



# Supported Lodgings Scheme

## Information Pack for Potential Carers

Thank you for requesting information about our Supported Lodgings Scheme. We hope this information pack will provide answers to any questions you may have. If anything is unclear or if you have other questions please do not hesitate to contact us on 01437 774650 or email [fostering@pembrokeshire.gov.uk](mailto:fostering@pembrokeshire.gov.uk)

If having read the information, you are still interested in becoming a supported lodgings carer, please fill the enclosed application form in and send it back to us at:

**Supported Lodgings Coordinator  
Pembrokeshire County Council  
Family Placement Team  
Customer Service Centre  
Argyle Street  
PEMBROKE DOCK  
SA72 6HL**

## **WHAT IS SUPPORTED LODGINGS?**

There is a variety of accommodation options available for a young person leaving care. Some may return home or live with friends or on their own but others move to supported accommodation.

Supported lodgings are approved individuals/families who wish to provide a stepping stone for young people who are 16+ and have been in the care of the local authority. It allows the young person to continue to develop their skills in a supportive, family environment.

Supported Lodgings Carers are a bit like landlords/landladies offering a room in their home. The Carers will supply a room, breakfast and evening meal and will work with the young person to help them develop skills like, cooking and budgeting.

## **WHAT ARE THE AIMS OF THE SUPPORTED LODGINGS SCHEME?**

- To recruit individuals or families who wish to accommodate young people leaving care and help them develop the life skills they need as independent young adults.
- To offer young people aged 16 to 21 year-olds who have been in care a bridge between care and independent living.
- To offer young people who are eligible to access the scheme a safe, secure environment so that they can continue to work/learn without being obliged to live independently before they are ready.
- The scheme would be accessible for those aged 16+ who are in the process of leaving care and have specific needs or require a higher level of support.
- The scheme is also used to facilitate the extension of some foster placements post 18 years of age.

## **WHAT KIND OF ACCOMMODATION IS REQUIRED?**

Accommodation is required in Pembrokeshire. The young person will need his or her own room with a bed and storage for clothing and other possessions. They will need

access to kitchen and bathroom, and the living rooms, though these can be shared with other members of the household.

The young person should feel “at home” in the accommodation, and should be able to invite friends/family at reasonable times and by agreement with you. The lodgings carer must provide the young person with his or her own front door key.

It is not intended that the young person should become “part of the family”. Rather, the young person is to be encouraged towards independence.

### **HOW LONG WILL A PLACEMENT LAST?**

This can vary but most placements are expected to last from six months to two years. When a placement ends, you may like to take a break, or you may wish to become immediately available for a new placement.

### **WHAT KIND OF SUPPORT DO YOUNG PEOPLE REQUIRE?**

Support requirements will vary between young people. It is useful to keep in mind that the long-term aim of support is to enable the personal development of the young person and to prepare them for independent living. The supported lodgings carer will work with Children’s Social Services in the best interests of the young person in line with his or her Pathway Plan.

Typical support needs to include (**see also appendix 1**)

- Advice with budgeting and benefits
- Advice and assistance with food shopping and cooking
- Instruction in the safe use of household appliances
- Assistance with arranging and keeping appointments
- Assistance with maintaining attendance at training, college or work
- Support in maintaining and building relationships with family/friends/neighbours
- Support in managing visitors
- Assistance with maintaining the security of the house
- Encouragement to comply with “house rules”
- Chatting and providing a “listening ear”
- Participation in occasional “review” meetings

Support does not need to be formally structured or timetabled, but it is important for the young person to know that support is there when needed. Support needs are likely to be highest in the early weeks, when the young person and carer are getting to know one another.

### **WHAT CAN YOU EXPECT FROM THE YOUNG PERSON?**

- The young person should participate in planning and discussions about the placement so that a contract about house rules and agreed standards of behaviour can be negotiated before the young person moves in.
- The young person should respect “house rules” as agreed.
- The young person should treat the property and its contents with respect, and should have regard for the security of the property.

- The young person should take responsibility for his or her behaviour both inside and outside the carer's home.
- If the young person experiences difficulties in the placement they should let the carer or support worker know.

## **WHAT CAN YOU EXPECT FROM PEMBROKESHIRE CHILDREN'S SERVICES?**

Before asking you to take a young person into your home, we will carry out an assessment during which you will have the opportunity to explore the kind of young person that would fit into your household (i.e. smoker, age, gender etc). We will also advise you of any areas of risk to your family at this stage. The choice whether to accommodate the young person is yours.

