

Help os ydych yn byw mewn cartref gofal

Help if you live in a care home



Canllaw sylfaenol i
**fudd-daliadau y
gallech eu cael
effeithiau ar fudd-
daliadau rydych yn eu
cael yn barod**

A basic guide to
**benefits you may
be able to get
effects on benefits
you already get**

Help os ydych yn byw mewn cartref gofal

Os ydych yn byw mewn cartref gofal, gallech gael help gyda'r taliadau gan Adran Gwasanaethau Cymdeithasol eich cyngor lleol. Gallech gael help gyda'ch costau byw hefyd.

Mae'r daflen hon yn rhoi cyngor sylfaenol am:

- Cymhorthdal Incwm, neu Gredyd Pensiwn i bobl 60 oed neu'n hŷn, a budd-daliadau eraill y gallech eu cael.
- Sut y gall mynd i gartref gofal effeithio ar fudd-daliadau rydych chi eisoes yn eu cael.

Os ydych yn byw mewn cartref gofal, neu os byddwch yn mynd i aros dros dro, rydym am wneud yn siŵr eich bod yn cael y cymorth iawn, ar yr adeg iawn, yn y ffordd iawn.

Gallai'r daflen hon fod yn ddefnyddiol hefyd os ydych yn gofalu am rywun sy'n gorfod byw mewn cartref gofal.

Mae'n bwysig i chi holi pa gymorth y gallai eich cyngor lleol ei roi i chi, a hawlio budd-daliadau nawdd cymdeithasol y gallai fod gennych hawl i'w cael.

Os ydych eisoes yn cael unrhyw fudd-daliadau, y peth **pwysicaf** yw i chi ddweud wrth y swyddfa sy'n talu eich budd-dal eich bod yn mynd i gartref gofal.

Os ydych yn byw yn yr Alban, mae'n bosibl y bydd eich Adran Gwasanaethau Cymdeithasol yn cael ei galw'n Adran Gwaith Cymdeithasol.

Os bydd gennych gwestiwn nad yw'r daflen yn ei ateb, neu os hoffech gael cyngor pellach, cysylltwch â'r swyddfa sy'n talu eich budd-dal neu ffoniwch y Llinell Ymholiadau Budd-daliadau (BEL). Gwelwch *Lle i gael help a chyngor* ar dudalen 8 yn y daflen hon am fanylion.

Fformatau eraill

Mae'r daflen hon hefyd ar gael mewn print bras, braille, ar dâp sain ac yn yr ieithoedd canlynol:

- Arabeg
- Bengali
- Tsieinëeg
- Gwjarati
- Pwnjabi
- Somali
- Wrdrw
- Fietnameg.

Mae'r rhain ar gael hefyd o'ch swyddfa nawdd cymdeithasol neu drwy ffonio eich Llinell Ymholiadau Budd-daliadau.

Help if you live in a care home

If you live in a care home you may be able to get help with the charges from your local council Social Services Department. You may also get help with your living expenses.

This leaflet gives basic advice about:

- Income Support, or Pension Credit for people aged over 60, and other benefits you may be able to get.
- How going into a care home may affect benefits you already get.

If you live in a care home, or are going for a temporary stay, we want to make sure you get the right help, at the right time, in the right way.

You may also find this leaflet useful if you care for someone who needs to live in a care home.

It is important that you check what help your local council may be able to give you and to claim social security benefits you may be entitled to.

If you already get any benefits, the **most important** thing is to let the office which pays your benefit know that you are going into a care home.

If you live in Scotland, your Social Services Department may be called a Social Work Department.

If you have a question which is not answered in the leaflet, or if you just want more advice, please contact the office which pays your benefit or ring the Benefit Enquiry Line (BEL). See *Where to get help and advice* on page 8 of this leaflet for details.

Other formats

This leaflet is also available in large print, braille, on audio cassette and in the following languages:

- Arabic
- Bengali
- Chinese
- Gujarati
- Punjabi
- Somali
- Urdu
- Vietnamese.

You can also get these from your social security office or by ringing the Benefit Enquiry Line.

