

April 17th 2020

## **Partnership Support for remote working**

### **Good news**

Enrichment for the Elderly are delivering a workshop online called supporting people living with dementia and their carers through the pandemic. The link is live and due to technical implications only 10 places are available. It is being held on Thursday 23<sup>rd</sup> April at 10am. The link is <https://www.eventbrite.co.uk/e/supporting-people-with-dementia-and-their-carers-through-the-pandemic-tickets-102981502446>. If you would like to attend but can't due to timings or because its sold out please let me know and I will run another session.

Victoria Derbyshire presented the news with the domestic violence number on her hand, for anyone who is struggling at home with an abusive partner or family member. The hotline number is 0808 2000 247.

The Southbank Centre in London has virtual concerts and art exhibitions online. Find these at [www.southbankcentre.co.uk](http://www.southbankcentre.co.uk)

### **How can you help?**

Stannington Food bank need some more donations. They will come and collect from you. They are particularly looking for eggs, long life milk and deodorant for men and women.

### **Your Questions answered**

**I want to make sure I tell people what they need to know when I call them- should I make a checklist?**

Creating a checklist about what to talk about when you ring them, I think is a great idea. It will help take the pressure off remembering what you need to cover during the call.

On a separate sheet for you to use and add to is my suggestion. Let me know what you think. Hopefully this will make a start.



*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.

Bring some of the outside inside.

Sit at a window and cloud spot. Coming up with ideas around what the clouds could be, are they in the shape of a cat for example.

Spot the rainbow out of the window. Look for something that is one of the colours of the rainbow. Something red, then something orange for example.

Play a game of eye spy but out of the window.

Re-plant a plant you have already inside. Paint the planter.

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 do you never see elephants hiding in trees?

Because they are so good at it.

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

### Telephone Checklist

How are you today?

How are you coping? (You might want to share a bit about your own experience here)

Is there anything you need? Ask specifically about medication, food and access to money. If the answer is yes, link to your nearest HUB.

Is there anything you would like that I can help with?

What is the best thing that has happened so far today?

Are you getting all the benefits you should be? Mention carers allowance and attendance allowance.

Give a few sentences about the most up to date advice around the virus.

What would you like to talk about today?

How are you filling your time? Some ideas I have found are.....

Share a way to fill the time during the call, that might be reading a book to the person or a poem or a quiz.

Are you worried about anything?

Share a good news story.

How can I help?

Are you online?

If so: Would you like to join an online memory café?

Have you tried the following link?

Is there anything I could help you navigate through online?

Have you tried video calling?

If not: Have you heard about putting rainbows in your windows/ the sing along on radio etc

Agree a time to call again.

*Try to focus on the person and their individuality. If possible, make some secure notes about what makes up the person positively i.e what do they like? How can you use this supportively for the next call?*