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Dementia & Darllen



Delyth Ifan: Dementia a Darllen

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Mae'r cyhoeddwr CAA Cymru newydd ryddhau tri llyfr am ddementia- y llyfrau cyntaf am y cyflwr yn y Gymraeg. Yma mae Delyth Ifan, cyfarwyddwr CAA Cymru, yn rhannu ei phrofiad o ddelio gyda dementia a pham mae'r llyfrau'n golygu cymaint iddi hi.

The publisher CAA Cymru have just released three books about dementia- the first books about the condition in Welsh. Here Delyth Ifan, director of CAA Cymru, shares her experience of dealing with dementia and why the books mean so much to her.

Doeddwn i ddim wedi meddwl rhyw lawer am dementia tan ryw ddwy flynedd yn ôl. Wrth gwrs, roeddwn i wedi clywed yr adroddiadau yn y cyfryngau am y nifer gynyddol o bobl oedd yn dioddef o'r cyflwr, ond doeddwn i ddim wedi ei ystyried o ddifrif. Newidiodd hynny'n llwyr yn 2016. Roedd y teulu agos i gyd yn ymwybodol cyn i fy nhad farw bod fy mam wedi dechrau mynd ychydig bach yn anghofus dros y flwyddyn flaenorol. Dim byd mawr, dim ond tueddi i holi'r un cwestiwn fwy nag unwaith, anghofio enwau ac ambell ddyddiad.

Ond wedyn, pan fu farw Dad ym mis Rhagfyr 2015, bu'n rhaid i Mam ddechrau dygymod â byw ar ei phen ei hun am y tro cyntaf erioed - roedd fy rhieni wedi priodi'n ifanc iawn ac wedi bod yn briod am 54 o flynyddoedd. Bryd hynny ddechreuon ni weld yr arwyddion cynnar o ddementia. Fwy na thebyg roedd Dad, oedd â chof fel rasel, wedi bod yn 'cuddio'r' dirywiad drwy atgoffa Mam am ben blwyddi, rhifau ffôn, apwyntiadau, a'r holl bethau bychain o ddydd i ddydd.

Beth sy'n bod ar anghofio ambell ben blwydd a rhyw apwyntiad

I had not thought very much about dementia until some two years ago. Of course, I had heard the reports in the media about the increasing number of people who were suffering from the condition, but I had never given them serious consideration. That changed completely in 2016. My immediate family were all aware before my father died that my mother had begun to be a little forgetful during the preceding year. Nothing very much, just a tendency to ask the same question more than once, to forget names and occasional dates.

But then, when my father died in December 2015, Mum had to begin coming to terms with living on her own for the first time ever – my parents had got married very young and had been married for 54 years. At that time we began to see the early signs of dementia. It is more than likely that Dad, who had a memory like a razor, had been 'hiding' the deterioration by reminding Mum of birthdays, phone numbers, appointments and all the little day-to-day things.

What's wrong with forgetting the occasional birthdays and some

bob hyn a hyn, meddech chi? Dim byd o gwbl. Mae'r rhan fwyaf ohonon ni'n gwneud hynny o bryd i'w gilydd. Ond dim ond y dechrau oedd hyn. Roedd lot gwaeth i ddod. Yr hyn oedd yn frawychus am sefyllfa Mam oedd bod y dirywiad mor sylweddol, mor sydyn.

appointments every now and then, are you thinking? Nothing at all. Most of us do this from time to time. But this was just the beginning. A lot worse was to come. What was frightening about Mum's condition was that the deterioration was so substantial, so quick.

Ond dwi ddim am godi ofn ar neb, a rhaid i fi bwysleisio bod sawl un yn credu, o edrych yn ôl ar y cyfnod hwnnw, nad y dementia oedd yn llwyr gyfrifol am ymddygiad Mam. Neu, o'i roi mewn ffordd arall, roedd 'na brofiadau personol penodol wedi cyflymu'r symptomau. Mewn cyfnod o ddwy flynedd roedd Mam wedi colli ei chwaer, ei gŵr, a'i merch. Bu farw fy chwaer, Beth, o ganser yn 51 mlwydd oed. Alla i ddim dychmygu ergyd fwy creulon na cholli plentyn.

But I don't want to scare anyone, and I must emphasise that many believe, looking back on that period, that it was not the dementia that was entirely responsible for Mum's behaviour. Or, to put it another way, there were particular personal experiences that accelerated the symptoms. Within a period of two years Mum had lost her sister, her husband and her daughter. My sister, Beth, died of cancer at the age of 51. I cannot imagine a crueller blow than losing a child.

