

Camdriniaeth ac adfyd o fath arall ymhlith oedolion hŷn sy'n byw yn y gymuned yng Nghymru Cysylltiadau ag iechyd a llesiant

Karen Hughes

Polisi ac Iechyd Rhyngwladol
Iechyd Cyhoeddus Cymru

Kat Ford

Yr Uned Gydwethredol Iechyd y Cyhoedd
Prifysgol Bangor

Abuse and other adversities in community-dwelling older adults in Wales Associations with health and well-being

Karen Hughes

Policy and International Health
Public Health Wales

Kat Ford

Public Health Collaborating Unit
Bangor University

- Mae Cymru wedi ymrwymo i greu cymdeithas sy'n oed-gyfeillgar
 - Cymru o blaid pobl hŷn - camau gweithredu craidd:
 - Rhoi terfyn ar gamdriniaeth pobl hŷn
 - Mynd i'r afael ag unigrwydd ac ynysigrwydd cymdeithasol
 - Trechu tlodi sy'n gysylltiedig ag oedran
 - Cefnogi y rhai sy'n rhoi gofal di-dâl
 - Gwella mynediad at wasanaethau iechyd a gofal
 - Gwrthod rhagfarn oed a gwahaniaethu ar sail oedran
 - Prinder data ar gamdriniaeth ac adfyd eraill mewn pobl hŷn neu sut mae'n ymwneud ag iechyd a llesiant
- Wales is committed to creating an age-friendly society
 - Age Friendly Wales - core actions:
 - Ending abuse of older people
 - Tackling loneliness and social isolation
 - Tackling age-related poverty
 - Supporting unpaid caregivers
 - Improving access to health and care services
 - Rejecting ageism and age discrimination
 - Scarcity of data on abuse and other adversity in older people or how it relates to health and wellbeing

- Arolwg cenedlaethol o gartrefi (Chwefror i Fai 2025)

- 1,085 o oedolion 60 oed a hŷn

- Cynrychiolydd yn ôl bwrdd iechyd, grŵp oedran, rhyw ac amddifadedd
- Preswylfa gymunedol, yn gallu cymryd rhan yn wybyddol

- Arolwg wyneb yn wyneb

- Holiadur

- Offer presennol lle y bo modd
- Ymgynghori â rhanddeiliaid
- Adolygiad ac adborth gan gynrychiolwyr cyhoeddus

- National household survey (Feb to May 2025)

- 1,085 adults aged 60 years and over

- Representative by health board, age group, sex and deprivation
- Community dwelling, cognitively able to participate

- Face-to-face survey

- Questionnaire

- Existing tools where possible
- Consultation with stakeholders
- Review and feedback from public representatives

Adfyd (ers 60 oed)

- Wedi profi camdriniaeth
- Teimlo'n unig neu'n ynysig yn gymdeithasol
- Wedi wynebu trafferthion ariannol
- Methu cael at ofal iechyd neu gymdeithasol
- Wedi'u llethu gan ofalu

Canlyniadau iechyd

- Iechyd gwael a raddiwyd gan yr unigolyn
- Ysmygu tybaco
- Defnyddio alcohol
- Llesiant meddyliol isel
- Gorbryder dwys
- Cyflwr iechyd meddwl
- Meddyliau hunanladdol neu hunan-niwed
- Hunanesgeulustod
- Boddhad isel â bywyd
- Profiad o ragfarn oed

Adversity (since the age of 60)

