

April 15th 2020

Partnership Support for remote working

It's great to speak to you and hear how you are supporting people.

Good news

Enrichment for the Elderly and Age UK Sheffield are working together to support care homes. You can share this with people who you are in contact with as we ask for donations Twiddle muffs to be made and wooden DIY boards with locks and sliders on. These can be sent to Gift a smile, PO BOX 5994 Dronfield S18 9DY or we can collect.

Created some prose, art or sculpture and want to share it. Send it or a picture to libraries@sheffield.gov.uk.

How can you help?

Listen to the individual circumstances of each person you are in touch with to think about how you can best support that person. How is their dementia progressing? What would help now?

Your Questions answered

I am supporting someone living with dementia who is worried they are going to lose lots of cognition as they are not exercising their brain in the same way. What do I say?

It is important to listen to the feelings around changed routines and the lack of stimulation supporting the person to share how they are feeling with you.

Ask how you might be able to help and come up with some ideas together.

This might include being kinder to yourself, accepting that things will change, understand that it is not a definite that they will lack engagement skills, encourage them to try new things (even suggest trying something new together to report back on your experiences during the next contact).

It is also helpful to let the person know that you will do all you can to support them back to the groups you provide and others when lockdown eventually ends. To improve confidence and provide reassurance.

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.

Tell someone a story. Fables can be a good place to start or maybe you can read a chapter of a book each time you call.

The Hare and the Tortoise

"Why do you move along so slowly?" said a hare to a tortoise. "Let me show you how to get over the ground."

"You think I am slow, do you?" replied the tortoise. "Let us run a race to the cross-roads. I think I can beat you."

"Do you hear that?" said the hare to a fox, who was standing near. "Could anyone even think that such a slow-coach could beat me in a race?"

"It would be a good joke if he did," said the fox. "Do you wish to run a race? I will be the judge, if you care to have me."

"That suits me well," answered the hare.

"I am willing," said the tortoise.

So the fox marked off a place for starting, and set up a stake at the goal.

The hare and the tortoise stood side by side, and at the command, "Go!", from the fox, they began the race.

The hare bounded along and was very soon far ahead of the tortoise. He called back to the fox, "I think I shall take a little nap before I finish the race; the tortoise will not reach here for an hour or more." So, he lay down in some bushes and went to sleep.

Every minute brought the tortoise a little nearer to the goal. He did not stop for a second.

At last he passed the hare, but the hare still slept. On and on he plodded; it was a long way, but he had no thought of stopping.

He came nearer and nearer the goal. At last his foot touched the stake.

The hare wakened, stretched himself, and leaped toward the goal. "What, you here!" he cried when he saw the tortoise. "How did you ever reach here?"

"Just by keeping at it," said the tortoise.

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

What do you call cheese that is sad?

Blue Cheese

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

