

March 18<sup>th</sup> 2020

### **Partnership Support for remote working**

It is with a heavy heart that many of your organisations are having to move to remote working during the troubled times of the COVID-19 virus and I understand that you haven't made these decisions lightly, but it is on government advice. This has a huge impact on the people we support who are living with dementia and caring for people living with Dementia.

I wanted to offer support for you as link workers and your partners during this testing time.

First of all I am here to help, if you have a query or simply want someone to chat to you as you feel overwhelmed please get in touch on 07967729699 or [gracestead@enrichmentfortheelderly.org](mailto:gracestead@enrichmentfortheelderly.org). I will do my best to help and support.

Remember that you too need some time to process and you need some down time in these often, frightening times.

As I mentioned in my email yesterday it will be great for you to keep in touch with people you support regularly if possible and with consent by phone, zoom or even letter if this is appropriate. This might be linked into the times you usually would be running your memory cafes.

I am going to use this opportunity to share positive actions that you can do personally, as well as share with people who you are supporting remotely, some will pass the time, others will give advice, and some will help in really practical ways.

If you have any ideas of what you are doing that you would like others to know about, please get in touch or any questions regarding specific issues that are coming up.

### **Good news**

The national trust is opening its gardens and parks free of charge to anyone wishing to use them if they are generally well and still promoting social distancing.



Radio Sheffield have launched “Make a difference” every half hour (quarter past and quarter to the hour between 6am and 6pm) they will be broadcasting what is happening in Sheffield to help people during the pandemic.

Food works Sheffield are offering food boxes for anyone to pick up at their market: Unit 5, Woodbourne Road, S93LQ between 10-3 for £1 plus pay what you feel, just turn up no need to book. All they ask is that anyone showing symptoms doesn't pick up but sends someone else to collect on their behalf. They can be contacted on 07542 379246 or [sharehouse@thefoodworks.org](mailto:sharehouse@thefoodworks.org).

Many cafes, restaurants and even pubs are offering free delivery to the local area or to people unable to get out due to self-isolation. Contact your favourite cafe or restaurant for more information.

### **Your Questions answered**

**A person with Dementia has always walked to the shop for a newspaper and continues to do so in light of the pandemic how do we help carers to explain the risks and do we advise them to stop this moving forward.**

It is all a case of assessing risk both in terms of the individual person, their level of understanding and what might happen if they don't continue to access their community.

I would suggest you explore this with the carer you are supporting and work with different ways of telling the person with dementia about the COVID-19 virus, using a multitude of communication techniques including pictures, words and writing. I would also talk about the risks associated with not going to the shop and the impact this might have on the person living with dementia mentally and physically.

Additionally, I would suggest the carer talks to the shop worker and discusses mitigating the risks as much as possible by using social distancing (people being 2 meters apart), the carer paying by card for the whole month and by explaining the situation. I would buy some sanitiser from the shopkeeper and ask them to keep it handy for themselves and for the person with dementia during the transaction. When the person returned home, I would encourage thorough hand washing. I would also look into a time frame for when the person with dementia is going to go to the shop in order to ask the shopkeeper

whether this can be a quieter 10-minute window for example to reduce the chance for transmission.

If visiting the shop was seen as too risky due to underlying health conditions or age, I would look into getting the newspaper delivered to the house and the person with dementia going to fetch it from the porch, other room or end of the garden depending on what was available. I would encourage the person to get exercise in a different way such as stretches to music or look to visit green areas that promote social distancing for walking.

Finally I would say that advice is always changing regarding how the infection can be spread (for example at the time of writing there is no evidence to say that COVID-19 can survive on hard surface or clothing for a long period of time) so advise the person to stay in touch with reputable news outlets and information online where possible. If things massively change regarding advice given in a particular case, I would get back in contact with the carer to explain this and then help to reassess the risks.

Above all as we know it is never a one size fits all, it's about exploring the options in a creative way and encouraging the carer to come up with different ideas to help support them and the person they are caring for.

*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.

How about sharing a quiz to the people you support with a variety of questions designed to link into people living with dementia's strengths and test carers mental agility too? How about sharing the questions in your first call and the answers in your second call?

Feel free to use the quiz set out below (put on a separate sheet so it is ready to print out and send) or come up with your own. 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!

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

## Quiz

### **Finish the saying**

As good as \_\_\_\_\_

As right as \_\_\_\_\_

As daft as \_\_\_\_\_

As cool as \_\_\_\_\_

### **Questions**

Who was the first man on the moon?

Which musical features the songs 'Climb every mountain' and 'Do-re-mi'?

In what country can you visit Machu Pichu?

Who wrote Cathy come home?

What is the pub called in EastEnders?

Who was the second President of the United states?

Which football team is nicknamed the Iron?

### **How many can you get?**

Name all the countries in the European Union

How many words can you think of that rhymes with act?

Name all the goalkeepers who have played for England from 1966-2011

Name all the Broadway plays of Tennessee Williams

## Quiz

### **Finish the saying**

As good as \_\_\_\_\_ *Gold* \_\_\_\_\_

As right as \_\_\_\_\_ *Rain* \_\_\_\_\_

As daft as \_\_\_\_\_ *a brush* \_\_\_\_\_

As cool as \_\_\_\_\_ *a cucumber* \_\_\_\_\_

### **Questions**

Who was the first man on the moon? *Neil Armstrong*

Which musical features the songs 'Climb every mountain' and 'Do-re-mi'?  
*Sound of music*

In what country can you visit Machu Pichu? *Peru*

Who wrote Cathy come home? *Jeremy Sandford*

What is the pub called in EastEnders? *The Queen Vic*

Who was the second President of the United states? *John Adams*

Which football team is nicknamed the Iron? *Scunthorpe United*

### **How many can you get?**

### **Name all the countries in the European Union**

Austria, Belgium, Bulgaria, Croatia, Republic of Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Romania, Slovakia, Slovenia, Spain and Sweden.

**How many words can you think of that rhymes with act?**

backed, blacked, bract, cracked, fact, hacked, jacked, lacked, packed, pact, racked, sacked, slacked, smacked, snacked, stacked, tacked, tact, tracked, tract, whacked, wracked, abstract, attacked, attract, co-act, detract, diffract, distract, enact, exact, extract, impact, infract, intact, out-act, protract, react, redact, refract, repacked, retract, subtract, transact, unbacked, unpacked, abreact, incompact, inexact, interact, precontract, re-enact, underact, counterattacked, overreact (55 words)

**Name all the goalkeepers who have played for England from 1966- 2011**

Peter Bonetti, Paul Robinson, Ray Clements, Robert Green, David James, Richard Wright, Jimmy Rimmer, Nigel Spink, Peter Shilton, David Seaman

**Name all the Broadway plays of Tennessee Williams**

Camino Real, Orpheus Descending, Out Cry, Period of Adjustment, Summer and Smoke, Sweet Bird of Youth, The Milk Train Doesn't Stop Here Anymore, Night of Iguana, You Touched Me