




Technology Bingo

<p>Gall gliniadur fod yn haws i'w ddefnyddio nag Ipad i rai pobl, gyda mynediad haws i rai rhaglenni sy'n anoddd eu llywio ar ffôn neu iPad, ee word.</p>	 <p>Laptop</p>	<p>A laptop can be easier to use than an Ipad for some people, with easier access to some programmes that are hard to navigate on a phone or iPad, eg word.</p>
<p>Mae'r Echo Dot yn caniatáu i chi wneud galwadau fideo gan ddefnyddio gorchmynion llais. "Alexa, ffoniwch Shell".</p>	 <p>Echo call</p>	<p>The Echo Dot allows you to make video calls using voice commands. "Alexa, call Shell".</p>
<p>Mae ffonau SMART yn helpu pobl i gadw mewn cysylltiad trwy alwadau sain a gweledol, a thrwy roi mynediad i apiau cyfryngau cymdeithasol. Mae llawer o setiau llaw ar y farchnad nawr sydd wedi'u cynllunio i fod yn fwy hygyrch i bobl ag anableddau dysgu a dementia. Mae rhai yn cynnwys botymau mwy, sain estynedig a systemau rhybuddio am gwmpo ac mae pob un wedi'i gynllunio i fod yn haws i bobl ag anableddau dysgu eu defnyddio.</p>	 <p>Smartphone</p>	<p>Smart phones help people keep in touch both through audio and visual calls, and through giving access to social media apps. There are many handsets on the market now that are designed to be more accessible for people with LD and dementia. Some include larger buttons, augmented sound and fall alert systems and all are designed to be easier for people with LD to use.</p>

Mae larymau cwympiadau neu oriorau ar gael sydd naill ai'n caniatáu i chi gysylltu ag unigolyn os byddwch yn cwmpo (trwy rif argyfwng sydd wedi'i gadw ymlaen llaw) neu anfon neges awtomatig at eich cyswllt brys os canfyddir symudiad math o gwmpo.



Falls detector

Falls alarms or detector watches are available that either allow you to contact a person if you fall (through a pre saved emergency number) or send an automatic message to your emergency contact if fall type movement is detected.

Er ei fod yn ddadleuol, gall DA fod yn arf defnyddiol, gan ddarparu crynodebau hawdd eu darllen i bobl, helpu i ysgrifennu llythyrau a helpu i gael gafael ar y wybodaeth.

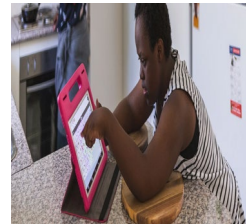


Using AI

Although controversial, AI can be a useful tool, providing easy read summaries for people, helping to write letters and helping to access the information.

Mae Proloquo2Go yn ap AAC Cyfathrebu Cynyddol ac Amgen arobryn sy'n galluogi plant ac oedolion nad ydynt yn siarad i fynegi eu hunain yn hyderus a chychwyn sgysiau. Mae'n hynod hyblyg a gellir ei bersonoli i ddarparu ar gyfer anghenion unigol ac anabledau amrywiol.

<https://www.assistiveware.com/products/proloquo2go>



Proloquo2go

Proloquo2Go is an award-winning Augmentative and Alternative Communication AAC app that enables non-speaking children and adults to express themselves confidently and initiate conversations. It is highly flexible and can be personalized to cater to individual needs and various disabilities.

<https://www.assistiveware.com/products/proloquo2go>

Mae VR wedi'i gymhwyso ar gyfer darparu triniaethau sy'n seiliedig ar amlygiad, lle gall pobl brofi sefyllfaoedd neu gyd-destunau ofnus mewn modd diogel a rheoledig, heb adael y lleoliad clinigol.

Mae triniaethau datguddiad VR wedi bod yn effeithiol ar draws ystod o gyflyrau iechyd meddwl.

<https://pmc.ncbi.nlm.nih.gov/articles/>

<https://www.shu.ac.uk/news/all-articles/latest-news/impact-of-extended-reality-on-uk-healthcare-study-launched>



VR Headset

VR has been applied for the delivery of exposure-based treatments, where people can experience feared situations or contexts in a safe and controlled manner, without leaving the clinical setting. VR exposure treatments have proven effective across a range of mental health conditions.