Yn ystod y cyfnod rhwng haf 2016 a gwanwyn 2017, cyn y diagnosis a'r feddyginiaeth, byddai Mam weithiau yn ffonio aelodau o'r teulu agos sawl gwaith y dydd, yn aml wedi drysu; byddai'n ceisio defnyddio'r teclyn rheoli'r teledu i ateb y ffôn, a'r ffôn i ddiffodd y teledu; byddai'n codi a gwisgo erbyn saith y bore yn ystod yr wythnos yn barod i fynd i'r capel. Roedd hi hefyd yn ofni diffodd y teledu- fe ddywedodd wrtha i ar y ffôn ryw fore ei bod hi wedi mynd i'r gwely'r noson cynt a gadael y teledu ymlaen, oherwydd byddai ei ddiffodd yn gorfodi'r côr ar y llwyfan yng nghystadleuaeth Côr Cymru i stopio canu. Roedd hi'n meddwl weithiau wrth wyllo rhaglenni fel 'Noson Lawen' bod y cyngerdd yn digwydd yn y tŷ, a bod y lolfan llawn pobl.

In the period between summer 2016 and spring 2017, before the diagnosis and the medication, Mum would sometimes phone family members many times a day, often in a state of confusion; she would try to use the television remote to answer the phone, and the phone to switch off the television; during the week she would be up and dressed by seven in the morning ready to go to chapel. She was also afraid to switch off the television- she told me on the phone one morning that she had gone to bed the night before leaving the television on, because turning it off would cause the choir on the stage in the Welsh Choir Competition to stop singing. Sometimes while watching programs like 'Noson Lawen' she thought that the concert was taking place in the house, and that the sitting-room was full of people.

Fel nifer o bobl sydd â dementia, roedd Mam yn waeth ar ôl iddi nosi. Mae'n debyg mai *sundown syndrom* yw'r term Saesneg. Wedi dweud hynny, roedd Mam, hyd yn oed yn y cyfnod pan oedd hi ar ei gwaethaf, yn mwynhau mynd am dro i lan y môr neu gaffi, neu i weld perthnasau, a gan amlaf roedd hi'n gwmni da ac yn hoffi ychydig o ddireidi.

Like many people with dementia, Mum was worse after nightfall. They call this the 'sundown syndrome'. Having said that, even during the period when Mum was at her worst, she enjoyed going for a walk by the sea or to a café, or to see relatives, and often she was good company and fond of a bit of mischief.

Beth bynnag, ym mis Ionawr 2017, fe es i â Mam at y meddyg. Fe wnaeth e roi prawf cof o ryw 20 o gwestiynau iddi. Roedd ei hatebion i gwestiynau fel 'Pa flwyddyn yw hi eleni?' a 'Pa fis yw hi nawr?' i gyd yn anghywir, ond pan ofynnwyd iddi i enwi ei hathro neu athrawes gyntaf yn yr ysgol gynradd fe atebodd Mam y cwestiwn yn gywir fel shot- ac ymhelaethu ar ei hateb!

However, in January 2017 I took Mum to the doctor. He gave her a memory test of some 20 questions. Her answers to questions like 'In which year are we now?' and 'What month is it now?' were all wrong, but when she was asked to name her first teacher in primary school Mum answered the question correctly like a shot- and elaborated on the answer!

Yn dilyn hynny, cafodd Mam sgan ar ei hymennydd. Dangosodd hwnnw fod ganddi *vascular dementia*, sef problemau yn ymwneud â diffyg llif gwaed i'r ymennydd ar adegau. Ar ôl apwyntiad gydag ymgynghorydd, cafodd wedyn ddiagnosis o Alzheimers. Doedd y tabledi gafodd hi gyntaf ddim yn cytuno â hi, ond ar ôl newid y rheiny, gwelodd y symptomau yn eithaf cyflym. Eto, dwi'n credu bod y galar dwys wedi dechrau cilio erbyn hynny.

Following this, Mum had a brain scan. This showed that she had vascular dementia, that is to say, problems relating to a deficiency in the flow of blood to the brain at times. After an appointment with a consultant, she was then diagnosed with Alzheimer's. The tablets that she was given at first did not agree with her, but after changing those, the symptoms improved quite rapidly. Still, I believe that her deep grief had begun to recede by that time.

Mae Mam erbyn hyn yn dda iawn ar y cyfan. Ydy, mae'n cymysgu pa ddiwrnod yw hi; ydy, mae hi'n rhoi'r llaeth yn y cwpwrdd bwyd a'r clwtyn golchi llestri yn yr oergell; ydy, mae'n anghofio pwy sydd wedi galw i mewn i'w gweld hi, ond mae hi'n dal i gael pleser o'r pethau bychain. Darllen yw un o'r rheiny.

At present Mum is very good on the whole. Yes, she gets confused over what day it is; yes, she puts the milk in the food cupboard and the dishcloth in the fridge; yes, she forgets who it was called in to see her, but she still takes pleasure in little things. Reading is one of them.

