

March 19th 2020

Partnership Support for remote working

I have been overwhelmed by the resourcefulness of you all working to support people living with dementia remotely. So well done to everyone trying to think of different ways to support people at this difficult time.

Activity packs are being created, online platforms explained and drop off being arranged- truly inspiring stuff.

Good news

All Sheffield Library books currently on loan have had return dates extended till 1st August 2020.

Sheffield Theatres have lots of backstage films including *Kiss me Kate* and *A Midsummer night's dream* for people to watch online at www.sheffieldtheatres.co.uk/get-involved/learning-resources

The city council have pledged that no council tenant will lose their home because they are affected by the virus.

How can you help?

Foodbanks in your local area are likely to still be running, please still support them at this difficult time with donations. Parson Cross Forum have particularly been in touch to say stock is low, especially with Easter eggs for children in the area. They are the drop off point and are currently open from 9am.

Please be aware of GDPR when working remotely. Especially when ringing people on your personal devices, always ask consent and whether it is a good time to talk.

Your Questions answered

Many carers are worried about how to self-isolate if they get ill during the epidemic and they are actively supporting someone living with Dementia.

Try and encourage the carer to get a plan in place should they have to self-isolate for a period of time. This is best done when they are in good health just to prepare for the possibility and would involve ringing up homecare providers and local care homes to understand what is possible. It should also include writing down helpful information for professionals or family helpers regarding health information, (medication, whether they wear glasses etc) likes and dislikes and daily routine.

It may also be helpful to explore other personal options regarding other family or friends that they trust. This could include supporting the carer to look after the person in terms of more engaged tasks which they might not be able to do during your period of isolation such as making food and cleaning.

If this kind of support is not possible for whatever reason it may be best for the carer to look into isolating the household for a period, anyway, only going out for food shopping, exercising (walking or running, if well enough) and medical supplies. During this time the carer should use social distancing (standing a least 2 meters away from anyone else) at all times. This would ideally include sleeping in separate beds, regular thorough hand washing and cleaning of regularly used surfaces such as door handles.

Look into technology and how it might be able to help at this difficult time, smart speakers and even mobile phones can help set reminders whilst you are isolated from each other.

If the carers or the person they care for symptoms become severe contact 111 and they should let them know they are a carer.

The carers centre in Sheffield are still taking calls and are there to support carers their advice line is open Monday- Friday 9am- 6pm 01142728362

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 teaching people living with dementia and/or their carers how to talk to more than one person on their phone?

With consent from people you are supporting it might be helpful to share different members of your groups phone numbers so they can stay in touch with each other too.

How to talk to more than one person on your phone

1. Call your first friend.
2. Let your first friend know you are setting up a call between a few of you.
3. Tap the call button (the one you use to make the call or the one with a plus sign next to it) this should put the first caller on hold.
4. Wait to hear 3 brief tones followed by the dial tone.
5. Dial the second friend's number (you may need to press your call number again)
6. Talk to the second friend
7. Press the call button again to merge the calls or to return to the original
8. Speak to your friends
9. After the call put the phone down as usual. (If one caller ends the call and the others don't the remaining callers will still be able to talk)

Joke of the day

Maybe share this when talking to people you support on the phone.

Did you hear about the new restaurant karma?

There isn't a menu, you get what you deserve!

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