<https://pmc.ncbi.nlm.nih.gov/articles/>

<https://www.shu.ac.uk/news/all-articles/latest-news/impact-of-extended-reality-on-uk-healthcare-study-launched>

Mae diffyg cael gafael ar wi-fi yn cael ei nodi fel rhwystr i bobl ag anableddau dysgu.

<https://www.llyw.cymru/tuag-y-safon-ofynnol-ar-gyfer-bywyd-digidol-safbwyntiau-dinasyddion-rhanddeiliaid.html>



Wifi

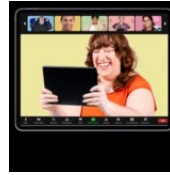
Lack of access to wifi is cited as a barrier for people with Learning disabilities.

<https://www.gov.wales/towards-welsh-minimum-digital-living-standard-citizen-and-stakeholder-perspectives.html>

Mae galwadau Zoom yn galluogi pobl i gadw mewn cysylltiad. Er bod tir gwasanaeth yn aml yn defnyddio timau a systemau eraill sy'n gysylltiedig â chalendarau, mae llawer o bobl ag Anableddau Dysgu yn gweld Zoom yn fwy cyfarwydd ac yn haws eu llywio.

Mae'r ddolen ganlynol i ganllaw a ddatblygwyd gan Ace Anglia sy'n dangos sut y gellir cefnogi pobl cyn ac ar ôl galwad fideo.

<https://www.aceanglia.com/wp-content/uploads/2021/10/Supporting-people-in-a-digital-world.pdf>



Zoom call

Zoom calls enable people to keep in touch. While service land often uses teams and other systems that are connected to calendars, many people with Learning Disabilities find Zoom more familiar and easier to navigate.

The following link is to a guide developed by Ace Anglia showing how people can be supported before and after a video call.

<https://www.aceanglia.com/wp-content/uploads/2021/10/Supporting-people-in-a-digital-world.pdf>

Gellir gosod Atgoffa Alexa naill ai trwy orchymyn llais neu yn yr app Alexa.

Gallwch ddweud:

- "Atgoffwch fi i godi sychlanhau."
- "Atgoffwch fi i drefnu apwyntiad gwasanaeth car."
- "Atgoffwch Josh i ddadlwytho'r peiriant golchi llestri bob dydd am 8 pm."
- "Atgoffa Dad i brynu llefrith am 7 pm."
- " Atgoffwch bawb i yfed dŵr am 9 y bore."

Cyhoeddir y nodyn atgoffa ar y ddyfais y siaradoch â'r cais â hi.

Gallwch hefyd osod neu olygu nodiadau atgoffa yn yr app Alexa ar eich dyfais symudol.

Agorwch yr app Alexa.

Agor Mwy a dewis Atgoffa.

Dewiswch Ychwanegu Nodyn Atgoffa, yna nodwch y manylion rydych chi eu heisiau, gan gynnwys y ddyfais Alexa rydych chi am gyhoeddi'r nodyn atgoffa.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GDDXYWQUKGGWG79Y>

Os ydych chi am i Alexa gyhoeddi'r amser ar yr awr neu hanner awr, gallwch chi sefydlu nodyn atgoffa yn seiliedig ar amser. Dywedwch "Alexa, gosodwch nodyn atgoffa ar gyfer [amser] i gyhoeddi'r amser." Er enghraifft, fe allech chi ddweud "Alexa, gosodwch nodyn atgoffa am 8:00 AM i gyhoeddi'r amser.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GDDXYWQUKGGWG79Y>



Echo reminder

Alexa Reminders can be set either by voice command or in the Alexa app.

You can say:

- "Remind me to pick up dry cleaning."
- "Remind me to schedule a car service appointment."
- "Remind Josh to unload the dishwasher every day at 8 pm."
- "Remind Dad to buy milk at 7 pm."
- "Remind everyone to drink water at 9 am."

The reminder is announced on the device you spoke the request to.

You can also set or edit reminders in the Alexa app on your mobile device.

Open the Alexa app.

