylw â nhw. Mae'r newidiadau sydd i ddod yn achosi llawer iawn o bryder.



Mae'r holl bethau yma'n gallu rhoi teuluoedd o dan straen emosiynol fawr.



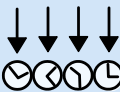
Roedd y bobl ifanc yn deall bod angen cefnogaeth ar eu rhieni hefyd. Roedd rhai yn teimlo eu bod nhw'n cael eu hamddiffyn gormod weithiau, ond roedd eraill yn teimlo mai eu rhieni yw'r prif bobl fydd yn gofalu amdanyn nhw.



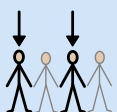
3. Family life



About a third of parents said they had many difficulties in managing all the services their sons and daughters receive – especially all the appointments.



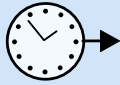
They feel that they have to work hard to make sure things happen, and that it is a constant battle. It takes up a great deal of administration, organisation and time.



Other problems that some reported included not having enough money.



For a small number, this was because they couldn't work as they are too busy being carers or don't have the right childcare or holiday care.



Some parents really worry about what will happen in the future, and don't think that other people will provide the same care and attention that they provide. The changes ahead are a real source of worry.



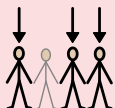
All of these issues can put a real emotional strain on families.



Young people recognised that their parents need support too. Some found them over-protective at times, but others felt that their parents are the main people who will look after them.



4. Cymorth



Roedden ni'n falch o glywed bod y rhan fwyaf o bobl ifanc yn teimlo bod ganddyn nhw rywun i'w cefnogi. Mae pobl ifanc yn gweld eu rhieni fel eu prif gefnogwyr.



Mae rhieni'n gweld aelodau eu teulu fel eu prif gefnogwyr.



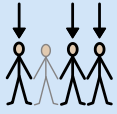
Roedd y bobl ifanc yn meddwl mai anghenion cymorth ymarferol oedd ganddyn nhw'n bennaf, gan gynnwys help i ddefnyddio trafndiaeth a dewis cyrsiau coleg.



Gofynnodd y rhieni am wybodaeth gliriach a chefnogaeth emosiynol, yn ogystal â gofal seibiant.



4. Support



We were pleased to hear that most young people felt that they had someone to support them. Young people see their parents as their greatest source of support.



Parents see their own family members as their greatest source of support.



Young people saw their greatest needs for support being practical, including help with using transport and choosing college courses.



Parents asked for clearer information and emotional support, as well as respite care.



5. Cael gwasanaethau

3



Mae'r teuluoedd sy'n defnyddio gwasanaethau iechyd, gofal cymdeithasol ac addysg yn pontio i'r gwasanaethau oedolion mewn 3 ffordd wahanol. Mae rhai gwasanaethau'n cael eu colli oherwydd y gwahaniaethau yma.



Mae rhai problemau gyda gwasanaethau iechyd os yw pobl ifanc yn cael atgyfeiriad ychydig cyn symud i'r gwasanaethau oedolion. Mae oedi'n gallu digwydd nes bod y bobl ifanc yn cyrraedd oed oedolyn.



Yn rhy aml mae disgwyl y bydd pobl ifanc yn ffitio i mewn i'r gwasanaethau sydd ar gael, yn hytrach na chael y gwasanaethau sydd eu hangen.



5. Accessing services

3



Families who use health, social care and education services experience three different transitions to adult services. Some services are lost at that point due to different thresholds.



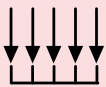
There are problems with health services when young people are referred just before the age for adult services. Access can be delayed until they reach the age for adult services.



Young people are too often expected to fit into existing services, rather than receiving ones that meet their needs.



6. Ansawdd gwasanaethau



Mae modelau gwahanol iawn gan y gwasanaethau pontio yng Nghymru.



Mae'r problemau ansawdd yn cynnwys gormod o newidiadau yn y staff gwaith cymdeithasol, pobl ifanc ddim yn dysgu sgiliau bywyd yn yr ysgol, a'r amser mae'n cymryd i wneud penderfyniad am wasanaethau.



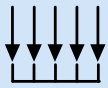
I bob golwg, gweithiwr allweddol sy'n dod â phopeth at ei gilydd sy'n creu ansawdd da, a phrosiectau pontio sy'n gweithio'n uniongyrchol gyda phobl ifanc.



Roedd adroddiadau am weithwyr da unigol ym mhob man, weithiau er gwaethaf y systemau.