Cartrefi gofal

Mynd i gartref gofal

Os bydd angen i chi fyw mewn cartref gofal ac os bydd angen cymorth ariannol arnoch, dylech yn gyntaf gysylltu â'ch Adran Gwasanaethau Cymdeithasol. Os penderfynir mai mynd i gartref gofal yw'r dewis gorau i chi, bydd:

- Yn eich helpu i ddewis y cartref gofal sydd orau i chi
- Yn cyfrifo a allwch fforddio talu tuag at gost y cartref gofal
- Yn trefnu i dalu ffioedd y cartref gofal os na allwch fforddio eu talu eich hun.

Os oes gennych gynilion dros swm penodol, bydd yr Adran Gwasanaethau Cymdeithasol yn disgwyl i chi dalu'r gost lawn. Dylech gysylltu â'ch Adran Gwasanaethau Cymdeithasol i gael gwybod beth yw eu terfynau cynilion. Os byddant yn eich helpu gyda'r gost, bydd gennych swm o arian ar ôl bob wythnos tuag at eich treuliau personol fel pethau ymolchi a dillad.

Hwyrach y gallwch gael Cymhorthdal Incwm neu Gredyd Pensiwn hyd yn oed os ydych yn cael help gan eich Adran Gwasanaethau Cymdeithasol. Caiff unrhyw fudd-dal a gewch ei ystyried wrth iddynt weithio allan faint y bydd rhaid i chi ei dalu tuag at y ffioedd.

Edrychwch ar Cymhorthdal Incwm ► gwelwch dudalen 4.

Edrychwch ar Credyd Pensiwn ► gwelwch dudalen 4.

Os byddwch yn dewis mynd i gartref gofal sy'n ddrutach na'r hyn y bydd yr Adran Gwasanaethau Cymdeithasol yn barod i'w dalu, bydd angen i chi ddod o hyd i ffordd o dalu'r gwahaniaeth. Weithiau gall y GIG ariannu lle mewn cartref gofal ac ni fydd rhaid i chi dalu.

Aros mewn cartref gofal dros dro

- Gall eich Adran Gwasanaethau Cymdeithasol drefnu arhosiad byr mewn cartref gofal os bydd o help i chi neu rywun sy'n gofalu amdanoch.
- Gallech gael Cymhorthdal Incwm (gwelwch dudalen 4) neu Gredyd Pensiwn (gwelwch dudalen 4).
- Gallech hefyd gael Budd-dal Tai a Budd-dal Treth Cyngor ar gyfer eich cartref eich hun, os byddwch yn aros dros dro. Gofynnwch i'ch cyngor lleol ynglŷn â hyn.

Os bydd angen rhagor o wybodaeth arnoch am gymorth oddi wrth eich Adran Gwasanaethau Cymdeithasol, neu yn yr Alban eich Adran Gwaith Cymdeithasol, gallwch weld eu cyfeiriad yn y llyfr ffôn. Edrychwch o dan enw'ch Cyngor Sir, eich Cyngor Bwrdeistref, neu'ch Awdurdod Unedol newydd mewn rhai ardaloedd, neu Fwrdeistref Llundain. Os ydych yn byw yn yr Alban, edrychwch o dan enw'ch Cyngor, eich Cyngor Dinas neu'ch Cyngor Ynys.

Care homes

Going into a care home

If you need to live in a care home and need financial help, you should first contact your Social Services Department. If they decide going into a care home is your best option, they will:

- Help you choose the care home which is best for you
- Work out if you can afford to pay towards the cost of the care home
- Arrange to pay the care home's fees if you cannot afford to pay them yourself.

If you have savings over a specified amount, the Social Services Department will expect you to pay the full cost. You should contact your Social Services Department to find out what their savings limits are. If they help you with the cost, you will be left with an amount of money each week towards your personal expenses such as toiletries and clothes.

You may be able to get Income Support or Pension Credit even if you get help from your Social Services Department. Any benefit you receive will be taken into account when they work out how much you must pay towards the fees.

Check Income Support ► see page 4.

Check Pension Credit ► see page 4.

