

Technolegau Cynorthwyol: Gwella Bywydau a Hyrwyddo Annibyniaeth

Assistive Technologies: Enhancing Lives and Promoting Independence

Dr Gareth Williams
T-Cubed Ltd.

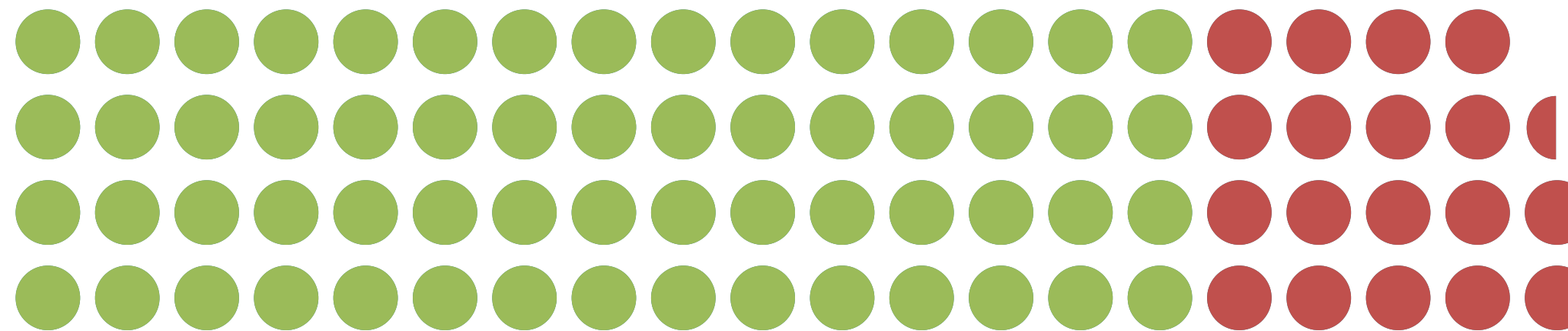
Heriau o ran Oedran ac Anabledd / Challenges of Age and Disability

Disgwyliad oes Dynion /
Male Life Expectancy

78.4

60.3

18.1

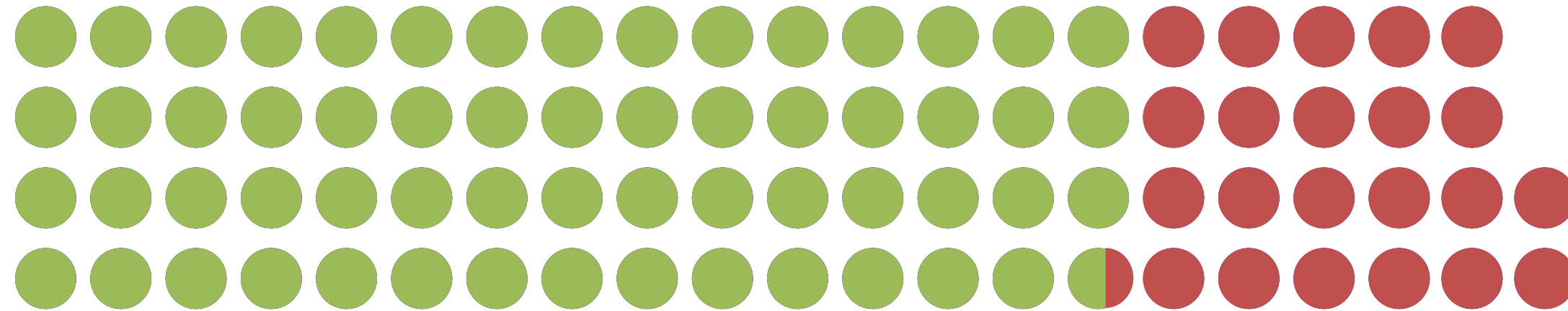


Disgwyliad oes Menywod /
Female Life Expectancy

82

59.6

22.4



Disgwyliad oes iach /
Healthy life expectancy

Blynyddoedd ddim mewn iechyd da /
Years not in good health



Heriau o ran Oedran ac Anabledd / Challenges of Age and Disability

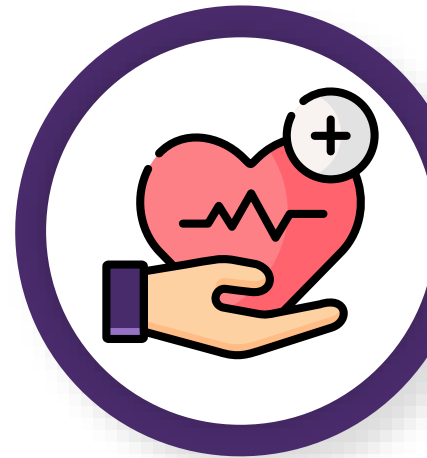
Swyddogaethau symudedd a
chorfforol /
Mobility and physical functions