Open More and select Reminders.

Select Add Reminder, then enter the details you want, including the Alexa device you want to announce the reminder.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GDDXYWQUKGGWG79Y>



Echo time

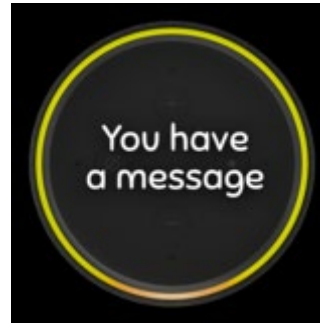
If you want Alexa to announce the time on the hour or half-hour, you can set up a time-based reminder. Say "Alexa, set a reminder for [time] to announce the time." For example, you could say "Alexa, set a reminder for 8:00 AM to announce the time.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GDDXYWQUKGGWG79Y>

Gallwch ddefnyddio'r app Alexa i anfon negeseuon at eich cysylltiadau Alexa.

- Agorwch yr app Alexa.
 - Dewiswch Mwy .
 - Cyfathrebu Agored .
 - Dewiswch Neges .
- Dewiswch Neges Newydd .
- Dewiswch cyswllt, ac yna teipiwch eich neges. Gallwch hefyd anfon neges llais.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GBFKEMSTANVSYHRZ>



Echo message

You can use the Alexa app to send messages to your Alexa contacts.

- Open the Alexa app .
- Select More .
- Open Communicate .
- Select Message .
- Select New Message .
- Select a contact, and then type your message. You can also send a voice message.

<https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=GBFKEMSTANVSYHRZ>

Mae gwyllo siarad yn ddelfrydol ar gyfer pobl â phroblemau golwg a gallant helpu unrhyw un sy'n ei chael hi'n anodd darllen yr amser ar eu gwylwadwriaeth.



Speaking watch

Speaking watches are ideal for people with sight issues and can help anyone who finds it hard to read the time on their watch.

Dyfais arbenigol yw larwm epilepsi a gynlluniwyd i ganfod trawiadau mewn unigolion ag epilepsi a rhybuddio gofawr neu anwyliaid yn brydlon. Mae'r larymau hyn yn hanfodol ar gyfer sicrhau cymorth amserol yn ystod trawiadau, gwella diogelwch a thawelwch meddwl.



Epilepsy fall alarm/watch

An epilepsy alarm is a specialised device designed to detect seizures in individuals with epilepsy and alert caregivers or loved ones promptly. These alarms are crucial for ensuring timely assistance during seizures, enhancing safety and peace of mind.

Gall llawer o bobl ag anableddau dysgu gysylltu ag eraill trwy gyfryngau cymdeithasol. Gallant hefyd ddefnyddio llwyfannau cyfryngau cymdeithasol fel Facebook i roi'r wybodaeth ddiweddaraf i ffrindiau a theulu am eu statws iechyd. Gallant hefyd eiriol drostynt eu hunain ac eraill ag anabledd - i gynulleidfa breifat neu gyhoeddus.

Yn aml mae angen cefnogaeth a chynghor ar bobl i gadw gosodiadau preifatrwydd yn gyfredol a pheryglon cyffredinol Cyfryngau Cymdeithasol ond, fel gyda llawer o bethau, mae yna ffordd o gydbwysu'r manteision a'r anfanteision.



Social Media

Many people with learning disabilities can connect with others via social media. They can also use social media platforms like Facebook to keep friends and family up to date with their health status. They can also advocate for themselves and others with disability - to a private or public audience.

People do often need support and advice with keeping privacy settings up to date and the general risks of Social Media but there is, as with lots of things, a way of balancing the benefits and drawbacks.

Gall dyfeisiau gwisgadwy fel y traciwr cyfradd curiad y galon hwn fonitro cyfradd curiad y galon. Gellir eu gwisgo ar y fraich wrth gymryd rhan mewn gweithgareddau. Maent yn cysylltu ag oriorau smart sy'n gallu olrhain cwsg, lefelau ocsigen gwaed, gweithgaredd, ac ati.



Heart Rate monitor

Wearable devices such as this heart rate tracker can monitor heart rate. They can be worn on the arm while engaging in activities. They connect to smart watches that can track sleep, blood oxygen levels, activity, etc.