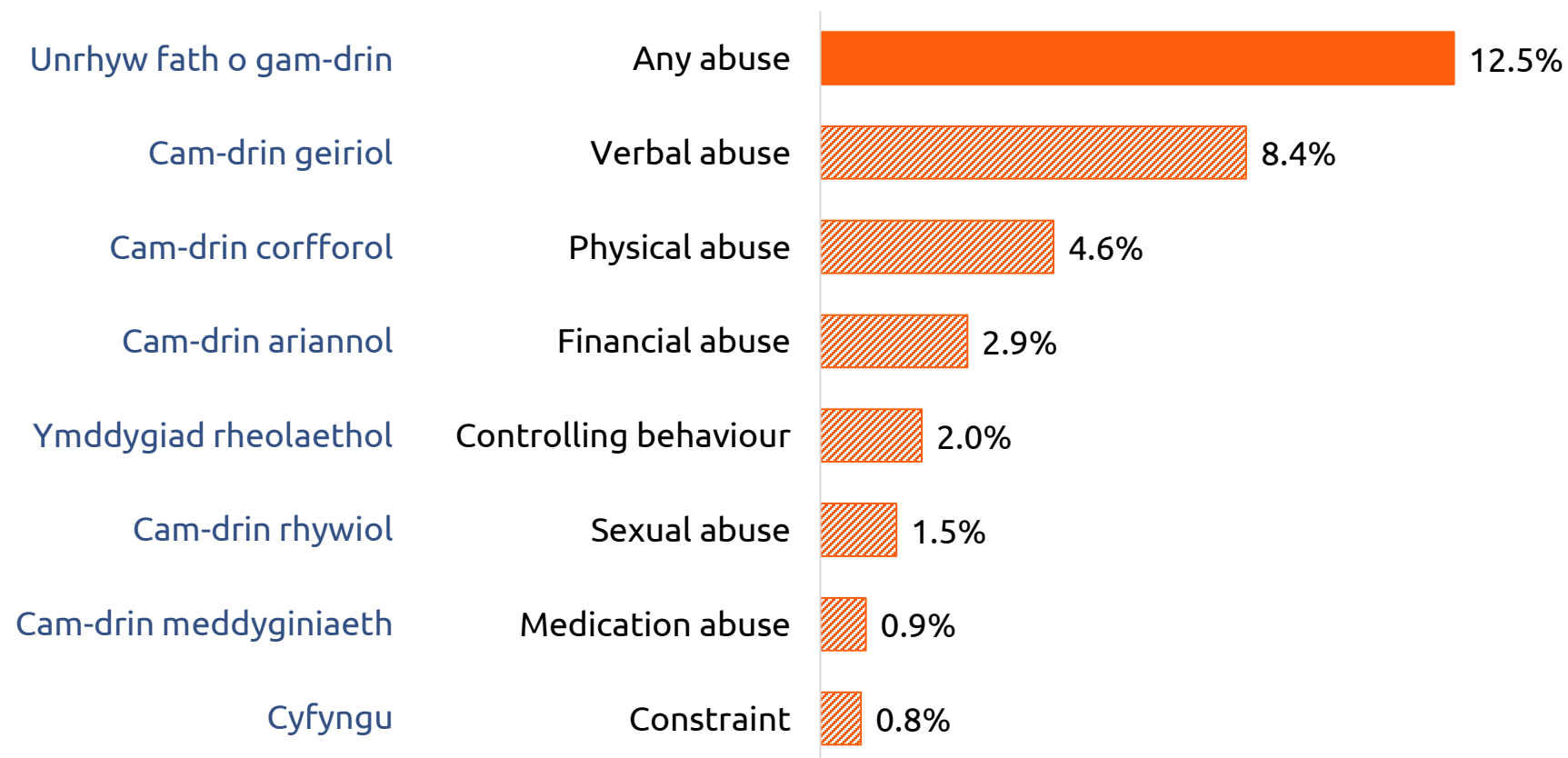
- Experienced abuse
- Felt lonely or socially isolated
- Struggled financially
- Unable to access health or social care
- Overwhelmed by caregiving

Health outcomes

- Self-rated bad health
- Tobacco smoking
- Alcohol use
- Low mental wellbeing
- High anxiety
- Mental health condition
- Suicidal thoughts and self-harm
- Self-neglect
- Low life satisfaction
- Ageism experience