Dirywiad synhwyrau /
Declining senses



Cyflyrau hirdymor a'u
rheolaeth /
Long-term conditions &
their management



Bregusrwydd, colli
cryfder, cydbwysedd a
chwympto /
Frailty, loss of strength,
balance and falls



Pryder, iselder ac
unigrwydd /
Anxiety, depression and
loneliness



Gwybyddiaeth, cof a
mewnwelediad /
Cognition, memory and
insight



Gweithgareddau Bywyd Dyddiol & O-ADL / Activities of Daily Living & I-ADL



Cerdded yn y tŷ /
Getting around in the
house



Ymdrochi /
Bathing



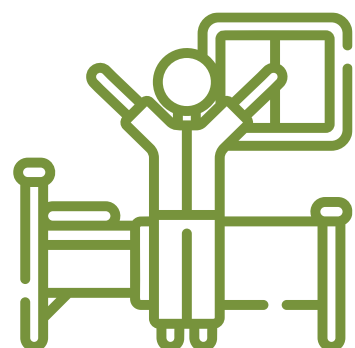
Gwisgo /
Getting dressed



Toiledu /
Toileting



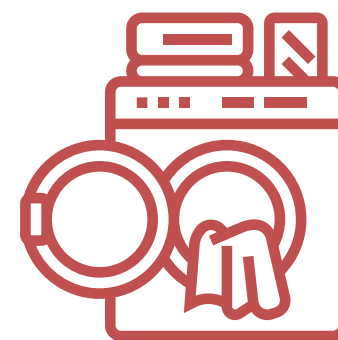
Bwyta /
Eating



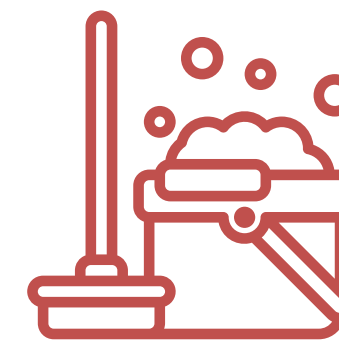
Mynd i mewn ac allan
o'r gwely / Getting in
and out of bed



