



Cwm Taf Morgannwg
Bwrdd | Regional
Partneriaeth | Partnership
Rhanbarthol | Board



Arwyddion Rhybudd Dementia

Warning Signs of Dementia

1.



Colli cof

Memory loss

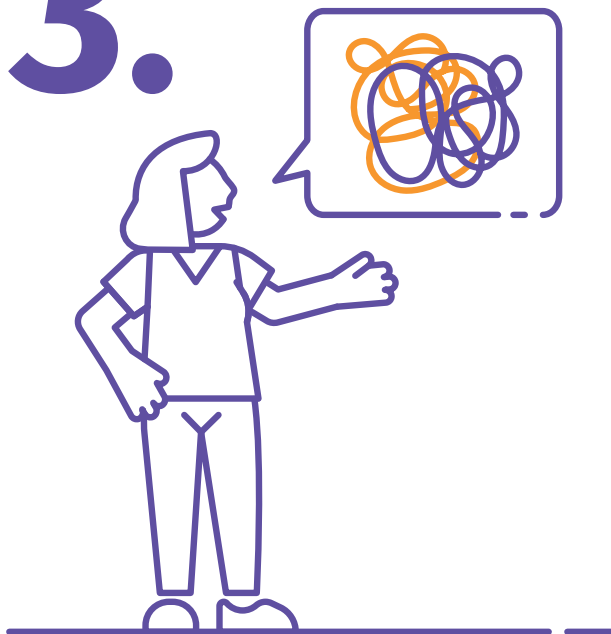
2.



**Anhawster cyflawni
tasgau cyfarwydd**

Difficulty performing familiar tasks

3.



Problemau gydag iaith

Problems with language

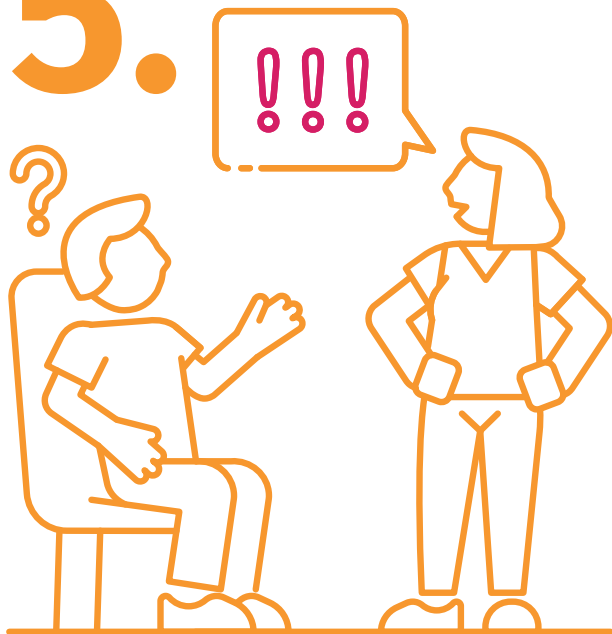
4.



Dryswch i amser a lle

Disorientation to time and place

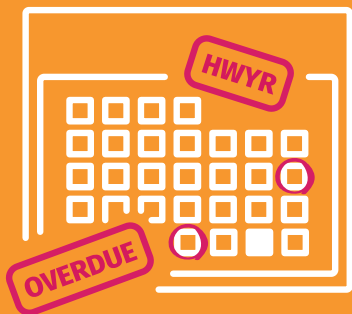
5.



Barn sy'n wael neu'n gostwng

**Judgement that is poor
or decreasing**

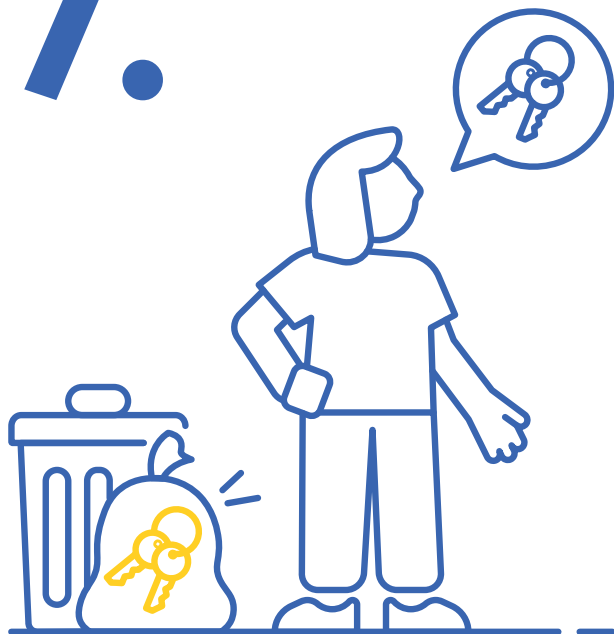
6.



Problemau cadw golwg ar bethau

Problems keeping track of things

7.



Camleoli pethau

Misplacing things

8.



**Newidiadau mewn
hwyliau ac ymddygiad**

Changes in mood and behaviour

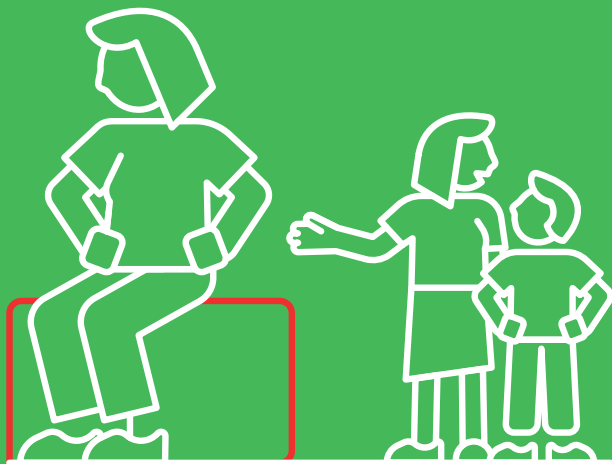
9.



**Heriau deall gwybodaeth
weledol a gofodol**

**Challenges understanding visual
and spatial information**

10.



**Tynnu'n ôl o'r gwaith neu
weithgareddau cymdeithasol**

**Withdrawal from work
or social activities**

Mae Bwrdd Partneriaeth Rhanbarthol Cwm Taf Morgannwg yn dod â pobl gyda'i gilydd i wella iechyd, gofal cymdeithasol a lles ar draws Rhondda Cynon Taf, Pen-y-bont ar Ogwr a Merthyr Tudful.

**Am fwy o wybodaeth,
sganiwch y cod QR**



Adnoddau: www.alzint.org

The Cwm Taf Morgannwg Regional Partnership Board brings people together to improve health, social care and wellbeing across Rhondda Cynon Taf, Bridgend and Merthyr Tydfil.

**For more information,
please scan the QR code**



Resources: www.alzint.org