After the young person has moved in, he or she will have a Social Worker and/or a Personal Advisor from Children's Services. This worker will make appointments to meet the young person regularly.

The Supported Lodgings Coordinator is your support and is there to answer any queries you may have. You will get to know the young person well and if you have concerns about them, you should discuss these with the Supported Lodgings Coordinator who will then liaise with the young person's social worker or personal advisor.

From time to time, there will be a "review" meeting where you, the young person, the Supported Lodgings Coordinator and the Social Worker/Personal Advisor can talk together about the way things are going, change "house rules", set new goals. In addition, adequate out of hours professional support is available and will be easily accessible, training will also be provided.

## **FINANCIAL ARRANGEMENTS?**

You will receive a sum of £200.00. Post 18 years part of this will come from the Housing Benefit received by the young person.

We cannot guarantee placements, so it may not be appropriate to rely on income from the provision of accommodation.

## **INSURANCE**

The allowance you will receive includes the provision for you to upgrade your household insurance. It is important for you to inform your insurers what the scheme entails.

## **BENEFITS AND COUNCIL TAX**

If you are claiming Income-based state benefits such as Jobseeker's Allowance, Income Support, ESA, Housing Benefit, etc, some benefits may be affected by income received through this scheme. To clarify your individual circumstances you need to discuss with the Benefits Agency, the Citizens Advice Bureau or Foster Talk.

If your council tax is discounted for single occupancy, your discount will be unaffected unless a young person reaches the age of eighteen whilst staying with you. In this

case you should inform your local council, as you may no longer qualify for the discount.

### **WHAT SORT OF PERSON MAKES A GOOD SUPPORTED LODGINGS CARER?**

Someone who:

- Can get on with young people and has some understanding of the problems they experience.
- Will be able to support a young person in their efforts to change
- Will be sympathetic and not make judgements about a young person
- Knows where their own boundaries lie, and can be clear and “up-front” about types of behaviour they want / do not want in their home
- Is able to respect the confidentiality and privacy of any young person living in their home
- Will treat all young people equally and not discriminate against them on any grounds

### **THE RECRUITMENT AND APPROVAL PROCESS**

Anyone can come forward with an offer of supported lodgings. No one will be discriminated against on grounds of race, gender, sexual orientation or age. However, you may not be considered if the following apply:

- If you have been convicted of an offence against a child
- If you have recently had a child removed from your care by order of any court
- If you have had a registration as a childminder, or other day care, cancelled due to misconduct
- If you have recently had your rights and duties with respect to any child investigated by a local authority

The Supported Lodgings Co-ordinator will visit you to:

- Assess the accommodation
- Complete assessment documentation
- Discuss with you what it would be like to have a young person living in your home

Additional visits will usually be made, all the members of the household will need to be visited and where appropriate assessment documentation completed for each of them.

Police checks will also be completed on all adults living in the household. You will be asked to provide three referees to provide references, the referees must know you well and are willing to say there is no known reason why you might not be suited to support a young person in your own home.

You will be asked to attend a medical to confirm there is no known medical reason why you should not participate in the scheme.