Rheoli arian /
Managing finances



Golchi dillad /
Laundry



Gwaith tŷ /
Housework



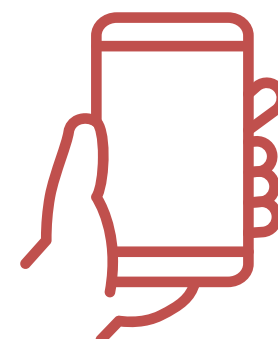
Meddygaeth /
Medicines
management



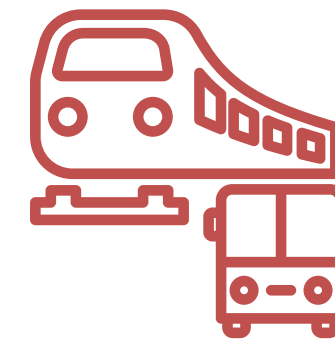
Siopa am fwydydd /
Grocery shopping



Mynd o gwmpas y tu allan /
Getting around outside



Defnyddio ffôn /
Telephone use



Mynd i lefydd /
Going places



Paratoi prydau bwyd /
Preparing meals



Opsiynau ar gyfer Cymorth / Options for Support



**Gofal preswyl neu gartref / Residential or
domiciliary care**

**DRUD /
EXPENSIVE**



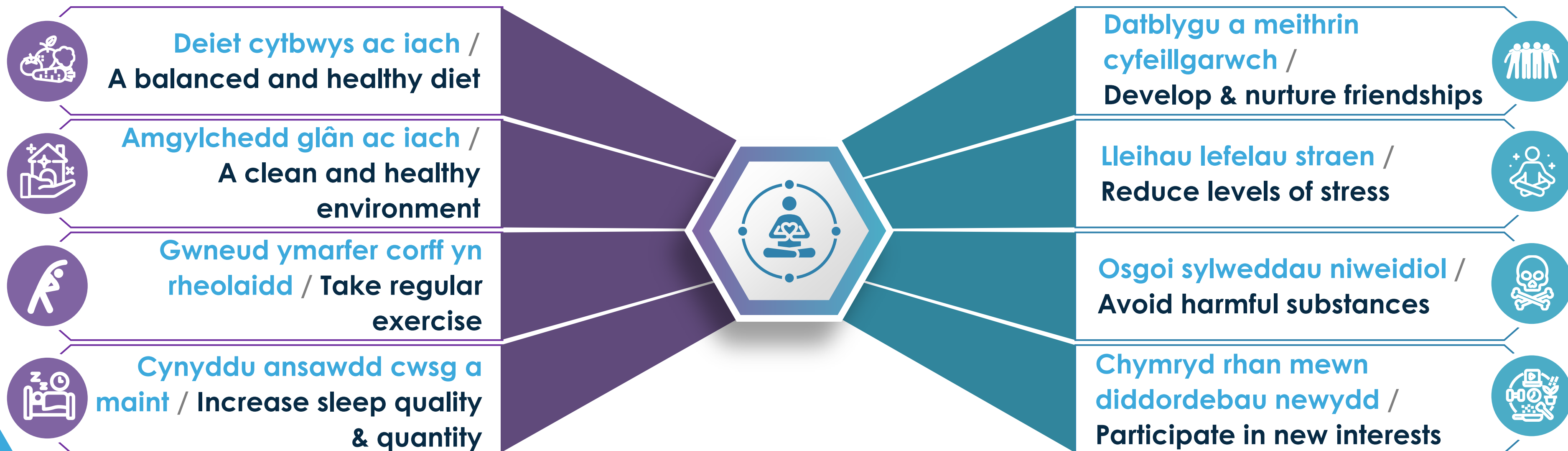
**Teulu a ffrindiau, neu hunanofal / Family and
friends or self-care**