If you choose to go into a care home that is more expensive than the Social Services Department will pay, you will need to find a way to pay the difference. Sometimes the NHS can fund a place in a care home and you will not have to pay.

Temporary stays in a care home

- Your Social Services Department can arrange a short stay in a care home if it will help you or someone who cares for you.
- You may be able to get Income Support (see page 4) or Pension Credit (see page 4).
- You may also be able to get Housing Benefit and Council Tax Benefit for your own home, if your stay is temporary. Check with your local council.

If you want more information about help from your Social Services Department, or in Scotland your Social Work Department, you can find their address in the phone book. Look under the name of your County Council, Borough Council or in some areas, new Unitary Authority, or London Borough. If you live in Scotland, look under the name of your Council, City Council or Islands Council.

Budd-daliadau y gallech eu cael

Gofynnwch yn gyntaf pa fudd-dal neu fudd-daliadau y gallech eu cael. Gofynnwch hefyd a oes unrhyw effeithiau ar fudd-daliadau rydych chi eisoes yn eu cael.

Os oes angen help arnoch gyda'ch costau byw, os oes gennych bartner sy'n byw ar wahân neu os ydych yn cael Cymhorthdal Incwm yn barod: **edrychwch ar Cymhorthdal Incwm ▶ isod.**

edrychwch ar Credyd Pensiwn ▶ isod.

Defnyddiwn y gair partner i olygu person rydych chi'n briod â hwy, neu berson rydych yn byw gyda hwy fel pe baech yn briod â hwy.

Sut i hawlio/gwneud cais ▶ gwelwch dudalen 7.

Lle i gael help a chynghor ▶ gwelwch dudalen 8.

Dyma'r budd-daliadau eraill y mae mynd i gartref gofal yn effeithio arnynt **Lwfans Gweini, Lwfans Byw i'r Anabl, Budd-dal Tai a Budd-dal Treth Cyngor:** ▶ gwelwch dudalennau 5 a 6.

Os bydd y GIG wedi trefnu'ch cartref gofal, bydd y gofal yn rhad ac am ddim, ond bydd hynny'n effeithio ar eich budd-daliadau yn yr un ffordd â phe baech yn yr ysbyty. Gweler taflen **GL12 Wales Mynd i'r ysbyty.**

Cymhorthdal Incwm

Cymhorthdal Incwm i bobl o dan 60 oed

- I bobl ar incwm isel.
- Os oes angen help arnoch gyda'ch costau byw.
- Os ydych yn byw mewn cartref gofal yn barhaol, bydd cynilion dros £16,000 (£8,000 os ydych yn aros dros dro) fel rheol yn golygu na allwch gael Cymhorthdal Incwm.
- Os ydych eisoes yn cael Cymhorthdal Incwm, gallai newid os ewch i fyw mewn cartref gofal.
- Os oes partner gennych gallai eich hawliadau gael eu trin ar wahân.

Ydych chi:

- ✓ Yn 16 oed neu'n hŷn?
- ✓ Ar incwm isel?

Os YDW i'r ddau, gwnewch gais am Gymhorthdal Incwm.

Credyd Pensiwn

Credyd Pensiwn ar gyfer pobl 60 oed neu'n hŷn

- O 6 Hydref 2003, disodlwyd y Cymhorthdal Incwm (a dalwyd fel Gwarant Isafswm Incwm) gan hawliad newydd o'r enw Credyd Pensiwn ar gyfer pobl 60 oed neu'n hŷn.
- Mae'n gwarantu y bydd pawb 60 oed neu'n hŷn yn cael isafswm incwm o:
 - £105.45 yr wythnos os ydych yn sengl; neu

Benefits you may be able to get

Check first what benefit or benefits you may be able to get. Also check if there are any effects on benefits you are already getting.

If you need help with your living expenses, if you have a partner who lives separately or you already get Income Support:

check Income Support ▶ below.

check Pension Credit ▶ below.

We use partner to mean a person you are married to or a person you are living with as if you are married to them.

How to claim/apply ▶ see page 7.

Where to get help and advice ▶ see page 8.