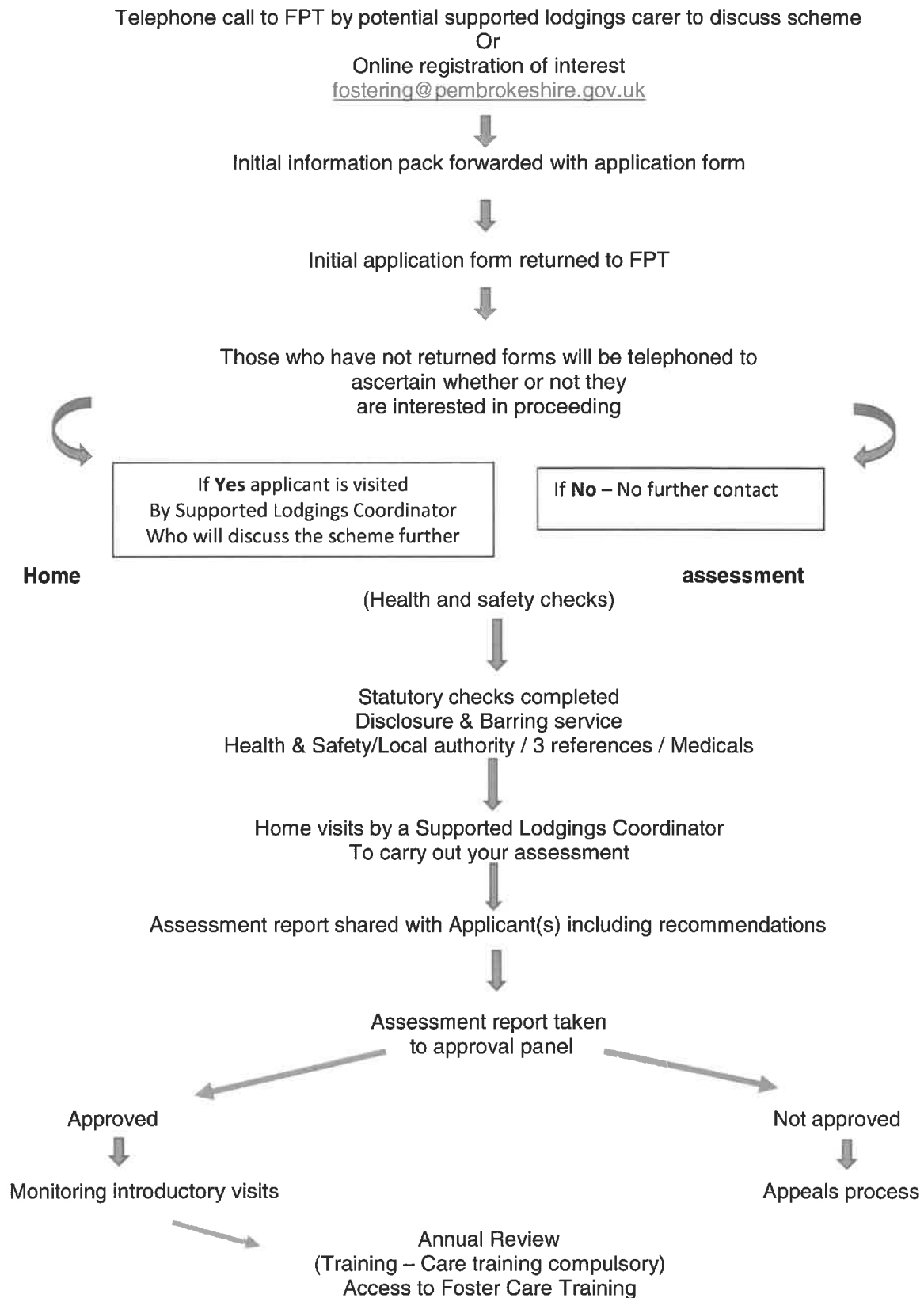
When assessment and security checks have been completed and references received, your name will be put forward for approval by the selection panel. We estimate that the entire recruitment process may take up to three months to be completed.

As soon as you are approved, young people can be placed with you.

### **TRAINING, SUPPORT AND RESPITE**

Continuous and on-going support will be available from the Supported Lodgings Coordinator. During the assessment process, any training needs will be identified and a plan put in place. On-going and additional training will also be made available to you.

## Recruitment Process For SUPPORTED LODGINGS CARER



**APPENDIX 1**  
**Supported Lodgings**  
**Example of practical skills and knowledge in preparation for**  
**Independent living**

**Education, Training and employment**

- Applying for a course of education or training
- Applying for and being interviewed for a job
- The rights and responsibilities of being an employee
- How to write a cover letter along with a Curriculum Vitae (CV)
- Knowing where to get the correct information about Education, training and Employment

**Household skills development**

- Shopping for food and preparing food
- Washing clothes, bedding and other housekeeping skills
- How to carry out basic household tasks such as fitting a bulb, putting together furniture, etc.
- Safety in the home (checking smoke alarms and making sure plugs and sockets are safe)
- Applying for housing and locating and maintaining it

**Budgeting**

- Understanding the concept of “the cost of living”
- Household budgeting, balancing expenditure and income, the regular payment of bills and the use of credit
- Knowing how to spend sensibly

**Young person’s health**

- Health education, including hygiene
- Sex education, including contraception and preparation for parenthood
- Registering with a doctor and dentist
- Knowledge of emergency services such as Fire, Police and Ambulance
- Understanding mental health

**Relationships and communication**

- Finding and using community services and developing confidence in communicating with external agencies such as housing, benefits, health, etc.
- Learning how to manage difficult situations or relationships and being aware of the impact of negative behaviour
- To ensuring their views and opinions are heard and expressed appropriately
- Learn to be assertive when needed and act in a mature way
- Learn about negotiation and compromise



