

April 1st 2020

Partnership Support for remote working

It has been truly inspiring to chat to many of you this week so thank you for giving me the time to chat, if I haven't caught up with you please know I will try to get round all of you as soon as I can.

Good news

People are putting teddy bears in their windows for the children on their daily exercise to spot in a bear hunt game. Feel free to do this and move them into different windows on different days.

For those who can access the internet the Seattle symphony have many concerts on you tube. Just search *Seattle Symphony* on Youtube.

How can you help?

Share information about COVID-19 scams including people knocking on doors to do a 'deep clean due to the virus' phone calls from the council about extra money for support during the pandemic and you bank calling about financial support during the crisis.

If ever in doubt it is best to hang up the phone and call back on another phone. Companies will not be requesting any bank information during this time unless you have called them to order something specifically. Even then it is best to ask others if they have used them.

Your Questions answered

Can I support my volunteers too during this difficult time or should I focus on the people who usually attend the memory café?

This all depends on your capacity.



Ideally though you would include your volunteers in your support calls and utilising their skills in supporting the running of the café as long as they would like to be.

It may be with consent that your volunteers can also support you by calling around people who usually attend the memory café. This should be done with support for your volunteers too, to link back to you as the leader to report any concerns and continue to holistically support them too.

This is also a great time to look at the volunteers who support the group as they may have skills that can help you to run remote memory cafes such as knowledge about taking your café online or creating quizzes for your participants to share.

It is important to realise that your volunteers may also find themselves socially isolating for a variety of reasons as well as not being able to help in a hands on way due to their family circumstances so still being involved where possible and wanted can be a lifeline.

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.

Why not encourage your members to journal?

This could include writing down the following daily:

- Write about 3 things you are grateful for today
- Where do you see yourself in a year's time?
- What 3 things are you looking forward to the most?
- What do you love about yourself?
- What do you love about someone else in your life?

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 shouldn't you write with a broken pencil?

Because it's pointless!

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