Other benefits affected by going into a care home are **Attendance Allowance, Disability Living Allowance, Housing Benefit** and **Council Tax Benefit:** ▶ see pages 5 and 6.

If the NHS has arranged your care home place it will be free, but your benefits will be affected in the same way as if you are in hospital. See leaflet **GL12 Wales Going into hospital.**

Income Support

Income Support for people aged under 60

- For people on a low income.
- If you need help with your living expenses.
- If you are living in a care home permanently, savings over £16,000 usually mean you cannot get Income Support (£8,000 if your stay is temporary).
- If you already get Income Support it may change if you go to live in a care home.
- If you have a partner your claims may be treated separately.

Are you:

- ✓ Aged 16 or over?
- ✓ On a low income?

If YES to both, claim Income Support.

Pension Credit

Pension Credit for people aged 60 or over

- From 6 October 2003, a new entitlement called Pension Credit replaced Income Support (paid as Minimum Income Guarantee) for those aged 60 or over.
- It guarantees everyone aged 60 or over an income of at least:
 - £105.45 a week if you are single; or

- £160.95 yr wythnos os oes gennych bartner.
- Os ydych yn 65 oed neu'n hŷn efallai y cewch eich gwobrwyo ar gyfer rhai o'r cynilion a'r incwm rydych wedi'u cynilio ar gyfer eich ymddeoliad. Gallai hyn fod hyd at:
 - £15.51 yr wythnos os ydych yn sengl; neu
 - £20.22 yr wythnos os oes gennych bartner.

Ydych chi:

- ✓ Yn 60 oed neu'n hŷn?
- ✓ Ar incwm isel?

Os ateboch YDW i'r ddau, gwnewch gais am Gredyd Pensiwn.

- I weld a ydych ar incwm isel neu os nad ydych yn siwr am effaith eich cynilion neu os credwch y gallech fod yn gymwys i gael Cymhorthdal Incwm neu Gredyd Pensiwn, gwelwch:

Sut i hawlio/gwneud cais ► gweler tudalen 7.

Aros yn barhaol mewn cartref gofal

- Os ydych yn byw mewn cartref gofal yn barhaol ac os nad yw'ch partner yn byw yno gyda chi, fel rheol edrychir ar eich Cymhorthdal Incwm neu Gredyd Pensiwn ar wahân.
- Bydd cynilion dros £10,000 yn effeithio ar faint o Gymhorthdal Incwm neu Gredyd Pensiwn y gallwch ei gael.
- Os yw'ch cynilion yn cynnwys gwerth eich cyn gartref, weithiau gellir anwybyddu'r swm hwnnw:
 - Caiff eich cyn gartref ei anwybyddu os yw'ch partner, perthynas sy'n 60 oed neu'n hŷn, neu berthynas sy'n sâl neu'n anabl yn byw yno.

- Os ydych yn ceisio gwerthu'ch cyn gartref, caiff ei anwybyddu hefyd am hyd at 6 mis, ac weithiau'n hirach. Ni fydd yn rhaid i chi ad-dalu unrhyw fudd-dal a gewch yn ystod yr amser hwnnw.

Aros dros dro mewn cartref gofal

- Os byddwch yn aros mewn cartref gofal dros dro, bydd Cymhorthdal Incwm neu Gredyd Pensiwn fel rheol yn cael ei gyfrifo ar eich cyfer chi a'ch partner gyda'ch gilydd.
- Os ydych yn cael Cymhorthdal Incwm neu Gredyd Pensiwn gyda'ch gilydd, rhaid i'ch partner fod yn gweithio llai na 24 awr yr wythnos ar gyfartaledd neu beidio â bod yn gweithio o gwbl.
- Bydd incwm a chynilion eich partner yn effeithio ar y Cymhorthdal Incwm neu Gredyd Pensiwn a gewch gyda'ch gilydd.
- Fel arfer, mae cynilion dros £3,000 yn effeithio ar faint o Gymhorthdal Incwm y gallwch ei gael.
- Fel arfer, mae cynilion dros £6,000 yn effeithio ar faint o Gredyd Pensiwn y gallwch ei gael.
- Anwybyddir gwerth eich cartref wrth gyfrifo Cymhorthdal Incwm neu Gredyd Pensiwn.