# Cynllun Llety â Chefnogaeth

## Pecyn Gwybodaeth i Ddarpar Ofalwyr

Diolch am wneud cais am wybodaeth am ein Cynllun Llety â Chefnogaeth. Gobeithiwn y bydd y pecyn gwybodaeth hwn yn rhoi atebion i chi ar gyfer unrhyw gwestiynau a all fod gennych. Os oes unrhyw beth yn aneglur neu os oes gennych chi unrhyw gwestiynau eraill, mae croeso i chi gysylltu â ni ar 01437 774650 neu anfonwch neges e-bost at [fostering@pembrokeshire.gov.uk](mailto:fostering@pembrokeshire.gov.uk)

Os, ar ôl darllen y wybodaeth, y bydd gennych chi ddiddordeb o hyd mewn dod yn ofalwr llety â chefnogaeth, llenwch y ffurflen gais atodedig, a'i dychwelyd atom:

**Cydlynnydd Llety â Chefnogaeth**  
**Cyngor Sir Penfro**  
**Tîm Lleoliadau Teulu**  
**Canolfan Gwasanaethau Cwsmeriaid**  
**Argyle Street**  
**DOC PENFRO**  
**SA72 6HL**

## **BETH YW LLETY Â CHEFNOGAETH?**

Mae amrywiaeth o opsiynau llety ar gael i unigolyn ifanc sy'n gadael gofal. Gall rhai ohonynt ddychwelyd adref neu fynd i fyw gyda ffrindiau, neu ar ei ben ei hun, ond mae rhai eraill yn symud i lety â chefnogaeth.

Llety â chefnogaeth yw unigolion/teuluoedd cymeradwy sy'n dymuno darparu carreg sarn i bobl ifanc dros 16 oed sydd wedi bod dan ofal yr awdurdod lleol. Mae'n caniatáu i'r unigolyn ifanc barhau i ddatblygu ei sgiliau mewn amgylchedd cefnogol, teuluol.

Mae Gofalwyr Llety â Chefnogaeth ychydig bach fel landlord yn cynnig ystafell yn ei gartref. Bydd y Gofalwyr yn cyflenwi ystafell, brecwast a phryd gyda'r nos, a bydd yn gweithio gyda'r unigolyn ifanc i'w helpu datblygu sgiliau fel coginio a chyllidebu.

## **BETH YW NODAU'R CYNLLUN LLETY Â CHEFNOGAETH?**

- Recriwtio unigolion neu deuluoedd sy'n dymuno lletya pobl ifanc sy'n gadael gofal a'u helpu i ddatblygu'r sgiliau bywyd sydd eu hangen arnynt fel oedolion ifanc, annibynnol.
- Cynnig pont rhwng gofal a byw'n annibynnol i bobl ifanc rhwng 16 a 21 oed sydd wedi bod mewn gofal.
- Cynnig i bobl ifanc sy'n gymwys i gyrchu'r cynllun amgylchedd saff, diogel, er mwyn iddyn nhw allu parhau i weithio/dysgu heb orfod byw'n annibynnol cyn eu bod nhw'n barod.
- Mae'r cynllun yn hygyrch i bobl ifanc dros 16 oed sydd wrthi'n gadael gofal, ac sydd ag anghenion penodol neu sydd angen lefel uwch o gefnogaeth.
- Defnyddir y cynllun hefyd i hwyluso ymestyn rhai lleoliadau maeth ar gyfer pobl ifanc dros 18 oed.

## **PA FATH O LETY SYDD EI ANGEN?**

Mae angen i'r llety fod yn Sir Benfro. Bydd angen ystafell ei hun ar yr unigolyn ifanc, gyda gwely a lle storio ar gyfer dillad ac eiddo arall. Bydd angen arno/arni fynediad at gegin ac ystafell ymolchi, a'r ystafelloedd byw, ond gall rannu'r rhain gydag aelodau eraill o'r cartref.

Dylai'r unigolyn ifanc deimlo'n "gartrefol" yn y llety, a dylai allu gwahodd ffrindiau/teulu ar amserau rhesymol a thrwy gytundeb â chi. Rhaid i'r gofalwr llety roi allwedd ei hun i'r unigolyn ifanc ar gyfer y drws tu blaen.

Nid y bwriad yw i'r unigolyn ifanc fod yn "rhan o'r teulu". Yn hytrach, dylid annog yr unigolyn ifanc i fod yn annibynnol.

