## Partnership Support for remote working

## Good news

Most of Sheffield are covered by mutual aid groups who support people during the pandemic on a really local level. The groups can be found on Facebook by searching for mutual aid Sheffield.

Sheffield Teaching hospitals are committed to John's campaign during the pandemic. This means that 1 carer can visit a person living with dementia in hospital to support them if needed.

## How can you help?

Can you set up an intergenerational zoom?

## Your Questions answered

Lots of people I am supporting are struggling to keep up to date with the constantly changing advice around the virus. What should I suggest?

The government are doing regular daily briefings at around 5pm in the evening. If a person can, I would suggest recording this to then allow the person to fast-forward through anything that isn't relevant to them. This can make it much more manageable in terms of actual information the person is taking in. After this I would suggest that the person changes their viewing or attention to something entertaining to promote a good night's sleep.

If the person can have a delivery of a newspaper this can be helpful for getting news a different way.

Or during your phone calls you can think about making sure you are as up to date as possible with current advice to share with the person. If the person is in touch with other friends, it can be helpful to encourage further information sharing this way. Although it is important to note that this may be someone's interpretation of information.

If a person is on twitter it can be helpful to filter information and to balance the amount of information access the person may be having with mental health. Noting once again that this information may not be factually correct.

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 as some maths questions instead of quiz questions? Put on separate sheets ready 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

What did one wall say to the other wall?
We will meet at the corner.
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

## Maths questions

$45 \times 11=$
$2657+876=$

56-21 =

Fill in the answer before moving onto the next sum:
For example
$1+2=3 \times 2=6-1=5 \times 3=15-11=4$
$10+12=\quad \times 2=\quad-7=\quad \times 4=-11=$
$567-234=+17=\times 5=-81=+10=$
$21+51=\quad-18=\quad x 2=+24=\quad x 11=$
$8 \times 50=-123=+98=-76=\quad \times 3=$

Complete the sequences

$1 \quad \begin{array}{lllll} & \square & \square & \square & \square\end{array}$
$\begin{array}{llllll}17 & 14 & 18 & \square & \square & \square\end{array} 20$
$\begin{array}{lllll}10 & 20 & 15 & \square & \square\end{array} \square 45$

## Maths questions answers

$45 \times 11=495$
$2657+876=3533$
$56-21=35$

Fill in the answer before moving onto the next sum:

For example
$1+2=3 \times 2=6-1=5 \times 3=15-11=4$
$10+12=22 \times 2=44 \quad-7=37 \times 4=148-11=137$
$567-234=333+17=350 \times 5=1750-81=1669+10=1679$
$21+51=72-18=54 x 2=108+24=132 x 11=1452$
$8 \times 50=400-123=277+98=375-76=299 \times 3=897$

Complete the sequences
$\begin{array}{llllll}7 & 14 & 21 & 28 & 35 & 42\end{array}$
$\begin{array}{llllll}1 & 2 & 4 & 8 & 16 & 32\end{array}$
$\begin{array}{lllllll}17 & 14 & 18 & 15 & 19 & 16 & 20\end{array}$
$\begin{array}{lllllll}10 & 20 & 15 & 30 & 25 & 50 & 45\end{array}$
for the Elderly