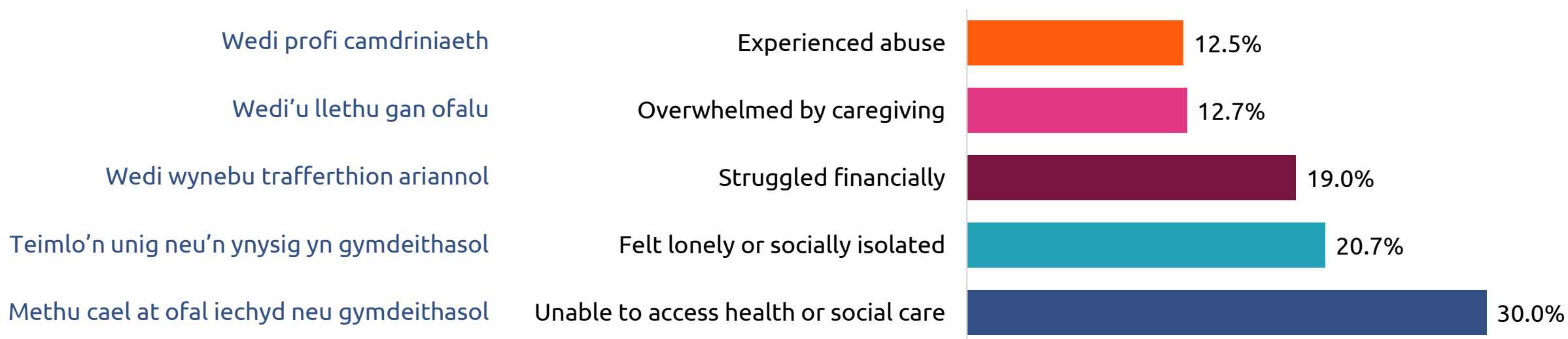
Cyfran y cyfranogwyr a adroddodd am gamdriniaeth ers 60 oed

Proportion of participants reporting abuse since the age of 60

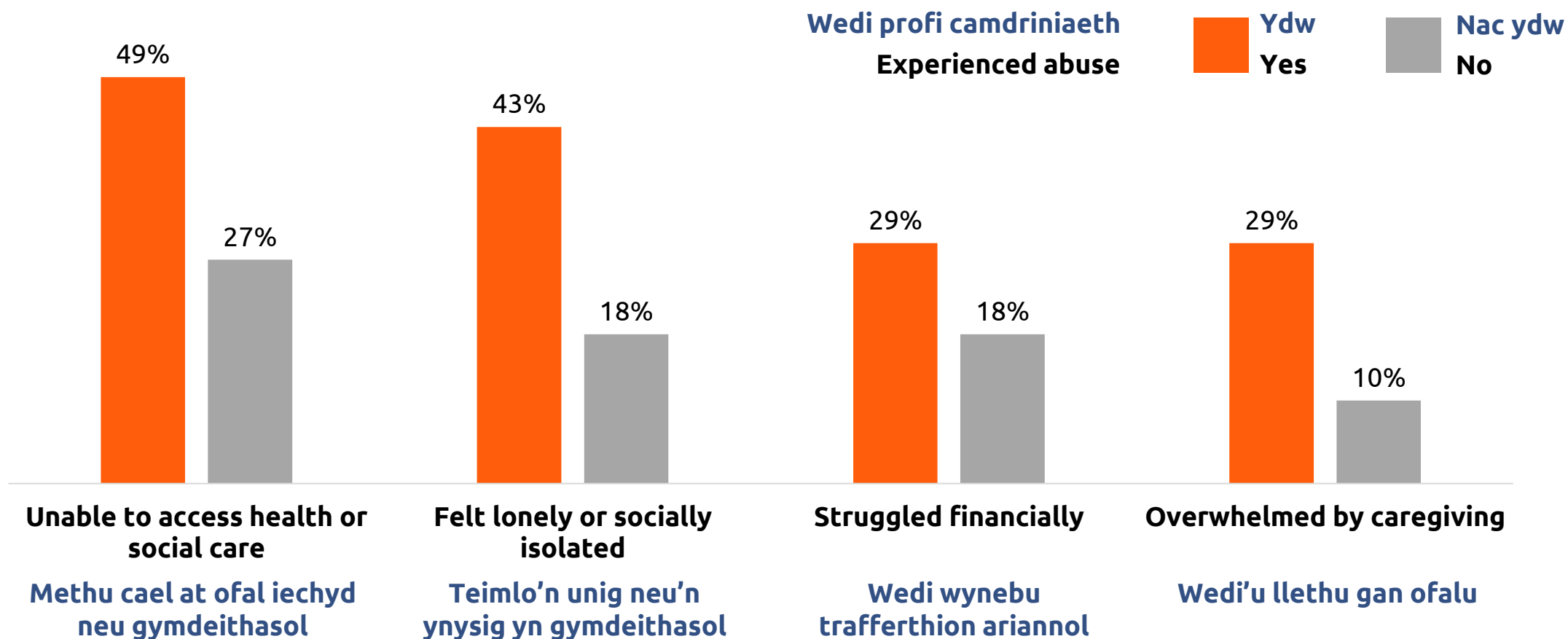


Cyfran y cyfranogwyr a adroddodd am brofiadau niweidiol eraill ers 60 oed

Proportion of participants reporting other adverse experiences since the age of 60