### **AM BA HYD FYDD Y LLEOLIAD YN PARA?**

Gall hyn amrywio, ond disgwylir i'r rhan fwyaf o leoliadau bara rhwng chwe mis a dwy flynedd. Pan fydd lleoliad yn dod i ben, efallai yr hoffech gael egwyl, neu efallai yr hoffech fod ar gael ar unwaith ar gyfer lleoliad newydd.

### **PA FATH O GYMORTH SYDD EI ANGEN AR BOBL IFANC?**

Bydd y gofynion cymorth yn amrywio rhwng pobl ifanc. Mae'n defnyddiol ystyried mai nod hirdymor cymorth yw galluogi datblygiad personol yr unigolyn ifanc, a'i baratoi i fyw'n annibynnol. Bydd y gofalwr llety â chefnogaeth yn gweithio gyda Gwasanaethau Cymdeithasol Plant er budd yr unigolyn ifanc, yn unol â'i Gynllun Llwybr.

Mae angen i gefnogaeth nodweddiadol gynnwys (**gweler atodiad 1 hefyd**)

- Cyngor ar gyllidebu a budd-daliadau
- Cyngor a chymorth gyda siopa am fwyd a choginio
- Cyfarwyddiadau i ddefnyddio offer y tŷ yn ddiogel
- Cymorth i drefnu a chadw apwyntiadau
- Cymorth i gynnal presenoldeb mewn hyfforddiant, yn y coleg neu'r gwaith
- Cefnogaeth i gynnal a meithrin perthnasoedd gyda theulu/ffrindiau/cymdogion
- Cefnogaeth i reoli ymwelwyr
- Cymorth i gynnal diogelwch y tŷ
- Anogaeth i gydymffurfio â "rheolau'r tŷ"
- Sgwrsio a darparu "clust i wrando"
- Cymryd rhan mewn cyfarfodydd "adolygu" achlysurol

Nid oes angen i'r gefnogaeth fod wedi cael ei strwythuro na'i hamserlennu'n ffurfiol, ond mae'n bwysig bod yr unigolyn ifanc yn gwybod bod cefnogaeth ar gael pan fo'i hangen. Mae'r angen am gefnogaeth yn debygol o fod ar ei uchaf yn ystod yr wythnosau cyntaf, pan mae'r unigolyn ifanc a'r gofalwr yn dod i adnabod ei gilydd.

### **BETH ALLWCH CHI EI DDISGWYL ODDI WRTH YR UNIGOLYN IFANC?**

- Dylai'r unigolyn ifanc gymryd rhan mewn cynllunio a thrafodaethau am y lleoliad er mwyn trafod contract ynghylch rheolau'r tŷ a safonau ymddygiad cytûn, cyn i'r unigolyn ifanc symud i mewn.
- Dylai'r unigolyn ifanc barchu "rheolau'r tŷ", fel y cytunwyd.

- Dylai'r unigolyn ifanc drin yr eiddo a'i gynnwys â pharch, a dylai ystyried diogelwch yr eiddo.
- Dylai'r unigolyn ifanc gymryd cyfrifoldeb dros ei ymddygiad, y tu mewn a thu allan i gartref y gofalwr.
- Os bydd yr unigolyn ifanc yn dioddef anawsterau yn y lleoliad, dylai roi gwybod i'r gofalwr neu'r gweithiwr cymorth.

## **BETH ALLWCH CHI EI DDISGWYL ODDI WRTH WASANAETHAU PLANT SIR BENFRO?**

Cyn gofyn i chi dderbyn unigolyn ifanc i'ch cartref, fe fyddwn ni'n cyflawni asesiad, lle cewch gyfle i archwilio'r math o unigolyn ifanc a fyddai'n addas ar gyfer eich cartref chi (h.y. smygwr, oedran, rhyw ac ati). Byddwn ni hefyd yn eich cynghori chi am unrhyw feysydd risg i'ch teulu chi bryd hyn. Eich dewis chi yw lletya'r unigolyn ifanc neu ddim.

Ar ôl i'r unigolyn ifanc symud i mewn, bydd ganddo/ganddi Weithiwr Cymdeithasol a/neu Gynghorydd Personol o'r Gwasanaethau Plant. Bydd y gweithiwr hwn yn trefnu apwyntiadau i gyfarfod â'r unigolyn ifanc yn rheolaidd.