**DDIM AR GAEL I BAWB /
NOT POSSIBLE FOR ALL**



Opsiynau ar gyfer Cymorth / Options for Support

Hunanofal / Self-care



**Canolbwyntio ar atal a chael hwyl /
Focus on prevention and having fun**





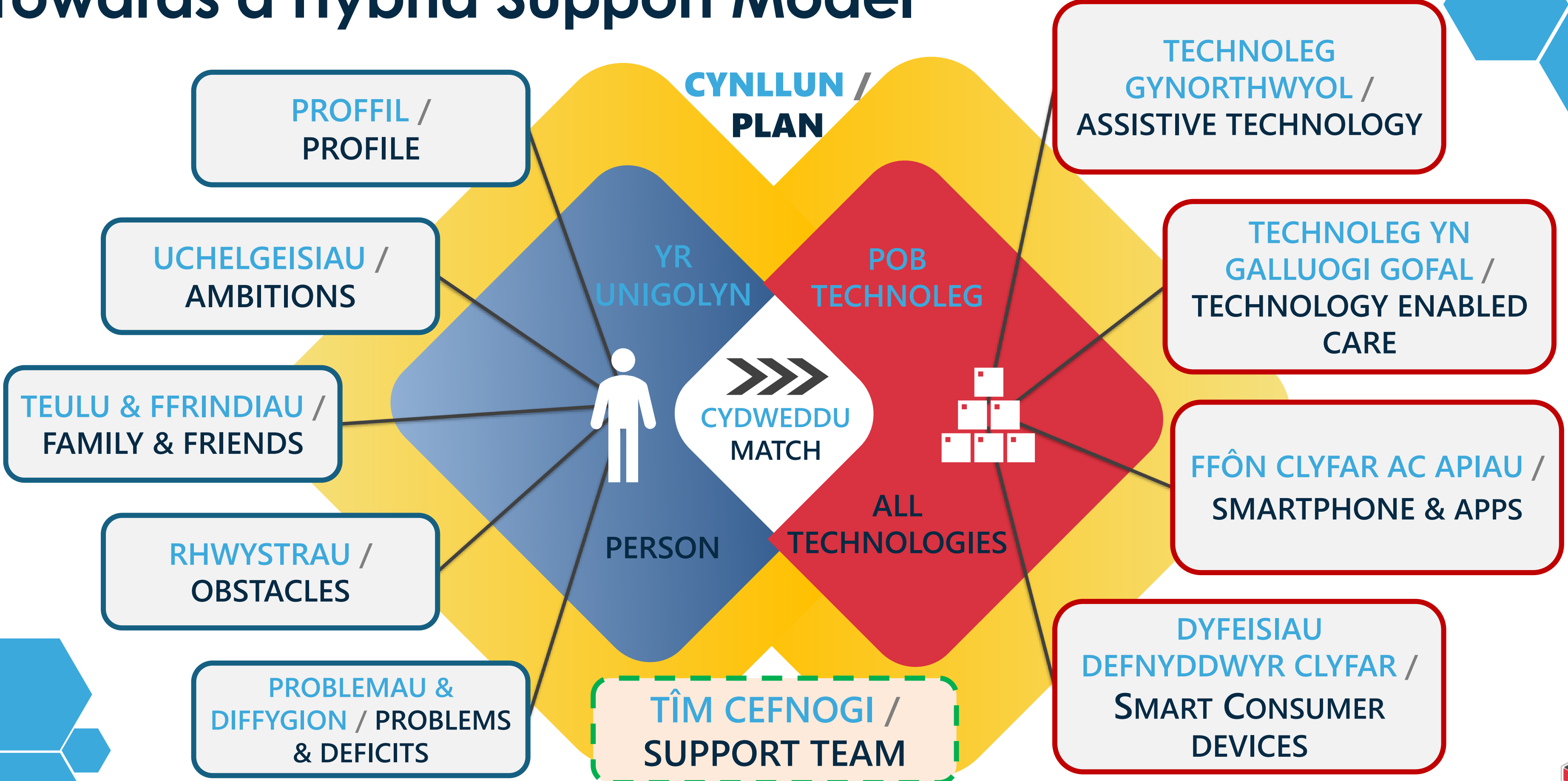


**Rydym yn byw mewn byd sy'n
galluogi technoleg**

**We live in a technology-
enhanced world**



Tuag at Fodel Cymorth Hybrid / Towards a Hybrid Support Model



TG SEFYDLOG
FIXED AT



CYFLYM I DDARPARU
QUICK TO PROVIDE

TG CLUDADWY
PORTABLE AT



TECHNOLEG
GYNORTHWYOL
ASSISTIVE
TECHNOLOGY

MECANYDDOL YN BENNAF
MAINLY MECHANICAL

ELECTRONIG YN BENNAF
MAINLY ELECTRONIC



TG ELECTRONIG
ELECTRONIC AT

ARAF I DDARPARU
SLOW TO PROVIDE

TECHNOLEG YN GALLUOGI GOFAL
TECHNOLOGY ENABLED CARE



Technoleg Gynorthwyol Lefel Defnyddwyr / Consumer Level Assistive Technology



£540

Cadair freichiau
proffilio electronig /
Electronic profiling
armchair



£140

Ffriwr aer dwy
fasged / Two
basket air fryer



£65

Tegell Uccello /
Safety kettle



£40

Tegell un
cwpan /
One-cup
kettle



£160

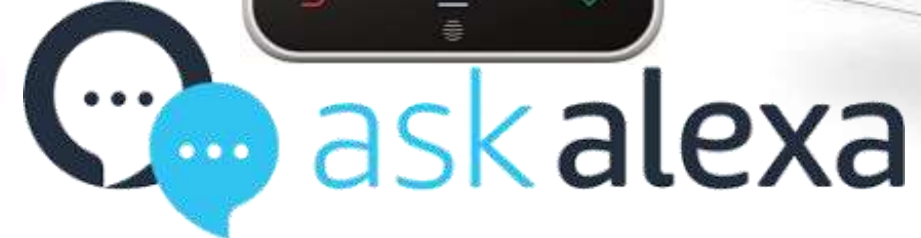
Tostiwr a waliau
gwydr / Glass-
walled toaster



