

# *Aseiad Goleuadau Traffig Ysbyty* **The Traffic Light Hospital Assessment**

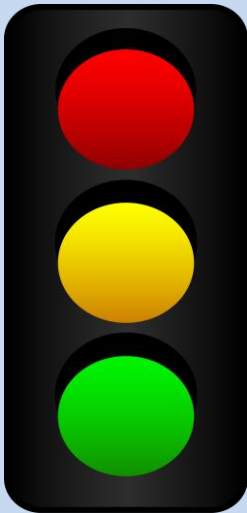
Enw/Name:

*Gwnewch yn siŵr fod yr holl staff sy'n edrych ar eich ôl yn darllen ac yn llofnodi'r aseiad hwn ar dudalen 6.*

Make sure that all the staff who look after you read and sign this assessment on page 6.



*Mae'r ddogfen hon yn perthyn i mi. Cofiwch ei dychwelyd i mi pan fyddaf yn cael fy rhyddhau/This document belongs to me. Please return it when I am discharged.*



**Coch/Red** - *Pethau mae'n rhaid i chi wybod.*  
Things you must know.

**Ambr/Amber** - *Pethau y dylech wybod amdanaf.*  
Things which you should know about me.

**Gwyrdd/Green** - *Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi.*  
Things I like/Things I don't like.



**Alergeddau:**  
Allergies:

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*Ni all pobl wneud unrhyw benderfyniad pwysig amdanoch chi heb siarad gyda chi yn gyntaf, gan gynnwys a ddyliid rhoi triniaeth i achub eich bywyd. Fe ddylen nhw siarad gyda'ch teulu neu eich gofawlyr hefyd, os ydych yn cytuno â hynny, neu os ydych yn cael anhawster deall pethau. Mae angen iddyn nhw hefyd wrando ar unrhyw weithiwr proffesiynol arall sy'n gweithio gyda chi. Dyna'r gyfraith (Deddf Galluedd Meddyliol 2005).*

People can't make any important decisions about you without talking to you first, including whether to give you life saving treatment. They should talk to your family or carers too if you have difficulty understanding (if you agree). They also need to listen to any other professionals who are working with you. It's the law (Mental Capacity Act 2005).

## Pethau mae'n rhaid i chi wybod/Things you must know



**Enw /Name:**

**Dylech fy ngalw /Known as:**



**Cyfeiriad:**

**Address:**


**Ffôn:**

**Telephone number:**



**Dyddiad geni:**

**Date of birth:**



**Meddyg teulu/GP:**

**Cyfeiriad:**

**Address:**

**Ffôn:**

**Telephone number:**



**Perthynas agosaf:**

**Next of kin:**

**Ffôn/ Tel:**

**Perthynas:**

**Relationship:**



**Gofalydd/Carer:**

**Ffôn/ Tel:**

**Perthynas:**

**Relationship:**



**Proffesiynolion**

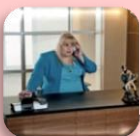
**cysylltiedig:**

**Professionals**

**involved:**

**Ffôn/ Tel:**

**Rheolwr gofal:**

**Care manager:**

**Ffôn/ Tel:**



**Crefydd/Religion:**

**Ceisiadau**

**crefyddol:**

**Religious**

**requests:**

***Pethau mae'n rhaid i chi wybod/Things you must know***



***Cyflyrau meddygol presennol:***  
**Current medical conditions:**

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***Hanes meddygol byr:***  
**Brief medical history:**

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***Meddyginiaethau presennol:***  
**Current medication:**

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***Ymyriadau meddygol:***  
**Medical interventions:**

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***Ymddygiadau a all herio neu achosi risg:***  
**Behaviours which may challenge or cause risk:**

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***Fy nghyfathrebu:***  
**My communication:**

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***Fy nealltwriaeth:***  
**My understanding:**

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**Pethau y dylech wybod amdanaf/Things that you should know about me**



***Bwtya ac yfed  
(llyncu):***  
Eating and  
drinking  
(swallowing):

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***Cymryd fy  
meddyginiaeth:***  
Taking my  
medication:

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***Mynd i'r toiled:***  
Going to the toilet:

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***Gweld/clywed:***  
Seeing/hearing:

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***Symud o gwmpas/  
symudedd:***  
Moving around/  
mobility:

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***Fy ngofal  
personol:***  
My personal  
care:

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***Fy lefelau cefnogi/  
Cadw'n ddiogel:***  
My levels of  
support/  
keeping safe:

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***Cysgu:***  
Sleeping:

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***Sut byddwch yn  
gwybod os byddaf  
mewn poen?***  
How will you know  
if I am in pain?

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*Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi.*  
Things I like/Things I don't like.

*Meddylwch am y pethau sy'n eich gwneud yn hapus h.y. gwyllo'r teledu, cerddoriaeth, y bwyd rydych yn ei hoffi, pethau sy'n eich cadw'n ddiogel. Cewch wneud hyn.*

Think about things that make you happy i.e. watching TV, music, food you like, things that keep you safe.  
Please do this.

*Meddylwch am y pethau a all eich gofidio neu eich gwylltio e.e. Ddim yn deall yr hyn sy'n digwydd, newidiadau mewn arferion; Peidiwch â gwneud hyn!*

Think about things that might upset or annoy you e.g. not understanding what's happening, changes in routine.  
**Don't do this!**

*Pethau rwy'n eu hoffi:*  
Things I like:



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*Pethau nad ydw i'n eu hoffi:*  
Things I don't like:



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*Cwblhawyd gan/Completed by* \_\_\_\_\_

*Dyddiad/Date* \_\_\_\_\_

*Perthynas/Relationship* \_\_\_\_\_