Y Cydlynnydd Llety â Chefnogaeth yw eich cefnogaeth chi, ac mae yno i ateb unrhyw ymholiadau a all fod gennych. Byddwch yn dod i adnabod yr unigolyn ifanc yn dda, ac os bydd gennych chi unrhyw bryderon amdano/amdani, dylech eu trafod gyda'r Cydlynnydd Llety â Chefnogaeth, a fydd wedyn yn cysylltu â gweithiwr cymdeithasol neu gynghorydd personol yr unigolyn ifanc.

O dro i dro, cynhelir cyfarfod "adolygu", lle gallwch chi, yr unigolyn ifanc, y Cydlynnydd Llety â Chefnogaeth, a'r Gweithiwr Cymdeithasol/Cynghorydd Personol siarad am y ffordd y mae pethau'n mynd, newid "rheolau'r tŷ", a gosod nodau newydd. Hefyd, mae cefnogaeth broffesiynol ddigonol y tu allan i oriau gwaith ar gael, a bydd yn hygyrch yn hawdd. Darperir hyfforddiant hefyd.

## **TREFNIADAU ARIANNOL?**

Byddwch yn cael swm o £200.00. Ar gyfer pobl ifanc hŷn nag 18 oed, bydd rhan o'r taliad hwn yn dod o'r budd-dal tai y mae'r unigolyn ifanc yn ei dderbyn.

Ni allwn ni warantu lleoliadau, felly efallai na fydd yn briodol dibynnu ar incwm o ddarparu llety.

## **YSWIRIANT**

Mae'r lwfans y byddwch yn ei dderbyn yn cynnwys y ddarpariaeth i chi uwchraddio yswiriant eich cartref. Mae'n bwysig eich bod chi'n hysbysu eich yswirwyr am gynnwys y cynllun.

## **BUDD-DALIADAU A'r DRETH GYNGOR**

Os ydych chi'n hawlio budd-daliadau'r wladwriaeth ar sail incwm, fel Lwfans Ceisiwr Gwaith, Cymhorthdal Incwm, Lwfans Cyflogaeth a Chymorth, Budd-dal Tai ac ati, efallai y caiff rhai budd-daliadau eu heffeithio gan yr incwm a dderbyniwch trwy'r

cynllun hwn. I amlygu eich amgylchiadau unigol, bydd angen i chi drafod hyn gyda'r Asiantaethau Budd-daliadau, y Swyddfa Cyngor ar Bopeth, neu Foster Talk.

Os yw'ch treth gyngor wedi cael ei gostwng ar gyfer deiliadaeth unigol, ni effeithir ar eich gostyngiad oni bai bod yr unigolyn ifanc yn cyrraedd 18 oed pan fydd yn aros gyda chi. Yn yr achos hwn, dylech hysbysu eich cyngor lleol, gan efallai na fyddwch yn gymwys ar gyfer y gostyngiad mwyach.

## **PA FATH O BERSON SY'N GWNEUD GOFALWR LLETY Â CHEFNOGAETH DDA?**

Rhywun:

- A all gyd-dynnu ag unigolyn ifanc, ac sydd ag ychydig o ddealltwriaeth o'r problemau y maent yn eu dioddef.
- A fydd yn gallu cefnogi'r unigolyn ifanc yn ei ymdrechion i newid.
- A fydd yn llawn cydymdeimlad, heb fynegi unrhyw farn am yr unigolyn ifanc.
- Sy'n gwybod ble mae'r ffiniau, a gallu bod yn glir ac yn "onest" am y mathau o ymddygiad y maen nhw ei eisiau/ nad ydynt ei eisiau yn eu cartref.
- Sy'n gallu parchu cyfrinachedd a phreifatrwydd unrhyw unigolyn ifanc sy'n byw yn eu cartref.
- A fydd yn trin pob unigolyn ifanc yn gyfartal, heb wahaniaethu yn eu herbyn ar unrhyw sail.

## **Y BROSES RECRIWTIO A CHYMERADWYO**

Gall unrhyw un gynnig llety â chefnogaeth. Ni wahaniaethir yn erbyn neb ar sail hil, rhyw, cyfeiriadedd rhyw nac oedran. Fodd bynnag, efallai na chewch eich ystyried os yw'r canlynol yn berthnasol i chi:

- Eich bod chi wedi cael eich dyfarnu'n euog o drosedd yn erbyn plentyn.
- Os oes plentyn wedi cael ei dynnu o'ch gofal yn ddiweddar trwy orchymyn llys.
- Os cafodd eich cofrestriad fel gofalwr plant, neu ofal dydd arall, ei ganslo yn sgil camymddygiad.
- Os yw awdurdod lleol wedi ymchwilio'n ddiweddar i'ch hawliau a'ch dyletswyddau o ran unrhyw blentyn.