Lwfans Gweini a Lwfans Byw i'r Anabl

Os bydd yr Adran Gwasanaethau Cymdeithasol yn trefnu'ch gofal, gallai hynny effeithio ar:

- Lwfans Gweini
- **Elfen ofal** Lwfans Byw i'r Anabl.

Bydd y rheiny fel rheol yn dod i ben ar ôl 4 wythnos:

- os ewch i gartref gofal sy'n cael ei redeg gan eich cyngor lleol, neu
- os bydd yr Adran Gwasanaethau Cymdeithasol yn helpu â chost cartref gofal.

- £160.95 a week if you have a partner.
- If you are aged 65 or over you could be rewarded for some of the savings and income you have saved for your retirement. This could be up to:
 - £15.51 a week if you are single; or
 - £20.22 a week if you have a partner.

Are you:

- ✓ Aged 60 or over?
- ✓ On a low income?

If YES to both, apply for Pension Credit.

- To see if you are on a low income or if you are not sure about the effect of your savings or if you think you may qualify for Income Support or Pension Credit, please see:

How to claim/apply ► see page 7.

Permanent stays in a care home

- If you are living in a care home permanently and your partner does not live there with you, your Income Support or Pension Credit will usually be looked at separately.
- Savings over £10,000 affect how much Income Support or Pension Credit you can get.
- If your savings include the value of your former home, this amount can sometimes be ignored:
 - Your former home will be ignored if your partner, a relative who is aged 60 or over, or a relative who is sick or disabled lives there.

- If you are trying to sell your former home, it will also be ignored for up to 6 months, sometimes longer. You will not have to pay back benefit you get during this time.

Temporary stays in a care home

- If your stay in a care home is temporary, Income Support or Pension Credit will usually be worked out for you and your partner together.
- If you get Income Support or Pension Credit together, your partner must be working an average of less than 24 hours a week or not working.
- Your partner's income and savings will affect Income Support or Pension Credit you get together.
- Savings over £3,000 usually affect how much Income Support you can get.
- Savings over £6,000 usually affect how much Pension Credit you can get.
- The value of your home is ignored for working out Income Support or Pension Credit.

Attendance Allowance and Disability Living Allowance

If the Social Services Department arranges for your care it may affect:

- Attendance Allowance
- The **care component** of Disability Living Allowance.

These will usually stop after 4 weeks if:

- you go into a care home run by your local council, or
- the Social Services Department helps with the cost of a care home.

Os na threfnodd yr Adran Gwasanaethau Cymdeithasol eich gofal mewn cartref gofal, bydd eich Lwfans Gweini neu'ch Lwfans Byw i'r Anabl fel rheol yn parhau, hyd yn oed os cewch Gymhorthdal Incwm neu Gredyd Pensiwn.

Mae'r rheol hon yn wahanol yn yr Alban. Dylech holi'r swyddfa sy'n talu'ch Lwfans Gweini neu'ch Lwfans Byw i'r Anabl.

Os bydd yr Adran Gwasanaethau Cymdeithasol yn peidio â rhoi cymorth tuag at gost cartref gofal, dywedwch wrth y swyddfa a ddeliodd â'ch budd-dal, oherwydd fel rheol gallwch ddechrau cael budd-dal eto.

Ni fydd mynd i fyw mewn cartref gofal fel rheol yn effeithio ar **elfen symudedd** Lwfans Byw i'r Anabl, ond gellir effeithio arni os bydd y GIG yn trefnu'r gofal.

Lwfans Gofalwr

Os bydd rhywun yn cael Lwfans Gofalwr am ofalu amdanoch, bydd yn dod i ben os bydd eich Lwfans Gweini neu **elfen ofal** eich Lwfans Byw i'r Anabl yn dod i ben.

Budd-dal Tai a Budd-dal Treth Cyngor

Os ewch i gartref gofal yn barhaol, fel rheol ni allwch gael Budd-dal Tai na Budd-dal Treth Cyngor.