Rhowch ef ymlaen i olrhain eich camau, pellter a deithiwyd, llosgi calorïau, cyfradd curiad y galon, olrhain cwsg a mwy. Mae'r sgrin gyffwrdd hefyd yn gweithio fel oriawr, a gall rhai fersiynau gysylltu â'ch ffôn i chwarae cerddoriaeth, defnyddio GPS, a derbyn galwadau, negeseuon testun ac e-byst.



Fit bit/smart watches

Strap it on to track your steps, distance travelled, calories burned, heart rate, sleep tracking and more. The touch screen also works as a watch, and some versions can connect with your phone to play music, use GPS, and receive calls, texts and emails.

Mae Prifysgol Bangor a Rhaglen Trawsnewid Anableded Dysgu Gogledd Cymru wedi datblygu Pecyn Cymorth o offer a thechnegau ymarferol yn seiliedig ar ymwybyddiaeth ofalgar wedi'u haddasu'n benodol ar gyfer pobl ag anabledau dysgu.

Nod y Pecyn Cymorth yw hyrwyddo arferion diogel, pwrpasol sy'n seiliedig ar ymwybyddiaeth ofalgar i ddiwallu anghenion pobl ag anabledau dysgu mewn modd sy'n canolbwyntio ar yr unigolyn.

Mae ap Chilltastic yn cynnig amrywiaeth o weithgareddau dwyieithog a myfyrdodau wedi'u recordio y gellir eu haddasu i ddiwallu anghenion unigol.

<https://chilltasticapp.wales/activities/>



Free Mindfulness app

Bangor University and the North Wales Learning Disability Transformation Programme have developed a Toolkit of practical mindfulness-based tools and techniques specifically adapted for people with learning disabilities.

The Toolkit aims to promote safe, bespoke, and value-based mindfulness-based practices to meet the needs of people with learning disabilities in a person-centred manner.

The Chilltastic app offers a range of bilingual activities and recorded meditations that can be adapted to meet individual needs.

<https://chilltasticapp.wales/activities/>

Mae RITA, sy'n sefyll am Reminiscence Interactive Therapy Activities, yn system therapi digidol arloesol, sy'n seiliedig ar dystiolaeth, o'r radd flaenaf sy'n caniatáu i gleifion ddefnyddio apiau, gemau a gweithgareddau hamdden eraill.

Mae gan dîm Cyswllt Ysbytai BIPBC sawl dyfais a ddefnyddir gyda phobl ag anableded dysgu ar draws y tri phrif ysbyty.

<https://myimprovementnetwork.com/my-name-is-rita#:~:text=RITA%20stands%20for%20Reminiscence%2FRehabilitation,screens%20and%20tablets%20to%20blend>



Rita

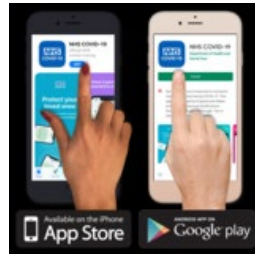
RITA, which stands for Reminiscence Interactive Therapy Activities, is an innovative, evidence-based, state-of-the-art digital therapy system which allows patients to use apps, games and other leisure activities.

The BCUHB Hospital Liaison team have several devices that are used with people with LD across the three main hospital sites.

<https://myimprovementnetwork.com/my-name-is-rita#:~:text=RITA%20stands%20for%20Reminiscence%2FRehabilitation,screens%20and%20tablets%20to%20blend>

Gallwch gael mynediad at wasanaethau GIG Cymru fel gwasanaethau ar-lein practis meddygon teulu, cyngor iechyd GIG 111 Cymru a rhoi gwaed ac organau gan ddefnyddio'r Ap. I gael mynediad at wasanaethau Ap GIG Cymru, rhaid i chi: fod wedi cofrestru gyda phractis meddyg teulu yng Nghymru. cael mewngofnodi GIG wedi'i wirio'n llawn.

<https://app.nhs.wales/login>



NHS app

You can access NHS Wales services such as GP practice online services, NHS 111 Wales health advice and blood and organ donation using the App. To access NHS Wales App services, you must: be registered with a GP practice in Wales. have a fully verified NHS login.

