

# *Age Cymru Advice*

## **08000 223 444**

**Free, confidential and expert  
information and advice on matters  
affecting the over 50s in Wales**

- .Welfare Benefits**
- .Pensions**
- .Dementia**
- .Bereavement**
- .Staying Safe**
- .Disability**
- .Care Homes**
- .Rights**
- .Local Services**
- .Help at Home**
- .Wills**
- .Housing**
- .Scams**
- .Work & Learning**
- .Retirement**
- .Health**
- .Consumer**
- .Physical Activity**
- .Money**
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- .Saving Energy**
- .Community**
- .Travel & Lifestyle**
- .Social Care**

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# Cyngor Age Cymru

## 08000 223 444

Gwybodaeth a chyngor cyfrinachol,  
arbenigol ac am ddim ar faterion sy'n  
effeithio ar bobl dros 50 oed yng Nghymru

- |                        |                          |                            |
|------------------------|--------------------------|----------------------------|
| .Budd-daliadau<br>lles | .Gwasanaethau<br>lleol   | .Gweithgaredd<br>corfforol |
| .Pensiynau             | .Cymorth yn y<br>cartref | .Arian                     |
| .Dementia              | .Tai                     | .Cyfreithiol               |
| .Profedigaeth          | .Sgamiau                 | .Arbed Egni                |
| .Cadw'n ddiogel        | .Gwaith & dysgu          | .Cymuned                   |
| .Anabledd              | .Ymddeoliad              | .Teithio & Ffordd<br>o fyw |
| .Cartrefi Gofal        | .Iechyd                  | .Gofal<br>Cymdeithasol     |
| .Hawliau               | .Defnyddwyr              |                            |
| .Ewyllysiau            |                          |                            |

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