



**Hoffech chi ddysgu mwy am sut mae'n teimlo i fyw gyda dementia?**

Dyfeisiwyd y Daith Dementia Rhith 20 mlynedd yn ôl, a hwn yw'r unig ddull a brofwyd yn wyddonol a meddygol o roi profiad i unigolyn gydag ymennydd iach o ddementia, ac mae'n rhoi cyfle i bobl brofi byd pobl sy'n byw gyda dementia, a newid yr amgylchedd a'u harferion er mwyn caniatáu i bobl gyda Dementia aros yn eu cartrefi yn hirach a gwella eu gofal.

**Gwella safonau**

Wrth gerdded yn esgidiau unigolyn gyda dementia, gallwn ddechrau deall y problemau maent yn ei brofi bob dydd. Byddwch yn profi teimladau o fod yn ddryslyd, ar goll, ofnus, bregus a llawer mwy, ac felly yn deall beth sydd angen newid i wella'r safonau gofal.

**Lleoliad:** Eglwys Gynulleidfa Gwersyllt, Dodds Lane, Gwersyllt, Wrecsam, LL11 4NT

**Dyddiad/Amseroedd: 24 Ebrill**

9.15 – 11.45  
12.15 – 2.45  
3.00 – 5.15

Mae archebu'n hanfodol  
I archebu lle, ymwelwch â  
commissioning@wrexham.gov.uk  
neu 01978 298614

**Would you like to learn more about how it feels to live with dementia?**

The Virtual Dementia Tour was invented 20 years ago and is the only scientifically and medically proven method of giving a person with a healthy brain an experience of what dementia might be like and gives people an opportunity to walk in the world of people living with dementia and then change the environment and their practice to potentially allow people with dementia to stay at home longer and improve their care.

**Improve standards**

By walking in the shoes of a person with dementia, we can start to understand the issues that they experience every day. You will experience being confused, isolated, lost, intimidated, vulnerable and much more and therefore understand what you need to change to improve quality of care.

**Venue:** Gwersyllt Congregational Church, Dodds Lane, Gwersyllt LL11 4NT

**Date/Times: 24 April**

9.15 – 11.45  
12.15 – 2.45  
3.00 – 5.15

Booking is essential  
To book a place visit  
commissioning@wrexham.gov.uk  
or 01978 298614