<https://app.nhs.wales/login>

Er mwyn dod o hyd i chi yn haws mewn argyfwng, mae llawer o Wasanaethau Brys y DU ac Iwerddon yn eich annog i rannu eich cyfeiriad 3 gair. Sut mae defnyddio what3words mewn argyfwng?

- Dewch o hyd i'r cyfeiriad 3 gair ar gyfer eich lleoliad presennol ar yr ap what3words rhad ac am ddim ar gyfer iOS ac Android. Mae'n gweithio all-lein - yn ddelfrydol ar gyfer ardaloedd sydd â chysylltiad data annibynadwy.
- Rhannwch eich cyfeiriad 3 gair dros y ffôn i'r sawl sy'n delio â'r alwad.

Gall y gwasanaeth brys wedyn gydlyn ymateb yn uniongyrchol i'r union lleoliad lle mae angen cymorth.

<https://what3words.com/products/what3words-app>



What three words app

To find you more easily in an emergency, many UK and Irish Emergency Services are encouraging you to share your 3 word address.

How do I use what3words in an emergency?

- Find the 3 word address for your current location on the free what3words app for iOS and Android. It works offline – ideal for areas with unreliable data connection.
- Share your 3 word address over the phone to the call handler.

The emergency service can then coordinate a response directly to the exact location where help is needed.

<https://what3words.com/products/what3words-app>

Trwy ddal y botwm hecsagon i lawr am 3-6 eiliad, mae hyn yn cychwyn rhybudd ac yn actifadu camera'r ffôn, gan anfon neges a recordiad i'ch cysylltiadau brys a ddiffiniwyd ymlaen llaw.

<https://hollieguard.com>



Holly Guard

By simply holding down the hexagon button for 3-6 seconds, this sets off an alert and activates the phone's camera, sending a message and recording to your pre-defined emergency contacts.

<https://hollieguard.com>

Mae tabledi ac Ipads yn hawdd i'w defnyddio. Maent yn ysgafn ac yn gludadwy. Gellir eu defnyddio i gyrchu apiau, storio lluniau, rhedeg cyfathrebu, siopa, bancio ac apiau di-ri eraill. Mae casys cario ar gael sy'n helpu i atal difrod.



Ipads and tablets.

Tablets and Ipads are easy to use. They are light and portable. They can be used to access apps, store photos, run communication, shopping, banking and countless other apps. Carry cases are available that help prevent damage.

Mae'r platfform Aml Fi yn galluogi defnyddwyr i greu eu rhwydwaith cymdeithasol diogel eu hunain, o'r enw My Circle, i adeiladu timau cefnogol a chydweithredol o'u cwmpas.

Mae Wrecsam yn defnyddio'r ap yn eu gwasanaethau dydd i gysylltu â phobl sy'n defnyddio eu gwasanaethau a'u teuluoedd a'u gofalwyr.

<https://my.multime.com/registration/login/?next=/>



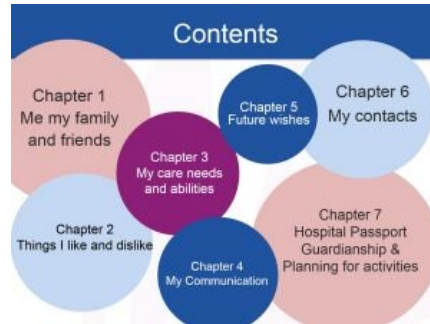
The Multi Me platform enables users to create their own secure social network, called My Circle, to build supportive and collaborative teams around them.

Wrexham use the app in their day services to connect with people who use their services and their families and carers.

