

April 8th 2020

Partnership Support for remote working

I hope you are all doing as well as you can in the circumstances.

Good news

You can look at the aquariums at Monterey Bay aquarium live at the following link:

<https://www.montereybayaquarium.org/animals/live-cams>

B:friend are accepting new referrals. Visit www.letsbfriend.org.uk. The person has to be over 65 and live alone.

How can you help?

Give yourself some time to yourself. This could be a lovely cuppa or with a good book. Just look after yourself.

Your Questions answered

Should we be encouraging conversations around dying?

The pandemic brings up lots of uncomfortable topics for all of us around dying and it is important to encourage conversations where possible about this being something that may happen.

What would the person want to happen? Is there something they would want to tell people? What would a good death look like?

This can be incredibly difficult to discuss at the best of times but especially at the moment so some sensitivity is needed and some understanding around the choices you can make at end of life. Although you can put your decisions forward health professionals will make a best interest decision based on what is happening at a point in time. Documentation and conversations around this will be taken into consideration.

Ultimately conversations around dying can be helpful for all who are taking part in it as you start to better understand each other and aren't left questioning what a person might have wanted.



Having said this, it is important to not force the issue or to bring dying up too regularly if someone does not want to talk about it or finds it too distressing. It is a balancing act and is something that should be mentioned only when you feel it is appropriate.

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 give the following anagrams for people to work out? (Put on a separate page for you to print out)

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 didn't the crab share?

Because he is shellfish!

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



Anagrams- Work out these famous people's names from the following letters:

i tread safer

rousing mortals

nice spanners

demon jabs

go gets beer

casual juries

cool chance

flirted in choirs

a spicy lent

lacking tone

Anagrams answers

i tread safer – Fred Astaire

rousing mortals – Louis Armstrong

nice spanners – Princess Anne

demon jabs – James Bond

go gets beer – George Best

casual juries – Julius Caesar

cool chance – Coco Chanel

flirted in choirs – Linford Christie

a spicy lent – Patsy Cline

lacking tone – Nat King Cole