



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Crynodebau Tystiolaeth

Evidence Summaries



Crynodebau tystiolaeth

- un o'r ffyrdd mae Gofal Cymdeithasol Cymru yn gwneud ymchwil yn hygyrch i bobl sy'n gweithio ym maes gofal cymdeithasol
- amlinelliad o ymchwil sydd ar gael ar bwnc
- deddfwriaeth a pholisi Cymru
- rhestr ddarllen o ymchwil sydd ar gael i'r gweithlu gofal cymdeithasol yng Nghymru.

Evidence summaries

- one of the ways Social Care Wales makes research accessible to people working in social care
- outline of research available on a topic
- Welsh legislation and policy
- reading list of research that's accessible to the social care workforce in Wales.



Cefndir

Pam rydyn ni'n gwneud y gwaith hwn?

- ymchwil ar yr hyn yr oedd ei angen ar bobl sy'n gweithio ym maes gofal cymdeithasol i'w helpu i ddefnyddio tystiolaeth yn eu gwaith
- roeddent eisiau tystiolaeth ymchwil gryno, gyda negeseuon ymarfer yn cael eu tynnu allan
- gofynwyd am adnodd canolog, hygyrch yn crynhoi tystiolaeth gyfredol a dibynadwy a oedd yn berthnasol i bobl sy'n gweithio yng Nghymru.

Background

Why are we doing this work?

- research on what people working in social care needed to help them use evidence in their work
- they wanted summarised, succinct research evidence, with practice messages drawn out
- they asked for a central, accessible resource summarising up-to-date and trustworthy evidence that was relevant to people working in Wales.



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Pynciau enghreifftiol

- Cefnogi pobl niwrowahanol a'u teuluoedd
- Cefnogi canlyniadau cadarnhaol mewn gofal preswyl i blant
- Adeiladu ymddiriedaeth gyda theuluoedd ymylol
- Cefnogi pobl LHDTC+ h**ŷn** mewn gofal cymdeithasol
- Sydd ar ddod: 4 ar pontio o wasanaethau plant i wasanaethau oedolion.

Sample topics

- Supporting neurodivergent people and their families
- Supporting positive outcomes in children's residential care
- Building trust with marginalised families
- Supporting older LGBTQ+ people in social care
- Forthcoming: 4 on transitions from children to adult services.





<https://grwpgwybodaeth.gofalcymdeithasol.cymru/crynodebau-tystiolaeth>



<https://insightcollective.socialcare.wales/evidence-summaries>



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Llywio pŵer

- pwy sydd â'r pŵer ddiffinio ymchwil
- canoli profiadau pobl
- asesu ansawdd ymchwil yn ddeinamig
- ysgrifennu sy'n wybodus am werth
 - tuag at ofal sy'n blaenoriaethu urddas personol
 - defnyddio fframwaith moeseg gofal

Navigating power

- who has the power to define research
- centring people's experiences
- assessing quality of research dynamically
- value informed writing
 - towards care that prioritises personal dignity
 - use of an ethics of care framework



Llywio llymder

- canolbwyntio ar y dystiolaeth fwyaf defnyddiol sydd ar gael ar gyfer ymarfer
- dewis astudiaethau sy'n cael eu gyrru gan theori a gwerthoedd yn hytrach na meini prawf anhyblyg
- dealltwriaeth gyd-destunol o llymder
- sut gall ymchwil helpu ymarferwyr i ddarparu gofal cymdeithasol da?

Navigating rigor

- focus on the most helpful evidence available for practice
- theory and value driven selection of studies over rigid criteria
- contextualised understanding of rigor
- how can research help practitioners deliver good social care?



Llywio cymhlethdod

- symleiddio heb or-symleiddio
- does na ddim atebion cyflym mewn gofal cymdeithasol
- cynnig atebion ymarferol
- cynnig safbwyntiau eraill
- deallt y damcaniaethau a'r gwerthoedd y mae'r ymchwil yn seiliedig arnynt.

Navigating complexity

- simplifying without oversimplifying
- there are no quick fixes in social care
- offering practical solutions
- offering alternative perspectives
- understanding theories and values that the research is based on.



Llywio bylchau

- weithiau rydym yn dewis pynciau oherwydd nad ydynt wedi cael digon o ymchwil
- weithiau rydyn ni'n gadael i'r ymchwil ein harwain
- gan ddefnyddio ffynonellau anghonfensiynol

Navigating gaps

- sometimes we choose topics because they are under-researched
- sometimes we let the research guide us
- using unconventional sources



Ein cynnig cymorth i ymchwilwyr



<https://grwpgwybodaeth.gofalcymdeithasol.cymru/derbyn-cefnogaeth-ich-gwaith-ymchwil/ein-cynnig-cymorth-i-ymchwilwyr>

Our researcher support offer



<https://insightcollective.socialcare.wales/get-support-for-your-research/our-researcher-support-offer>



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Diolch

gan y tîm crynodebau tystiolaeth

Thank you

from the evidence summaries team