

Jennifer Williams – Carer | Gofalwr

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Allwch chi ddweud ychydig amdano eich hun a sut yr oedd bywyd cyn i chi ddod yn rhan o'r prosiect Gwasanaeth Creadigol yn y Cartref?

Wel, fe wnes i ddechrau gofalu am fy mam ar ôl marwolaeth fy nhad oherwydd nad oedd yn symudol iawn. Yr amser hwnnw nid oeddwn yn dod i lawr ond am un diwrnod yn fy amser sbâr roeddwn yn arfer dangos fy nghŵn. Nawr, ers i fy mam...wedi gwaethygu o ran ei hoedran, rwyf wedi gorfod rhoi hynny o'r neilltu, felly nid wyf yn dangos fy nghŵn bellach...ond mae'n aberth yr wyf yn barod i'w wneud oherwydd fy mam sy'n dod gyntaf. Fe wnaeth hi syrthio ambell waith...felly rwy'n dod i lawr yn gyson yn awr ar ddydd Llun, dydd Mawrth a dydd Mercher, ac felly rwy'n gwneud ei holl siopa a chael ei meddyginiaethau a phopeth arall y mae arni eu hangen dweud y gwir. Felly, mae bywyd wedi newid yn eithaf dramatig, ond mae ymyrraeth People Speak Up wedi gwneud gwahaniaeth anferth i mi.

Sut wnaethoch chi ddod yn rhan o'r prosiect am y tro cyntaf?

Rwy'n meddwl y gall fod yn un o'r gofalwyr, ymhell, bell yn ôl wnaeth glywed am eich sefydliad ac fe wnes i gysylltu â chi trwy ei hargymhelliad hi a dyna'r peth gorau wnes i erioed, o lawer iawn.

Beth oeddech chi'n ei obeithio allai ddigwydd o ganlyniad i ddod yn rhan ohono?

Sgyrsiau gwahanol i fy mam oherwydd dim ond fi sy'n siarad â hi, heblaw'r gofalwyr gan eu bod yn dod i mewn ond nid oes ganddyn nhw amser i eistedd i lawr a sgwrsio, wyddoch chi. Felly mae hi angen sgwrs i'w hysgogi, heblaw fi oherwydd gyda fi, dim ond sgyrsiau teuluol mae hi'n ei gael ac mae arni angen y dylanwad allanol yna a dweud y gwir, o bobl yn trafod pethau eraill yn y byd, wyddoch chi. Rwy'n meddwl ei fod wedi bod yn drobwynt anferth iddi oherwydd fe aeth hi'n isel iawn iawn wrth fod ar ei phen ei hun drwy'r amser. Ond mae cael rhywun yn dod o People Speak Up wedi ei helpu yn fawr iawn, yn fawr iawn.

O ganlyniad i gymryd rhan yn y prosiect. Beth ydych chi'n ei feddwl yw'r newid mwyaf arwyddocaol i chi yn bersonol?

Tawelwch meddwl, fy llesiant personol fy hun, gallu mynd allan am yr awr honno tra byddaf yma, dim i fynd i siopa o angenrheidrwydd ond gwneud rhywbeth hollol wahanol, wyddoch chi, i gael egwyl oddi wrtho. Ydi, mae wedi fy helpu yn fawr iawn. Rwyf wedi gweld lluniau (o'r cyfranogwr) yn gwneud ymarfer corff gyda phêl fawr ac yn dawnsio i gerddoriaeth! Fe wnaeth hi hefyd boster/collage Pavarotti. Mae i fyny ar y drych nawr ac mae'n edrych arno bob dydd ac mae'n sôn amdano wrth bawb bob dydd. Mae'n falch ohono. Mae hynny wedi bod yn bleser iddi hi, cael hwnnw yn fan honno, pleser gwirioneddol. Achos mae'n addoli Pavarotti.

Oherwydd mae hi (Sterling) yn dod i mewn, mae'n dod â blodau o'i gardd, i mam bob wythnos, ac yn gofyn iddi eu harogli. Mae'n eistedd i lawr gyferbyn â mam ac yn dechrau gyda chaneuon o gyfnod y rhyfel ac yna mae'n dechrau... 'Wel, beth am i ni symud ychydig' wyddoch chi, ac mae'n mynd i wneud hynny'n raddol. Ac mae fy mam yn dda am ei wneud. Mae'n gwrando ar Sterling tra nad ydw i yn gallu ei chael i'w wneud i mi ac

mae hynny'n fantais fawr iddi. Mae'n mwynhau gwneud ychydig o ymarfer corff, achos os gallwn ni gadw ei breichiau i symud, fe fydd o help iddi godi ei hun allan o'r gadair, wyddoch chi, ac mae hynny'n gymaint ag y gallwn ni ei ddisgwyl mewn gwirionedd, mae hi yn 99 wedi'r cwbl ac mae'n gwneud yn wych o feddwl hynny.