<https://my.multime.com/registration/login/?next=/>

Mae pasbort PAMIS yn e-lyfr fflicio drwodd syml, hawdd ei ddefnyddio y gellir ei greu a'i arddangos ar ddyfeisiadau tabled, cyfrifiaduron a ffonau. Mae pob pasbort PAMIS yn cynnwys gwybodaeth am un person ac yn defnyddio fideo, ffotograffiaeth, sain a thestun i helpu'r person hwnnw i fynegi ei anghenion. Mae'r pasbort, yn unigryw, yn eiddo i'r unigolyn ac yn cael ei rannu â'r rhai y mae'n dewis ei rannu â nhw. Gallai'r broses o gychwyn a datblygu'r pasbort ddod oddi wrth ofalwyr teuluol, gofalwyr cyflogedig, ymarferwyr, ac unigolion eu hunain. Mae'r broses ddatblygu wedi'i defnyddio'n aml fel ffordd o adeiladu dull sy'n cael ei arwain yn wirioneddol gan yr unigolyn gyda phobl sydd angen cymorth ychwanegol. Mae'r pasbortau ar gael am ddim i unrhyw un sydd eu hangen.

<https://pamis.org.uk/services/digital-passports/>



Digital PAMIS communication passport

The PAMIS passport is a simple, easy to use, flick-through e-book that can be created and displayed on tablet devices, computers and phones. Each PAMIS passport contains information about one person and uses video, photography, sound and text to help that person express their needs. The passport, uniquely, is owned by the individual and is shared with those they choose to share it with. The initiation and development of the passport might come from family carers, paid carers, practitioners, and individuals themselves. The development process has often been used as a way of building a truly person led approach with people who need extra support. The passports are freely available to anyone who needs them.

<https://pamis.org.uk/services/digital-passports/>

Mae ForMi yn helpu i gofnodi cynllunio sy'n canolbwyntio ar yr unigolyn, cofnodi canlyniadau ac oedolion a gwasanaethau dibynadwy cysylltiedig o amgylch yr unigolyn.

<https://www.here2there.me.uk/formi>



For mi

Mae ConnectMi yn git adeiladu eich app eich hun, ac mae'n eich galluogi i gysylltu â grŵp targed o bobl

<https://www.here2there.me.uk/connectmi>

ForMi helps capture person centred planning, record outcomes and connected trusted adults and services around the individual.

<https://www.here2there.me.uk/formi>

ConnectMi is a build your own app kit, and enables you to connect with a target group of people.

<https://www.here2there.me.uk/connectmi>

Mae Ace Anglia wedi datblygu adnoddau hawdd eu darllen sy'n helpu pobl i gadw'n ddiogel ar-lein. Maent yn garedig iawn wedi rhoi caniatâd i ni gyfieithu rhai o'r dogfennau felly cysylltwch â'r tîm Trawsnewid AD i gael fersiynau Cymraeg o'r dogfennau.

<https://www.aceanglia.com/resources/>

Mae'r adnoddau'n cynnwys sgamiau perthynas, siopa ar-lein, Cyfrineiriau, gosodiadau a chaniatâd, bancio ar-lein, talu am gemau, apiau a lawrlwythiadau.



Ace Anglia easy read guides to what's app, zoom, internet safety, etc.

Ace Anglia have developed easy read resources that help people stay safe online. They have kindly given permission for us to translate some of the documents so please contact the LD Transformation team for Welsh versions of the documents.

<https://www.aceanglia.com/resources/>

The resources cover relationship scams, online shopping, Passwords, settings and permissions, online banking, paying for games, apps and downloads.

Mae lleolwr ffôn GPS ac ap olrhain yn golygu y gallwch chi wahodd ffrindiau a theulu i ymuno â'ch cylch fel y gallwch weld eu lleoliadau byw ar fap preifat. Er enghraifft, caniatáu i chi weld pan fydd aelodau o'ch cylch yn cyrraedd neu'n gadael eu cartref, gwaith neu ysgol.



GPS location

GPS phone locator and tracking app mean you can invite friends and family to join your circle so you can see their live locations on a private map. For example, allowing you to see when members of your circle arrive at or leave their home, work or school.

Mae'r dot adlais yn gallu darganfod a rhannu rysâit ar y sgrin. Gall hefyd ddarllen y rysâit i berson ei ddilyn.

<https://www.youtube.com/watch?v=M6Llfdm2FzM>



Echo recipe

The echo dot is able to find and share a recipe on screen. It can also read out the recipe for a person to follow.

<https://www.youtube.com/watch?v=M6Llfdm2FzM>