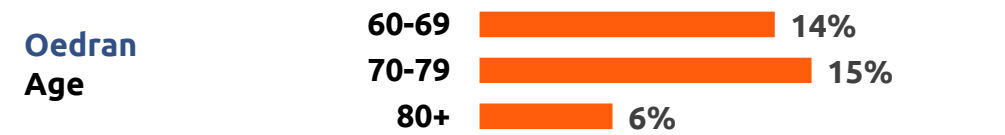


Cyfran y cyfranogwyr a adroddodd am brofiadau niweidiol eraill ers 60 oed, yn ôl amlygiad i gamdriniaeth Proportion of participants reporting other adverse experiences since the age of 60, by exposure to abuse



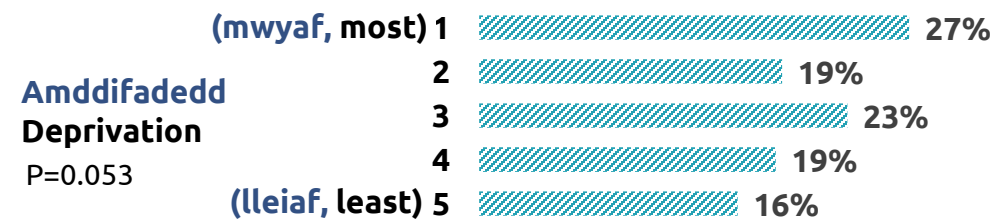
Wedi profi camdriniaeth

Experienced abuse



Teimlo'n unig neu'n ynysig yn gymdeithasol

Felt lonely or socially isolated



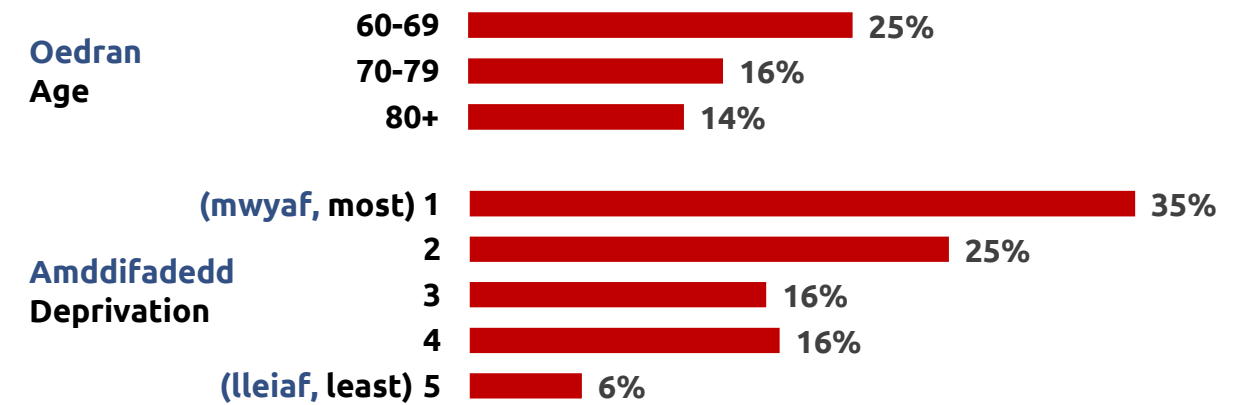
Wedi'u llethu gan ofalu

Overwhelmed by caregiving



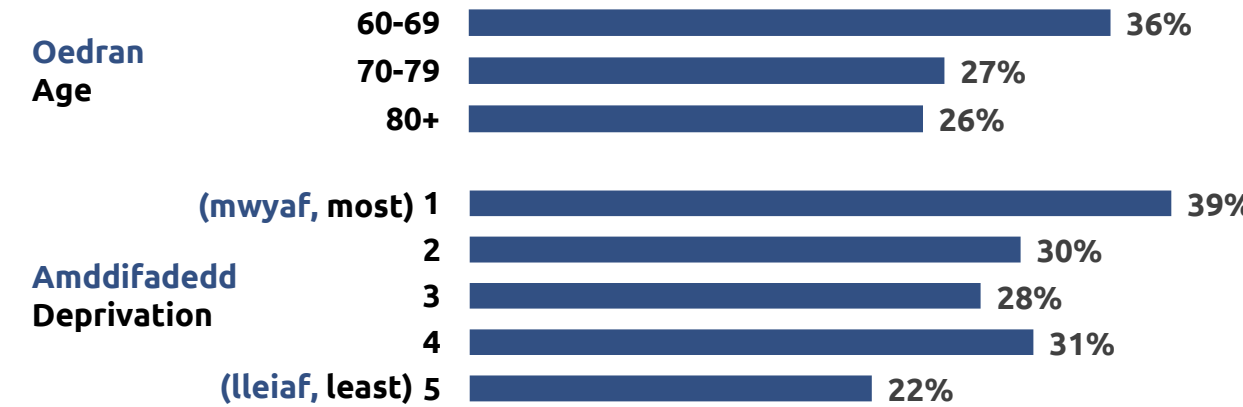
Wedi wynebu trafferthion ariannol

Struggled financially



Methu cael at ofal iechyd neu gymdeithasol

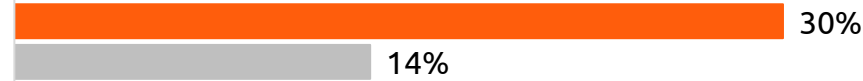
Unable to access health or social care



Iechyd gwael a raddiwyd gan yr unigolyn
Self-rated bad health



Ysmygu tybaco
Tobacco smoking



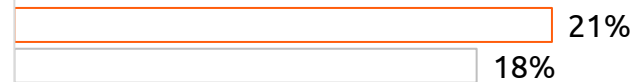
Defnyddio alcohol
Alcohol use



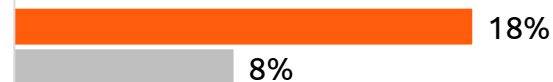
Llesiant meddyliol isel
Low mental wellbeing



Gorbryder dwys
High anxiety



Cyflwr iechyd meddwl