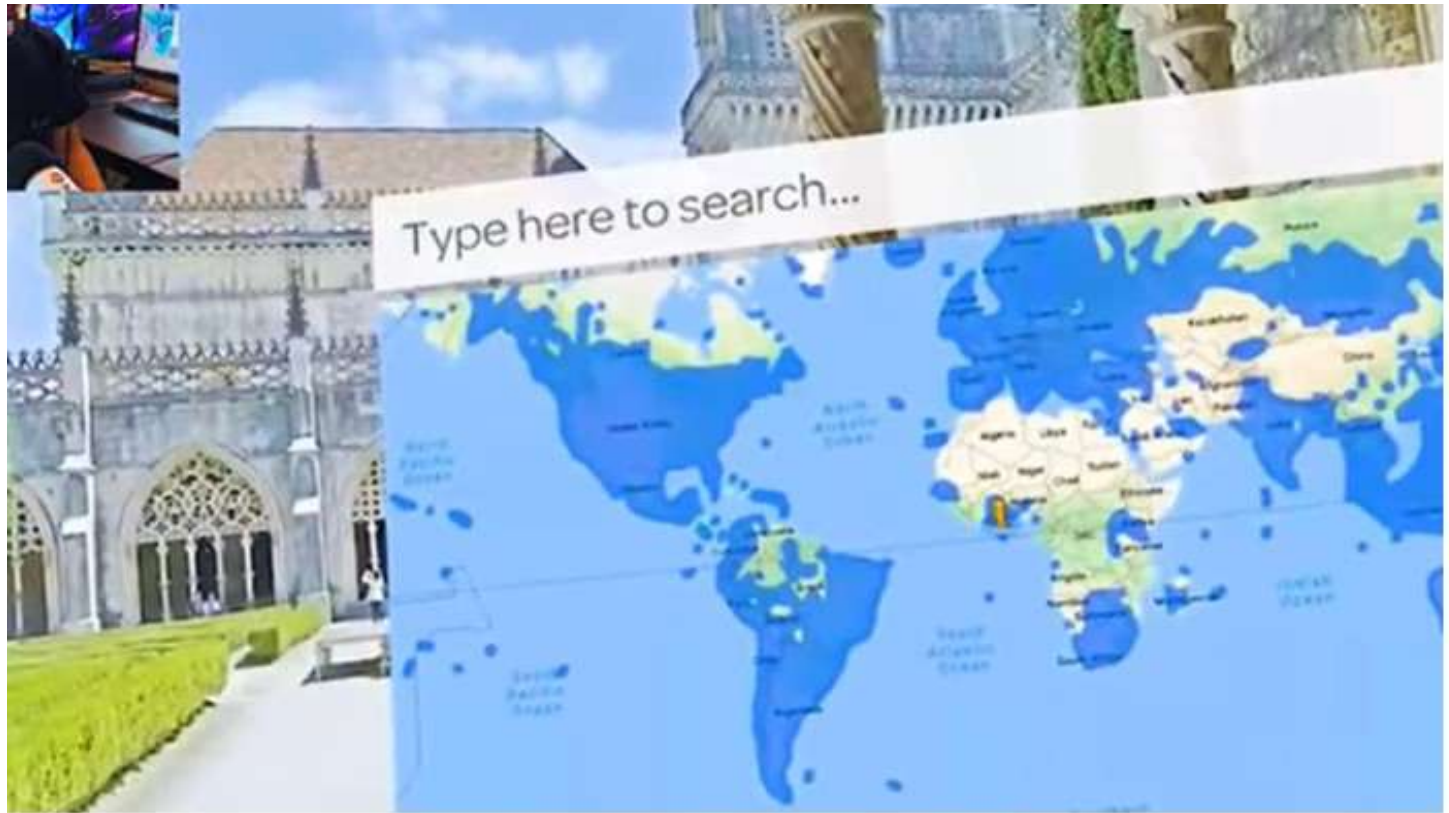
Pŵer “smartphones” ac apiau / The power of smartphones and apps



Dyfeisiau clyfar / Smart Consumer Devices



Cymwysiadau Realiti Rhithwir / Virtual Reality Applications



Prosiect Hunanofal 'Rat Labs' - Ebrill 2024 / The 'Rat Labs' Selfcare Project – April 2024



- Gwahoddwyd ~ 20 o blwyfolion Caernarfon – o 70 oed i roi cynnig ar dechnoleg dros wydraid o win a rhywfaint o fwyd
- ~ 20 Caernarfon parishioners – aged 70+ were invited to try technology over a glass of wine and food
- Daeth 7 o'r grŵp yn eiriolwyr cadarn ac yn ffrindiau
- 7 of the group became firm advocates and friends
- Symudodd agenda o ymarfer corff i gydbwysedd, i ymwybyddiaeth ofalgar, maeth a gyrru, hyd at wybyddiaeth
- Agenda moved from exercise to balance, to mindfulness, nutrition and driving, through to cognition
- Mae gweithgareddau grŵp yn parhau
- Group activities continue
- Mae ein stori i'w hadrodd mewn llyfr
- Our story is to be told in a book