Os byddwch yn aros dros dro, gallech barhau i gael Budd-dal Tai a Budd-dal Treth Cyngor ar gyfer eich cartref eich hun. Gofynnwch i'ch cyngor lleol ynglŷn â hyn.

Pensiwn y Wladwriaeth

Os byddwch yn mynd i fyw mewn cartref gofal ni fydd yn effeithio ar eich hawl i gael Pensiwn y Wladwriaeth. Fodd bynnag, swm o Pensiwn y Wladwriaeth a gewch ei ystyried wrth gyfrifo faint o ffioedd y cartref gofal y gallwch fforddio i'w talu.

If the Social Services Department did not arrange your care in a care home, your Attendance Allowance or Disability Living Allowance will usually continue, even if you get Income Support or Pension Credit.

This rule is different in Scotland. Check with the office that pays your Attendance Allowance or Disability Living Allowance.

If the Social Services Department stops helping with the cost of a care home, tell the office that dealt with your benefit as you will usually be able to start getting benefit again.

Going to live in a care home will not normally affect the **mobility component** of Disability Living Allowance, but it may be affected if the NHS arranges the care.

Carer's Allowance

If someone gets Carer's Allowance for looking after you, it will stop if your Attendance Allowance or **care component** of Disability Living Allowance stops.

Housing Benefit and Council Tax Benefit

If you go into a care home permanently you cannot normally get Housing Benefit or Council Tax Benefit.

If your stay is temporary, you may still be able to get Housing Benefit and Council Tax Benefit for your own home. Check with your local council.

State Pension

If you go to live in a care home it will not affect your entitlement to State Pension. However, the amount of State Pension you receive is taken into account when working out how much of the care home fees you can afford to pay.

Sut i hawlio/gwneud cais

1. Pryd i hawlio/gwneud cais

Hawliwch/gwnewch gais ar unwaith. Os oedwch, gallech golli budd-dal.

2. Ffurflen hawlio/gwneud cais

Cymhorthdal Incwm

Cysylltwch â'ch swyddfa nawdd cymdeithasol neu'ch Canolfan Byd Gwaith am ffurflen hawlio. I ddod o hyd i'ch swyddfa nawdd cymdeithasol neu'ch Canolfan Byd Gwaith agosaf, edrychwch am hysbyseb **Jobcentre Plus, social security neu Jobcentre** yn adran rhifau busnes y llyfr ffôn. Neu gallwch ffonio'r Llinell Ymholiadau Budd-daliadau (BEL). Gwelwch *Lle i gael help a chyngor* ar dudalen 8 y daflen hon.

Mae'n bosibl y gall y person sy'n rhoi cyngor i chi yn eich Adran Gwasanaethau Cymdeithasol roi ffurflen hawlio i chi am Gymhorthdal Incwm. Mae'n bosibl y gall hefyd eich helpu i'w llenwi.

Credyd Pensiwn

I gael mwy o gyngor am Gredyd Pensiwn gallwch ffonio'r Llinell Gwneud Cais am Gredyd Pensiwn ar radffon ar **0800 99 1234**. Mae'r llinellau ar agor rhwng 8am ac 8pm o ddydd Llun i ddydd Gwener a rhwng 9am ac 1pm ar ddydd Sadwrn. Bydd staff Y Gwasanaeth Pensiwn yn llenwi ffurflen gais dros y ffôn. Yna byddant yn postio'r ffurflen wedi'i llenwi i chi fel y gallwch ei gwirio, ei llofnodi a'i dychwelyd i'r Ganolfan Pensiwn berthnasol, mewn amlen ragdaledig.

Os oes gennych nam ar eich clyw, y rhif ffôn testun yw: **0800 169 0133**.

Bydd angen y manylion canlynol arnoch pan fyddwch yn ffonio:

- eich rhif Yswiriant Gwladol;
- gwybodaeth sydd gennych am unrhyw arian sy'n dod i mewn; a
- gwybodaeth am unrhyw gynilion a buddsoddiadau os oes gennych rai.

