

April 29th 2020

Partnership Support for remote working

Good news

Anyone living or working in Sheffield who is over 65 and struggling with their mental health can get free support from the Older Adults Community mental health team the numbers are as follows:

North: 0114 3050600

South East: 0114 2263965

South West: 0114 2263131

West: 0114 2263600

Watch the best bits of Cirque du Soleil online by visiting their website
<https://www.cirquedusoleil.com/cirqueconnect>.

How can you help?

Roundabout the charity are looking for donations of furniture for self-contained flats. They can collect from anywhere in Sheffield.

Your Questions answered

I find that some carers are saying that they are struggling to get the person they care for out of bed and dressed, as they don't see the point as they aren't seeing anyone. What can I advise them?

First of all it can be helpful to explore with the carer how the person may be feeling. Could it be that they feel overwhelmed and so prefer to stay in bed because of this? Sometimes we all want a lazy day.

It can be helpful to frame getting up for a reason, this might be to send a picture to other members of the memory café on a theme like fancy dress Friday for example or it could be to wave the delivery driver?

Look to explore the meaning of getting ready and why it might be important?

Is their experience of dementia impacting on their experience of getting dressed and therefore this is creating a barrier? Is it that the person isn't sure where their clothes are for example or they can't see them in the environment?

Help to problem solve with the carer whilst reinforcing the good job they are doing in supporting their person.

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.

Make a collage.

Collect things from around your home or garden this could be leaves, feathers, pictures from magazines, different textures like foil, cling film and kitchen roll. Arrange them around a piece of paper to give the best effect, attach them using glue. If you have some paint use this to add to the effect. Think about how the colours interact to give an overall picture.

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 happens to a frog's car when it breaks down?

It gets toad away!

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