

April 23rd 2020

## **Partnership Support for remote working**

### **Good news**

Thousands of Ipads are being donated to hospitals so that patients can keep in touch with family and friends whilst being treated.

Watch different live streams of animals across the world on [www.explore.org](http://www.explore.org)

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

Sheffield Teaching Hospitals are looking for donations of technology for patients to keep in touch with their families remotely and radios to keep the patients entertained.

### **Your Questions answered**

#### **I feel like I am achieving less but doing more. What can I do to combat this?**

As systems get set up it can mean that think initially take longer as we need to explore new ways of doing things. Understand that we are still in the very early stages of massively transforming the way that we work and continue to communicate with people you are talking to about this. Often people you support will understand that this is all new and can seem overwhelming.

Take this as an opportunity to explore your processes and change them for the better. It might be that in stripping back processes you can understand what you need to keep and which elements of what you do aren't now needed as things have developed and changed over-time but the process hasn't.

Write down what you have achieved in a day when you finish work. Sometimes we can forget how much we have actually done as we are not sharing that with as many people as usual.

Realise and give yourself permission to sometimes work slower because of the difficult situation we find ourselves in. We usually have these rhythms but may not notice it as much as we have co-workers and different types of work to help us bridge these gaps.

*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.

End of lockdown jar.

Grab a jar, or bowl or box, some paper and a pen. Put it in a prominent place such as the kitchen side or the kitchen table.

Every time you think of something you miss doing due to isolating due to the epidemic. Write it down and put it in the box this might be “go to the cinema” or “play with the grandchildren”. When lock down is over, take these slips of paper out and do all the things you missed doing.

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**

I made a Chemistry joke.

It had no reaction

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