Os yw'n well gennych, gall Y Gwasanaeth Pensiwn anfon ffurflen gais atoch i'w chwblhau eich hun.

3. Cyn i chi lofnodi neu lenwi'r ffurflen

Cyn llenwi'ch ffurflen, gwnewch yn siŵr eich bod yn hawlio popeth y gallai fod gennych hawl i'w gael. Defnyddiwch y daflen hon yn ganllaw.

4. Prawf adnabod

Mae'n bwysig i ni allu bod yn siŵr pwy ydych chi pan fyddwch yn hawlio. Efallai y bydd angen i ni eich holi am eich cefndir ac edrych ar unrhyw ddogfennau swyddogol sydd gennych i gefnogi'r wybodaeth a rowch.

Os nad ydych yn siŵr am hyn, gofynnwch am daflen **GL25 Wales Sut i brofi eich hunaniaeth ar gyfer nawdd cymdeithasol** yn eich swyddfa nawdd cymdeithasol, Canolfan Byd Gwaith neu'r Gwasanaeth Pensiwn os ydych yn 60 oed neu'n hŷn.

How to claim/apply

1. When to claim/apply

Claim/apply straight away. If you delay you may lose benefit.

2. Claim/application form

Income Support

Contact your social security office or Jobcentre Plus office for a claim form. For your nearest social security office or Jobcentre Plus office, look for the **Jobcentre Plus, social security or Jobcentre** display advert in the business numbers section of the phone book. Or you can ring the Benefit Enquiry Line (BEL). See *Where to get help and advice* on page 8 of this leaflet.

The person who advises you at your Social Services Department may be able to give you an Income Support claim form. They may also be able to help you fill it in.

Pension Credit

To get more advice about Pension Credit you can ring the Pension Credit Application Line on freephone **0800 99 1234**. The lines are open from 8am to 8pm Monday to Friday and 9am to 1pm on Saturday. The Pension Service staff will fill in an application form over the phone. They will then post the filled-in form to you so you can check, sign and return it to the relevant Pension Centre, in a pre-paid envelope.

If you have hearing difficulties, the telephone number is: **0800 169 0133**.

You will need the following details when you phone:

- your National Insurance number;
- information you have about any money coming in; and
- information about any savings and investments if you have any.

If you prefer, The Pension Service can send you an application form to complete yourself.

3. Before you sign or fill in the form

Before you fill in your form, check that you are applying for everything you may be entitled to. Use this leaflet as a guide.

4. Proof of identity

It is important that we can be sure of your identity when you make a claim. We may need to ask you about your background and look at any official documents you have to support the information you give.

If you are not sure about this, get leaflet **GL25 Wales How to prove your identity for social security** from your social security office, Jobcentre Plus office or The Pension Service if you are aged 60 or over.

Pobl o dan 60 oed

I gael mwy o wybodaeth neu daflenni eraill, cysylltwch â'ch swyddfa nawdd cymdeithasol neu'ch Canolfan Byd Gwaith. I ddod o hyd i'ch swyddfa nawdd cymdeithasol neu'ch Canolfan Byd Gwaith agosaf, edrychwch am yr hysbyseb **Jobcentre Plus, social security neu Jobcentre** yn adran rhifau busnes y llyfr ffôn.

Pobl 60 oed neu'n hŷn

I gael mwy o gyngor am Gredyd Pensiwn gallwch ffonio'r Llinell Gwneud cais am Gredyd Pensiwn ar radffon **0800 99 1234**.

Gallwch gael mwy o wybodaeth ar bob budd-dal o wefan DWP. Y cyfeiriad yw: **www.dwp.gov.uk**

I ddefnyddio e-bost i gysylltu â ni, gwelwch yr adran *Contact Us* ar y wefan.

Mae gwasanaeth ffôn cyfrinachol ar gael i bobl ag anableddau, eu cynrychiolwyr a'u gofalwyr. Ffoniwch y **Llinell Ymholiadau Budd-daliadau (BEL)** ar **0800 88 22 00**. Gall pobl â nam ar eu lleferydd neu â nam ar eu clyw sy'n defnyddio ffôn testun ffonio **0800 24 33 55**.