Mental illness



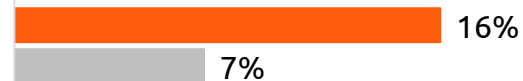
Meddyliau hunanladdol neu hunan-niwed
Suicidal thoughts or self-harm



Hunanesgeulustod
Self-neglect



Bodddhad isel â bywyd
Low life satisfaction



Profiad o ragfarn oed
Ageism experience

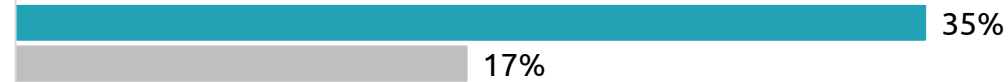


Wedi profi camdriniaeth **Experienced abuse**

■ **Ydw** ■ **Nac ydw**
Yes **No**

Bariau gwyn = ddim yn arwyddocaol
 White bars = not significant

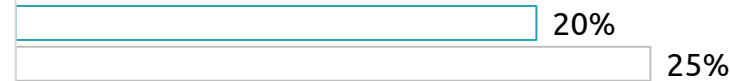
Iechyd gwael a raddiwyd gan yr unigolyn
Self-rated bad health



Ysmygu tybaco
Tobacco smoking



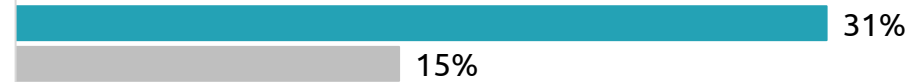
Defnyddio alcohol
Alcohol use



Llesiant meddyliol isel
Low mental wellbeing



Gorbryder dwys
High anxiety



Cyflwr iechyd meddwl
Mental illness



Meddyliau hunanladdol neu hunan-niwed
Suicidal thoughts or self-harm



Hunanesgeulustod
Self-neglect



Bodddhad isel â bywyd
Low life satisfaction



Profiad o ragfarn oed
Ageism experience



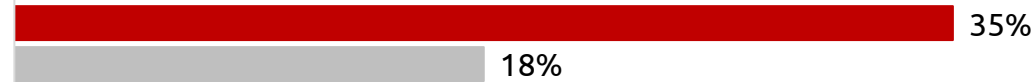
Teimlo'n unig neu'n ynysig yn gymdeithasol