Beth wnaeth achosi'r newid hwn?

Cael rhywun yma hefo fy mam. Yn bendant. A gwybod ei bod yn gyfforddus gyda'r person sydd yma, wyddoch chi? Fe allwn i fynd mas yn gwybod ei bod mewn dwylo diogel. Mae parhad yn ei helpu hi - yr un bobl yn dod eto ac yn y blaen. Ydi, mae hynny'n gwneud gwahaniaeth anferth achos fe ddywedodd na all hi gofio enwau ond mae yn adnabod yr wynebaw.

Pa deitl fyddech chi'n ei roi i'ch stori?

Sut i gael tawelwch meddwl. Rwy'n meddwl bod hynny'n addas, oherwydd mae wedi creu tawelwch meddwl i mi. Does gen i ddim amheuaeth am hynny. Nid oedd gennyf dawelwch meddwl cynt, oherwydd bob tro y byddwn yn mynd mas, fe fyddwn yn meddwl, 'o, beth mae hi'n ei wneud nawr? A yw'n debygol o syrthio?'

Could you tell us a little bit about yourself and what life was like before you got involved in the Creative Home Delivery Service Project?

Well, I started looking after my mother after my dad passed away because she wasn't very mobile. Back then I was only coming down for one day and in my spare time I used to show my dogs. Now, since my mother...has deteriorated age-wise, I have had to put that to one side, so I no longer show my dogs...but it's a sacrifice I am prepared to make because my mother comes first. She had a few falls...so I come down regularly now on Mondays, Tuesdays and Wednesdays so I can do all her shopping and get her medication and everything else she needs really. So, life has changed pretty dramatically, but the intervention of People Speak Up has made a massive difference for me.

How did you first get involved in the project?

I think it might have been one of the carers, way, way back that had heard of your organisation and I got in touch with you through her recommendation and it was the best thing I ever did, by a long way.

What did you hope might happen as a result of getting involved?

Different conversations for my mother because it's only me that she talks to, other than obviously the carers as they come in but they don't have time to sit and chat, you know. So she needs conversation to stimulate her, away from me because with me it's just family chat and she needs that outside influence really, of people discussing other things in the world you know. I think it's been a huge turning point for her really because she got very, very depressed being on her own all the time. But having somebody coming from People Speak Up has really helped her an awful lot, an awful lot.

As a result of participating in the project. What do you think has been the most significant change for you personally?

Peace of mind, my own personal well-being, being able to go out for that hour while I'm down here, not necessarily always doing the shopping but doing something totally different, you know, to have a break from it. Yes, it's helped me an awful lot.

I have seen photos of (participant) exercising with a blow-up ball and dancing to music! She also made a Pavarotti poster/collage. It's up on the mirror now and she looks at that every day and she mentions it to everyone every single day. She is proud of it. That's been a joy for her, having that there, a real joy. Because she adores Pavarotti.

I mean she (Sterling) comes in, she brings in flowers from her garden, for mum every week, gets her to smell them. She sits down opposite mam and starts with some songs from the war era and then she gently starts... 'Well, shall we do a little bit of movement' you know, and she gradually goes into doing a bit of that. And my mother is good at doing it. She listens to Sterling whereas I can't get her to do it for me and that's a huge benefit of it. She enjoys doing a bit of exercise, because if we can keep her arms going, it'll help her lifting herself out of the chair, you know, and that is as much as we can expect really you know, she is 99 after all and is doing amazing for that.

What caused this change?

Having somebody here with my mother. I mean definitely. And knowing that she was comfortable with who was here, you know? I mean I could just go out knowing that she was in safe hands. Continuity for her (helps) - the same people come again and so on. Yeah, that makes a massive difference because she said she can never remember names but she does know the faces.

What title would you give your story?

How to achieve peace of mind. I think that suits, because it has achieved peace of mind for me. I've no doubt about that. I didn't have peace of mind before, because every time I would go out, I would be thinking, 'oh, what is she doing now? Is she likely to fall?'