



Ailystyried Seibiant ar gyfer Pobl a Effeithir gan Dementia

Annex 2: Llyfryddiaeth

Cafodd yr adolygiad llenyddiaeth ei wneud gan Gymdeithas Astudiaethau Dementia Prifysgol Caerwrangon rhwng mis Hydref 2018 a mis Rhagfyr 2018.

Cam 1: Cynhaliwyd chwiliad cyffredinol yn llyfrgelloedd y Brifysgol Agored a Phrifysgol Caerwrangon a Google/Google Scholar i asesu'r sefyllfa o ran llenyddiaeth academiaidd a oedd yn ymwneud â seibiant. Man cychwyn yr adolygiad llenyddiaeth oedd ystod o adolygiadau systematig o'r pum mlynedd diwethaf, gan fod yr adolygiadau hyn yn adlewyrchu'r llenyddiaeth dros gyfnod o oddeutu 20 mlynedd. Cafodd hyn ei ddilyn gan chwiliad ehangach y tu allan i'r adolygiadau llenyddiaeth dros y pum mlynedd diwethaf nad oeddent efallai wedi bod yn rhan o'r adolygiadau systematig hynny. Cafodd y termau canlynol eu cynnwys wrth chwilio am lenyddiaeth: gofal seibiant, dementia, person â dementia, gofalwr, anabledau dysgu, gofal amgen, awtistiaeth, pediatreg, pobl hŷn eiddil.

Cam 2: Yn ystod Cam 1 fe ddaeth yn amlwg bod nifer o wledydd yn arloesi yn y maes seibiant o ran eu dulliau gweithredu yng nghyswllt polisi ac arferion. Cafodd y meysydd rhyngwladol hyn o ymarfer da eu nodi ac, o ganlyniad, roedd Cam 2 yr adolygiad llenyddiaeth yn canolbwyntio ar bolisi, adroddiadau ac enghreifftiau o ymarfer yn y gwledydd hyn. Roedd hyn yn cynnwys llenyddiaeth a oedd yn ymwneud â dementia ac anabledau a chyflyrau eraill, fel anabledau dysgu, awtistiaeth ac eiddilwch. Cafodd y cronfeydd data a ddisgrifir uchod eu chwilio gan ddefnyddio'r un termau chwilio ond gan ychwanegu gwlad benodol.

Nid ydy'r cyfeiriadau wedi cael eu cyfieithu i'r Gymraeg gan nad ydy'r dogfennau hyn ar gael yn Gymraeg.

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