Felt lonely or socially isolated



Bariau gwyn = ddim yn arwyddocaol
 White bars = not significant

Iechyd gwael a raddiwyd gan yr unigolyn
Self-rated bad health



Ysmygu tybaco
Tobacco smoking



Defnyddio alcohol
Alcohol use



Llesiant meddyliol isel
Low mental wellbeing



Gorbryder dwys
High anxiety



Cyflwr iechyd meddwl
Mental illness



Meddyliau hunanladdol neu hunan-niwed
Suicidal thoughts or self-harm



Hunanesgeulustod
Self-neglect



Bodddhad isel â bywyd
Low life satisfaction



Profiad o ragfarn oed
Ageism experience



Wedi wynebu
trafferthion ariannol
Struggled financially

 **Ydw**
Yes

 **Nac ydw**
No

Bariau gwyn = ddim yn arwyddocaol
 White bars = not significant

Iechyd gwael a raddiwyd gan yr unigolyn
Self-rated bad health



Ysmygu tybaco
Tobacco smoking



Defnyddio alcohol
Alcohol use



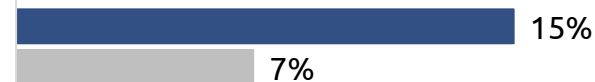
Llesiant meddyliol isel
Low mental wellbeing



Gorbryder dwys
High anxiety



Cyflwr iechyd meddwl
Mental illness



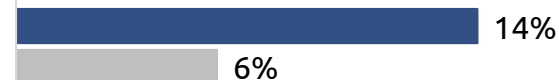
Meddyliau hunanladdol neu hunan-niwed
Suicidal thoughts or self-harm



Huanesgeulustod
Self-neglect



Bodddhad isel â bywyd
Low life satisfaction



Profiad o ragfarn oed
Ageism experience



Methu cael at ofal iechyd neu gymdeithasol
Unable to access health or social care

Ydw
 Nac ydw
Yes **No**

Bariau gwyn = ddim yn arwyddocaol
 White bars = not significant

Iechyd gwael a raddiwyd gan yr unigolyn
Self-rated bad health



Ysmygu tybaco
Tobacco smoking



Defnyddio alcohol
Alcohol use



Llesiant meddyliol isel
Low mental wellbeing



Gorbryder dwys
High anxiety



Cyflwr iechyd meddwl
Mental illness



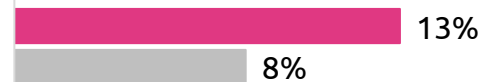
Meddyliau hunanladdol neu hunan-niwed
Suicidal thoughts or self-harm



Hunanesgeulustod
Self-neglect



Bodddhad isel â bywyd
Low life satisfaction



Profiad o ragfarn oed
Ageism experience



Wedi'u llethu gan ofalu Overwhelmed by caregiving

■ Ydw Yes
■ Nac ydw No

Bariau gwyn = ddim yn arwyddocaol
 White bars = not significant

	Camdriniaeth Abuse	Ynysig Isolated	Tlodi Poverty	Gwasanaethau Services	Ofalau Caregiving
Iechyd gwael a raddiwyd gan yr unigolyn Self-rated bad health	1.6	2.1	1.9	1.3	0.6
Ysmygu tybaco Tobacco smoking	2.5	1.3	1.6	0.9	0.6
Defnyddio alcohol Alcohol use	2.5	1.2	0.6	1.2	0.9
Llesiant meddyliol isel Low mental wellbeing	1.6	4.5	2.8	1.1	0.6
Gorbryder dwys High anxiety	1.0	2.7	1.2	0.8	1.0
Cyflwr iechyd meddwl Mental illness	1.6	2.9	1.9	1.4	0.6
Meddyliau hunanladdol neu hunan-niwed Suicidal thoughts or self-harm	4.1	2.9	2.1	0.8	1.8
Hunanesgeulustod Self-neglect	3.5	3.6	4.4	2.0	1.4
Bodddhad isel â bywyd Low life satisfaction	1.9	2.8	2.3	1.7	0.9
Profiad o ragfarn oed Ageism experience	1.8	2.9	1.3	0.9	0.9

Separate multivariate models were conducted for each health outcome. Models included:

- Age group
- Sex
- Deprivation quintile
- **All five adversity types (yes, no)**

