

May 26th 2020

## **Partnership Support for remote working**

### **Good news**

Explore the BBC archive for many reminiscence aids from throughout the years.

Some people are making their own masks to support people who are going out and about.

### **How can you help?**

Give someone a compliment today.

### **Your Questions answered**

#### **How can I get people I support to look after their mental health when there is still mental health stigma?**

Mental health and the language around it can be off putting for a lot of people due to stigma and potential lack of understanding, so it can be helpful to think about the language you may use as this can be a barrier.

Think about what the person may enjoy doing first and then link some mental health exercises into this. For example, if a person likes word puzzles why not suggest grounding exercises that encourage a person to come up with as many words for the letter B as possible.

Why not suggest you do some exercises together whilst you are on the phone or share in what you might do as part of your own practice to normalise it?

Help a person to see what a mental health issue might look like? What does good mental health vs poor mental health look like?

*If you have any other questions regarding supporting people living with dementia through the pandemic, please contact me so I can help share best practice between different areas of the city.*

### **Passing the time**

I understand that many of the people you support will suddenly have lots of time on their hands so in this section I will share different ways to pass the time.

### Make some potpourri

You will need some flower petals, fruit peels, foliage, jar with a lid, baking tray, essential oils and a bowl.

1. Collect some flower petals, fruit peels and foliage.
2. Dry your ingredients on a single layer (don't overlap anything) on a baking tray for 2 weeks.
3. Put your ingredients in a seal container with a few drops of essential oils.
4. Allow to sit for up to 2 weeks.
5. Put a small amount in a bowl or open jar. They should emit dmell for up to 2 months.

Let me know if you want to share your own with other partnership organisations and I can do this in your next support document from Enrichment for the Elderly- sharing is caring after all!

### **Joke of the day**

**Why did the golfer wear two pants?**

**In case he got a hole in one.**

I hope you have found this document useful. If there is anything that I should add or remove as a feature for next time, please let me know as I want to make it as helpful as possible for you. If you want to share your best practice, please let me know too.

Thanks for all that you do in making a big difference to people living with dementia and their carers.

Please take care of yourself and if there is anything, I can do to help please let me know.

Thanks,



Grace

Enrichment for the Elderly