6. Quality of services



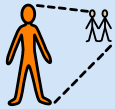
There are very varied models of providing transition services across Wales.



Problems with quality include too much changeover of social work staff, schools not teaching young people life skills, and how long it takes to reach a decision about services.



Good quality appears to be connected with having a key worker to coordinate everything, and transition projects that work directly with young people.



There were reports of individual good workers everywhere, sometimes despite the systems.



7. Ffrindiau, bywyd cymdeithasol a thrafnidiaeth



Mae eu ffrindiau'n bwysig iawn i bobl ifanc, ond mae llawer ohonyn nhw'n cael cyfle bach iawn i wneud ffrindiau a chael bywyd cymdeithasol.



Y rhesymau am hynny yw bod dim digon o leoedd diogel i fynd iddyn nhw, profiadau o fwlio, a phroblemau defnyddio trafndiaeth.



Mae rhieni'n poeni am ddiogelwch eu plant, ond hefyd yn poeni eu bod nhw'n cael eu hynysu.



7. Friends, social life and transport



Friendships are very important to young people but many have very limited chances to make friends and have a social life.



This is because of a lack of safe spaces to go, experiences of bullying, and problems in using transport.



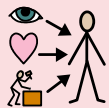
Parents worry about their children's safety, but also worry that they are isolated.



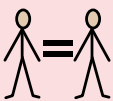
8. Gobeithion ar gyfer y dyfodol



Doedd dim llawer o enghreifftiau o bobl ifanc yn cael help i ddilyn eu diddordebau eu hunain i'r gwaith neu i'r coleg.



Er bod llawer ohonyn nhw eisiau gwaith, roedd eu profiadau o waith yn wael. Doedd dim sôn am gyflogaeth â chymorth fel opsiwn.



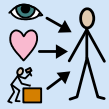
Roedd gan bobl ifanc yr un math o obeithion ar gyfer rhannau eraill o'u bywyd â'u cyfoedion heb anabled - teithio, ffrindiau, perthnasoedd, anifeiliaid anwes, cerddoriaeth a chwaraeon.



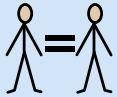
8. Hopes for the future



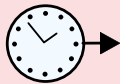
There were not many examples of young people being helped to follow their specific interests into work or college.



While very many wanted to work, they had poor experiences of work. There was no mention of supported employment as an option.



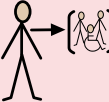
Young people had the same sorts of hopes for other aspects of life as their non-disabled peers – travel, friends, relationships, pets, music and sport.



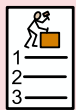
BETH DDYLAI DDIGWYDD NESA?



Mae Llywodraeth Cymru yn creu rhaglen 'Gwella Bywydau', fydd yn cynnwys syniadau am sut i wella bywydau pobl ag anableddau dysgu.



Rydyn ni eisiau i'r Llywodraeth sicrhau fod y rhaglen yma yn helpu pobl ifanc ag anableddau dysgu wrth dyfu'n oedolion. Yn arbennig:



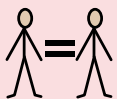
Rydyn ni eisiau i bobl ifanc fod yn rhan o greu eu cynlluniau eu hunain ar gyfer y dyfodol.



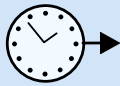
Rydyn ni eisiau gweld mwy o gymorth i rieni a'r rhai sy'n gofalu am bobl ifanc.



Rydyn ni eisiau i'r gwasanaethau sy'n cefnogi pobl ifanc a'u teuluoedd gydweithio mwy a dweud yn glir pa gymorth gallan nhw ei roi.



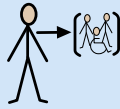
Rydyn ni eisiau i bobl ifanc deimlo eu bod nhw'n rhan o'u cymunedau a chael yr un profiadau a chyfleoedd â phobl ifanc eraill.



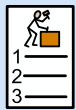
WHAT SHOULD HAPPEN NEXT?



The Welsh Government is creating a programme called 'Improving Lives', which will include ideas about how to improve the lives of people with learning disabilities.



We want the Government to make sure this programme helps young people with learning disabilities as they become adults. In particular:



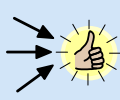
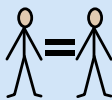
We want young people to be involved in making their own plans for the future.



We want to see more support for parents and those who care for young people.



We want those services to support young people and their families to work more together and to be clear about what support they are there to provide.



We want young people to feel a part of their communities and have the same experiences and opportunities as other young people.