Cynhaliwyd modelau aml-amrywiol ar wahân ar gyfer pob canlyniad iechyd. Modelau wedi'u cynnwys:

- Grŵp oedran
- Rhyw
- Cwintel amddifadedd
- **Pob un o'r pum math o adfyd**

 Ddim yn arwyddocaol
 Not significant

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

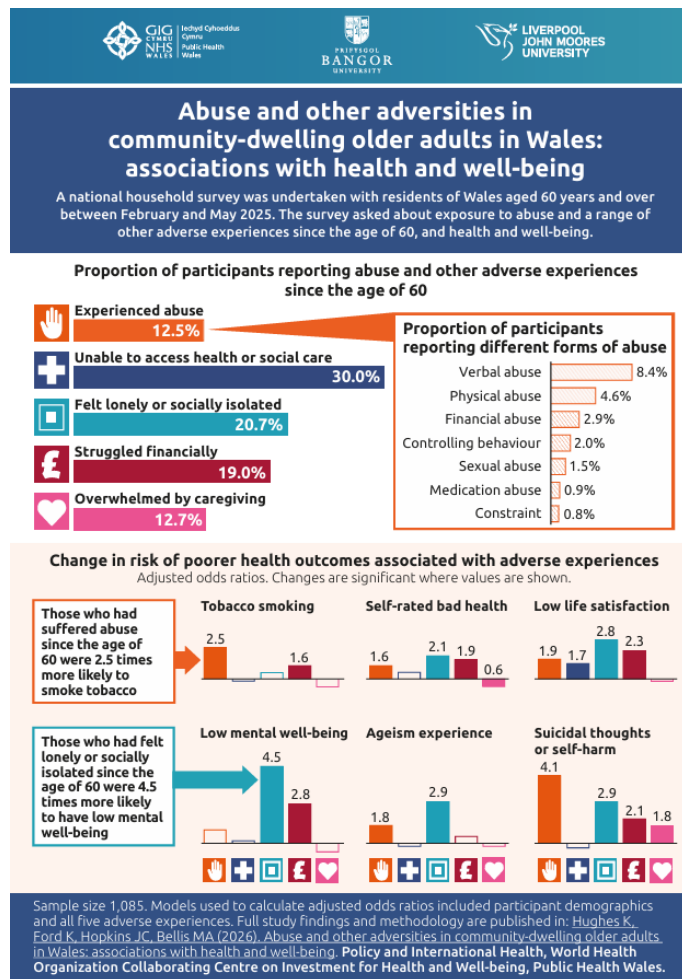
PRIFYSGOL BANGOR UNIVERSITY

LIVERPOOL JOHN MOORES UNIVERSITY



Abuse and other adversities in community-dwelling older adults in Wales: associations with health and well-being

Mae'r ddogfen yma ar gael yn y Gymraeg/
This document is available in Welsh



- Mae gan gamdriniaeth, tlodi, ac unigrwydd ac ynysigrwydd cymdeithasol yn hwyrach mewn bywyd gysylltiadau cryf, annibynnol ag iechyd gwaeth
- Dylai atal y profiadau hyn a chefnogi'r rhai yr effeithir arnynt helpu i sicrhau bod trigolion yng Nghymru yn byw'n dda am hirach
- Abuse, poverty, and loneliness and social isolation in later life all have strong, independent associations with poorer health
- Preventing these experiences and supporting those affected by them should help ensure that residents in Wales live well for longer

Diolch Thank you

Karen Hughes

Policy and International Health,
Public Health Wales

karen.hughes18@wales.nhs.uk

Kat Ford

Public Health Collaborating Unit,
Bangor University

k.ford@bangor.ac.uk

Hefyd....

- Cyflyrau iechyd
- Ansawdd bywyd
- Defnydd o'r gwasanaeth iechyd
- Brechiadau
- Cwmpïadau ac anafiadau
- Gweithgarwch corfforol
- Pwysau
- Eiddilwch
- Y cof
- Rhoi a derbyn gofal
- Ansawdd tai
- Teimlo'n ddiogel

Also....

- Health conditions
- Quality of life
- Health service use
- Vaccinations
- Falls and injury
- Physical activity
- Weight
- Frailty
- Memory
- Caregiving and receipt
- Housing quality
- Feelings of safety