Bydd y Cydlynnydd Llety â Chefnogaeth yn ymweld â chi i:

- Asesu'r llety.
- Llenwi'r dogfennau asesu.
- Trafod gyda chi sut beth fydd cael unigolyn ifanc yn byw yn eich cartref.

Fel arfer, bydd ymweliadau ychwanegol yn cael eu trefnu, a bydd angen ymweld â phob aelod o'r cartref, ac os yw'n briodol, llenwi dogfennau asesu ar gyfer pob un ohonynt.

Cwblheir gwiriadau'r heddlu ar gyfer pob oedolyn sy'n byw yn y tŷ hefyd. Bydd gofyn i chi ddarparu tri chanolwr i ddarparu geirdaon. Rhaid bod y canolwyr yn eich adnabod chi'n dda, ac yn barod i ddweud nad oes unrhyw reswm hysbys pam y gallech fod yn anaddas i gefnogi unigolyn ifanc yn eich cartref eich hun.

Bydd gofyn i chi fynychu archwiliad meddygol i gadarnhau nad oes unrhyw reswm meddygol hysbys pam na ddylech gymryd rhan yn y cynllun.

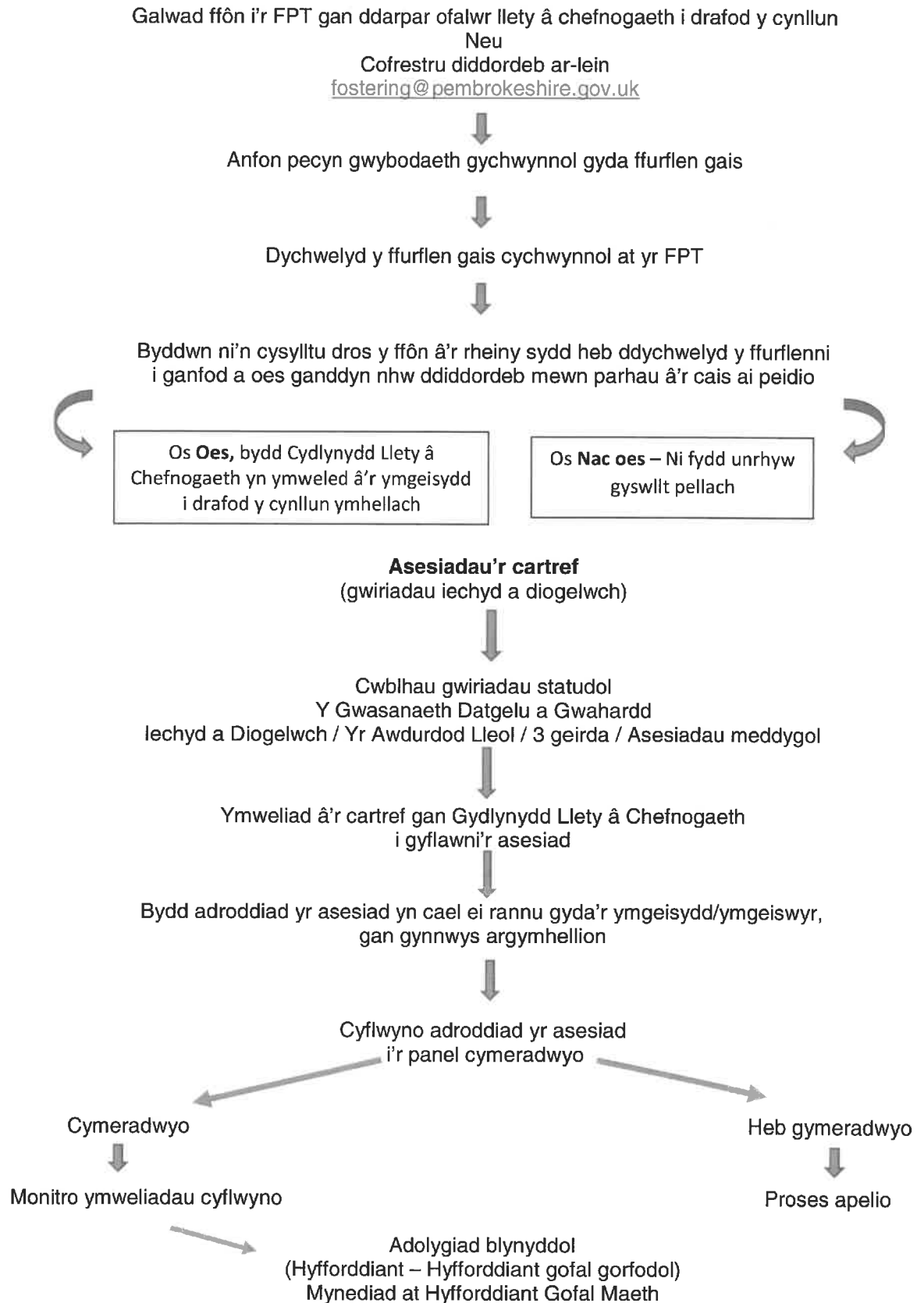
Ar ôl cwblhau unrhyw asesiadau a gwiriadau diogelwch, ac ar ôl derbyn y geirdaon, bydd eich enw yn cael ei gyflwyno i'w gymeradwyo gan y panel dethol. Rydym ni'n amcangyfrif y gall y broses recriwtio gyfan cymryd hyd at dri mis i'w gwblhau.

