



Sut dwi'n defnyddio technoleg? How I use technology?

Michelle Williams/James Lewis.

Pa dechnoleg sydd ar gael? What technology is out there?

- Oriawr “Smart”



- Alecsa



- Smart Watches

- Alexa

- Sgriniau fideo uniongyrchol



- Portals/direct video calls

- Fideo drws

- Video Doorbell

- Pen darllen digidol

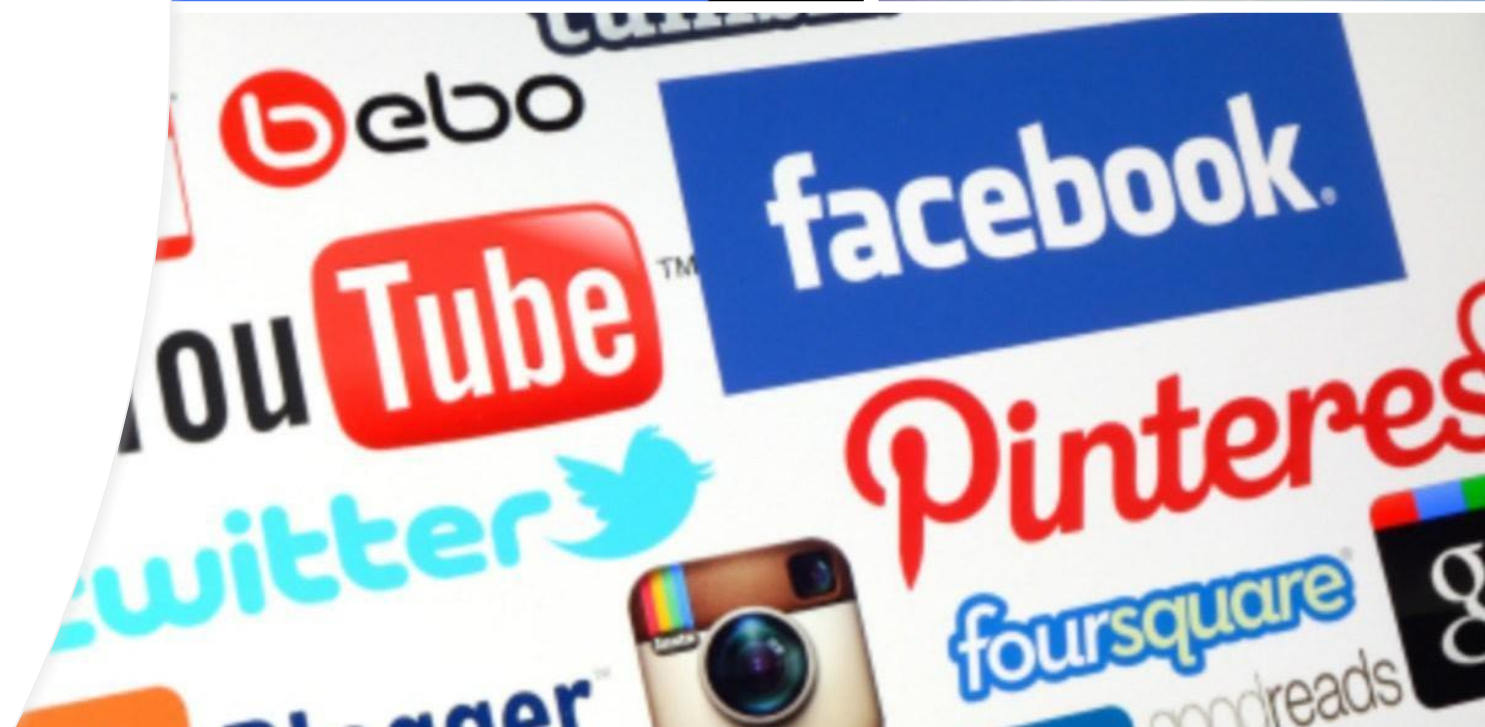
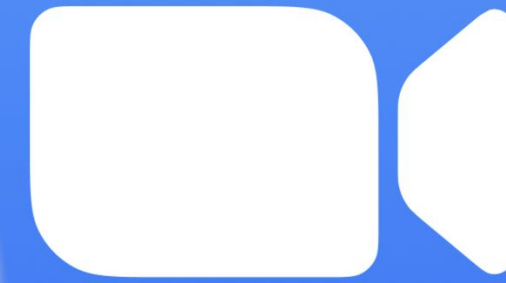


- Digital reading pen

Apps a phethau...

Apps and stuff...

- Tracker App.
- Zŵm
- Cyfryngau Cymdeithasol
- Swyddogaethau hygyrchedd
- Tracker App.
- Zoom
- Social Media
- Accessibility functions



Sut mae wedi fy helpu i? How has it helped me?

Trefnu
apwyntiadau a
chael mynediad
i wasanaethau
ar-lein.



booking
appointments and
accessing services
online.

Cynyddu
annibyniaeth.



Increasing
independence.

Helpu gyda fy
ngwaith yn
cysylltu â phobl



Helped with my
job. Connect
with people.

Cyfarfodydd a
chynhadleddau
ar-lein.



Able to do
meetings and
conferences
online.

Gallu cyflawni fy
swydd hunan-
eiriolaeth yn fwy
effeithiol ar-lein.



Able to carry out
my self advocacy
job more
effectively online.



Sut mae eraill yn defnyddio technoleg?

How do other people I know use technology?

- Hyrwyddwyr gwirio iechyd.
- Hunan-eiriolaeth. Cyfarfodydd ar-lein.
- Gwerthfawrogi wyneb yn wyneb yn fwy pan fydd yn digwydd.
- Health check champions.
- Self advocacy. Flyers meetings online.
- Appreciate face to face more when it happens.





CYDWEITHREDFA GWELLA GWASANAETHAU
GOFAL A LLESIANT **GOGLEDD CYMRU**

NORTH WALES SOCIAL CARE AND WELL-BEING
SERVICES IMPROVEMENT COLLABORATIVE

- Strategaeth technoleg.
Hyfforddiant i staff.
- Hubiau technoleg a
sessiynau galw heibio.
- Llyfrgell technoleg.
- Cyfeirio at Paul am help.

North Wales Together: Learning Disability Technology Strategy



Gogledd Cymru **Gyda'n Gilydd**
North Wales **Together**

Gwasanaethau Ddi-dor i bobl ag Anableddau Dysgu
Seamless services for people with Learning Disabilities

- Technology strategy.
Training for staff.
- Technology hubs and
drop ins.
- Technology library.
- Referrals to Paul for
help.



Beth nesaf?/ What next?

- Mwy o hyfforddiant.
- Dod yn fwy hyderus.
- Gofynnwch i aelodau teulu a staff ein helpu.
- Peidiwch â bod ofn technoleg.
- Pam na ddylem ni ei gael?!



- More training.
- Become more confident.
- Ask staff and family members to help us.
- Don't be scared of technology.
- Why shouldn't we have it!?