Learning to Age Well

– through enhanced friendships,
activities and technology

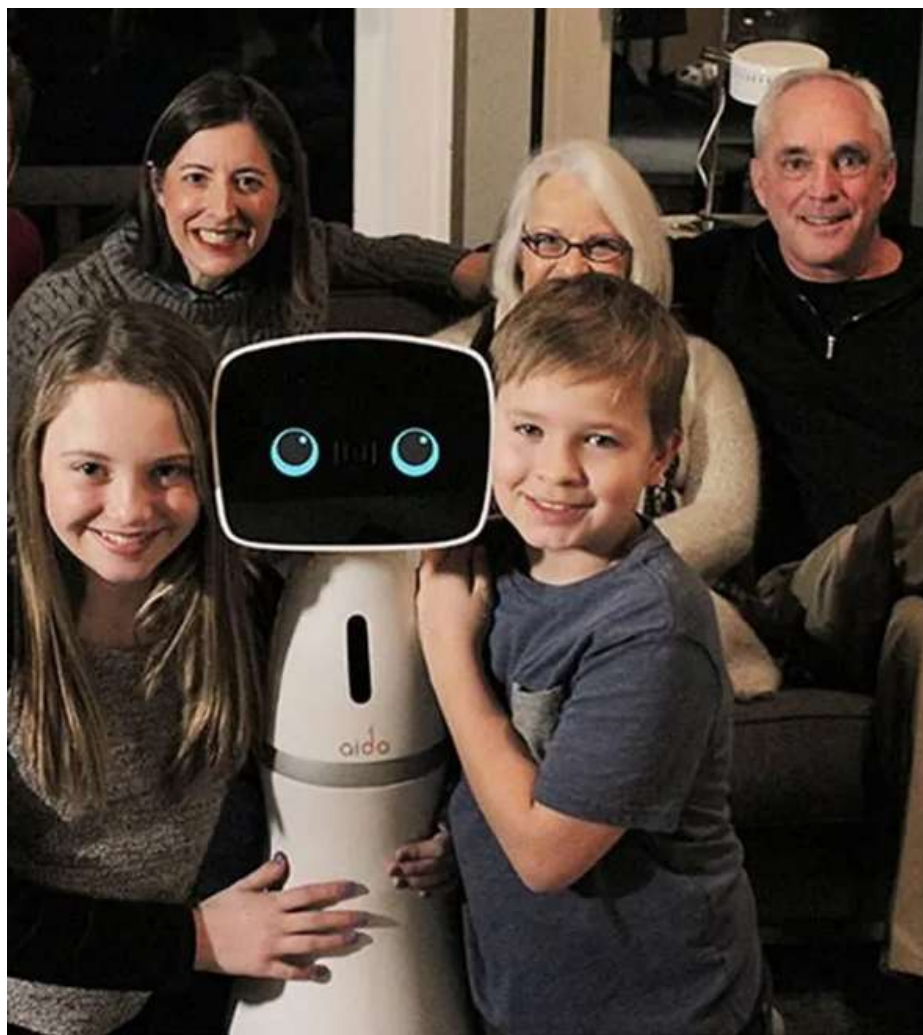


Kevin Doughty, Val Griffiths and Gwen Parri



Rat Labs Media

Negeseuon mynd adref / Take-home Messages



- Mae technoleg eyn chwarae rhan hanfodol yn ein bywydau
- Technology is already playing essential roles in our lives
- Bydd Awtomeiddio a Deallusrwydd Artiffisial yn effeithio ymhellach
- Automation and Artificial Intelligence will impact further
- Mae angen i ni i gyd eu cofleidio 'thepra carerd a phobl hŷn
- We all need to embrace them – both carers and older people
- Mae angen inni greu a chefnogi ffyrdd newydd o gyflwyno technoleg i'r rhai nad ydynt yn frodorion digidol
- We need to create and support new ways of introducing technology to those who are not digital natives
- Arloesedd a hyfforddiant fydd yr allwedd
- Innovation and training will be the key





Diolch /
Thank you



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