Cyn gynted ag y cewch eich cymeradwyo, gellir lleoli pobl ifanc gyda chi.

### **HYFFORDDIANT, CEFNOGAETH A SEIBIANT**

Bydd cefnogaeth barhaus ar gael gan y Cydlynnydd Llety â Chefnogaeth. Yn ystod y broses asesu, bydd unrhyw anghenion hyfforddi yn cael eu hamlygu, a chynllun yn cael ei roi ar waith. Bydd hyfforddiant parhaus ac ychwanegol ar gael i chi hefyd.

### **Y broses recriwtio ar gyfer GOFALWR LLETY Â CHEFNOGAETH**



**ATODIAD 1**  
**Llety â Chefnogaeth**  
**Enghraifft o sgiliau a gwybodaeth ymarferol i'w paratoi i fyw'n annibynnol**

### **Addysg, hyfforddiant a chyflogaeth**

- Gwneud cais am gwrs addysg neu hyfforddiant
- Gwneud cais am swydd a chael cyfweiliad ar ei chyfer
- Hawliau a chyfrifoldebau bod yn weithiwr cyflogedig
- Sut i ysgrifennu llythyr eglurhaol ynghyd â Curriculum Vitae (CV)
- Gwybod o ble i gael y wybodaeth gywir am addysg, hyfforddiant a chyflogaeth

### **Datblygu sgiliau'r cartref**

- Siopa am fwyd a pharatoi bwyd
- Golchi dillad, dillad gwely, a sgiliau cadw'r tŷ eraill
- Sut i gyflawni tasgau sylfaenol y cartref, fel gosod bwlb, adeiladu dodrefn ac ati.
- Diogelwch yn y cartref (gwirio larymau mwg a gwneud yn siŵr bod plygiau a socedi'n ddiogel)
- Gwneud cais am dŷ, dod o hyd i un, a'i gynnal a chadw

### **Cyllidebu**

- Deall y cysyniad o "gost byw"
- Cyllidebu ar gyfer y cartref, cydbwysu gwariant ac incwm, talu biliau'n rheolaidd, a defnyddio credyd
- Gwybod sut i wario'n synhwyrol

### **Iechyd unigolyn ifanc**

- Addysg iechyd, gan gynnwys hylendid
- Addysg rhyw, gan gynnwys cyfarpar atal cenhedlu a pharatoi ar gyfer bod yn rhiant
- Cofrestru gyda meddyg a deintydd
- Gwybodaeth am y gwasanaethau brys, fel y Gwasanaeth Tân, yr Heddlu, a'r Gwasanaeth Ambiwlans
- Deall iechyd meddwl

### **Perthnasoedd a chyfathrebu**

- Dod o hyd i, a defnyddio, gwasanaethau cymunedol a datblygu hyder i gyfathrebu gydag asiantaethau allanol, fel asiantaethau tai, budd-daliadau, iechyd ac ati
- Dysgu sut i reoli sefyllfaoedd neu berthnasoedd anodd, a bod yn ymwybodol o effaith ymddygiad negyddol
- Sicrhau bod eu safbwyntiau a'u barn yn cael eu clywed a'u mynegi'n briodol
- Dysgu sut i fod yn bendant pan fod angen a gweithredu mewn ffordd aeddfed
- Dysgu am drafod a chyfaddawdu