Roedd Mam, fel finnau, bob amser yn mwynhau darllen a thrafod llyfrau. Roedd hi'n aelod brwd o'r gymdeithas lenyddol leol. Roedd hi hefyd yn ysgrifennu rhywfaint ei hun, ac enillodd fwy nag un wobwr am ysgrifennu stori fer. Dwi'n meddwl mai ei hoffter o ddarllen ac ysgrifennu, yn ogystal â'i ffydd, oedd wedi ei harwain i ddilyn cwrs mewn diwinyddiaeth a chael ei hordeinio yn weinidog yn 1995, ar ôl blynyddoedd o fod yn wraig fferm a magu pump o

Mum, like me, always enjoyed reading and discussing books. She was a keen member of the local literary society. She also wrote a certain amount herself, and won more than one prize for short story writing. I think that it was her fondness for reading and writing, as well as her faith, that led her to follow a course in divinity and become ordained as a minister in 1995, after years of being a farmer's wife and bringing up five children.

blant.

Yn drist, dyw Mam ddim yn gallu darllen nofelau nawr. Hynny yw, mae'n gallu eu darllen, ond dyw hi ddim yn gallu eu deall, gan ei bod yn anghofio beth yw'r stori a phwy yw'r cymeriadau. Ond mae hi'n parhau i fwynhau darllen straeon byrion, barddoniaeth, a rhyw bytiau o lenyddiaeth, a hynny yn Gymraeg yn bennaf.

Dyna pam roeddwn i mor falch mai **CAA Cymru**, y cwmni cyhoeddi yn Aberystwyth rydw i'n gyfarwyddwr arno, gafodd y gwaith yn ddiweddar o gyhoeddi'r tri llyfr Cymraeg cyntaf ym maes dementia. Rhan o gynllun 'Darllen yn well: Llyfrau ar brescripsiwn' i ddarparu llyfrau yn arbennig ar gyfer pobl sydd â dementia, eu teuluoedd a'u gofawyr, yw hwn. Yn wreiddiol, llyfrau Saesneg yn unig y bwriadwyd eu cyhoeddi dan y cynllun, ond diolch i Gyngor Llyfrau Cymru, a lwyddodd i gael nawdd gan Lywodraeth Cymru, mae llyfrau Cymraeg hefyd yn rhan ohono erbyn hyn.

Bydd y llyfrau hyn ar gael am ddim 'ar brescripsiwn' drwy'r llyfrgelloedd. Bydd y llyfrau hefyd ar werth i'r rheiny sydd ddim wedi cael prescripsiwn. Er mai dim ond tri llyfr Cymraeg sydd ar gael ar hyn o bryd, y bwriad yw cynhyrchu degau yn rhagor dros y flwyddyn neu ddwy nesaf.

Mae astudiaethau diweddar yn amcangyfrif bod rhwng 33,444 a 55,829 o bobl yn byw gyda dementia yng Nghymru ar hyn o bryd. Mae arbenigwyr yn amcangyfrif y bydd nifer y bobl yng Nghymru sydd â dementia yn cynyddu 31% erbyn 2021. O ystyried y bydd nifer o'r bobl hynny, eu teuluoedd, eu gofawyr a'u ffrindiau yn Gymry Cymraeg, mae'n hanfodol bod deunydd darllen pwrpasol ar gael yn eu mamiaith.



Sadly, Mum cannot read novels now. That is, she can read them, but she cannot understand them, because she forgets what the story is and who the characters are. But she continues to enjoy reading short stories, poetry, and some short literary pieces, and that mainly in Welsh.

That is why I am so glad that **CAA Cymru**, the publishing company in Aberystwyth of which I am a director, took on the job recently of publishing the first three books in Welsh in the field of dementia. This is part of the 'Reading Well: Books on Prescription' scheme to provide books for those with dementia, their families and carers. Originally, the intention was to publish only English books under the plan, but thanks to the Welsh Books Council, who managed to get sponsorship from the Welsh Government, Welsh books also are now a part of it.

The books will be available free of charge 'on prescription' from libraries. The books will also be on sale to those who have not got a prescription. Although only three Welsh books are available at the present time, the intention is to produce tens of them over the next year or two.

The latest studies estimate that between 33,444 and 55,829 people in Wales are currently living with dementia. Specialists estimate that the number of people in Wales will increase by 31% by 2021. Considering that a number of these people, their families, their carers and friends are Welsh-speaking Welsh, it is vital that there should be suitable reading material available in their mother tongue.



↑ Lansiad y llyfrau ar ddementia:
Delyth Ifan, Cyfarwyddwr CAA Cymru,
Beti George a Helgard Krausse, Prif
Weithredwr Cyngor Llyfrau Cymru

← Delyth, a'i mam, Llinos



Y tri llyfr Cymraeg ar ddementia wedi'u cyhoeddi gan CAA Cymru: [Mam-gu & Fi](#), [Ynghylch Dementia](#) & [Annwyl Dementia – Y Chwerthin a'r Dagrau](#)