Ni fydd eich papurau personol wrth law i'r sawl fydd yn ateb eich galwad ond bydd yn gallu rhoi cyngor cyffredinol i chi. Rhaid peidio â derbyn y cyngor hwn fel penderfyniad ar unrhyw fater rydych yn gwneud ymholiad yn ei gylch.

Gallant hefyd anfon taflenni a ffurflenni atoch.

Am wybodaeth am ddewis cartref gofal, rheolau codi tâl a chyfrifoldebau'r GIG, gallwch gael taflen o'r enw *Moving into a care home – things you need to know*. Ffoniwch y **Llinell Llenyddiaeth Iechyd** ar **0800 555 777**.

Efallai y gallwch gael budd-daliadau eraill. Gallwch gael gwybodaeth am yr rhain o daflenni eraill:

SD1 Wales Sâl neu anabl Canllaw sylfaenol i fudd-daliadau ar gyfer pobl o bob oedran sydd â salwch neu anabledd corfforol neu feddyliol, yn cynnwys plant – ac ar gyfer y bobl sy'n gofalu amdanynt

RM1 Wales Ymddeoliad Canllaw sylfaenol i fudd-daliadau ar gyfer pobl sy'n ymddeol neu wedi ymddeol

GL12 Wales Mynd i'r ysbyty?

GL21 Wales Help llaw ar gyfer budd-daliadau Sut y gall rhywun â salwch neu anabledd gael help i gasglu neu ddelio â budd-daliadau nawdd cymdeithasol

GL23 Wales Cyfraddau budd-daliadau nawdd cymdeithasol

HC11 Are you entitled to help with health costs?

People aged under 60

To get more information or other leaflets get in touch with your social security office or Jobcentre Plus office. For your nearest social security office or Jobcentre Plus office look for the **Jobcentre Plus, social security or Jobcentre** display advert in the business numbers section of the phone book.

People aged 60 or over

To get more advice about Pension Credit you can ring the Pension Credit Application Line on freephone **0800 99 1234**.

You can get more information on all benefits from the DWP website. The address is: **www.dwp.gov.uk**

To contact us by email see the *Contact Us* section of the website.

A confidential telephone service is available for people with disabilities, their representatives and their carers. Ring the **Benefit Enquiry Line (BEL)** on **0800 88 22 00**. People with speech or hearing problems using a textphone can dial **0800 24 33 55**.

The person taking your call will not have your personal papers but will be able to give you general advice. This advice must not be taken as a decision on any matter about which you are making an enquiry.

They can also send you leaflets and forms.

For information on choice of care home, charging rules and NHS responsibilities, you can get a leaflet called *Moving into a care home – things you need to know*. Phone the **Health Literature Line** on **0800 555 777**.

There are other benefits which you may be able to get. You can get information on them from other leaflets:

SD1 Wales Sick or disabled A basic guide to benefits for people of all ages who have a physical or mental illness or disability, including children – and people who look after them

RM1 Wales Retirement A basic guide to benefits for people who are retiring or have retired

GL12 Wales Going into hospital?

GL21 Wales A helping hand for benefits How somebody with an illness or disability can help to collect or deal with social security benefits

GL23 Wales Social security benefit rates

HC11 Are you entitled to help with health costs?

Cofiwch mai arweiniad cyffredinol i fudd-daliadau yw'r daflen hon ac nid datganiad llawn ac awdurdodol o'r gyfraith. Rydym wedi gwneud popeth posibl i wneud yn siwr bod y wybodaeth yn y daflen hon yn gywir ar y dyddiad a ddangosir ar y clawr. Fodd bynnag, mae'n bosibl y bydd newidiadau yn y gyfraith yn golygu y daw'r daflen yn llai cywir dros amser.

Remember that this leaflet is a general guide to benefits and is not a full and authoritative statement of the law. We have made every effort to ensure that the information in this leaflet is correct at the date shown on the cover. However, changes in the law may make the leaflet become gradually less accurate.

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