

May 1st 2020

Partnership Support for remote working

Good news

Sheffield Teaching hospitals IAPT team have created an online course called 'Coping with COVID' to book your place call them on 0114 2264380.

People are painting stones and leaving them at around walks and the streets for others to find, to bring joy.

How can you help?

Designate a place for you to work and a place for you to relax to help denote work from relaxing.

Your Questions answered

What can we talk about on a zoom call or phone conversation that isn't about the pandemic which may help me build some rapport?

Think about the impact of your call- try to organise when a call may be or whether this is the best time to have a conversation. Could it be that the reason someone doesn't want to talk is because they usually do something in particular at this time of the day, whether napping or watching a particular TV programme.

Injecting humour and music into conversation can be a way of connecting especially if the humour is physical for someone living with dementia. It might be that you ask people to wear an unusual item of clothing and talk about the kind of person who may wear it or that they grab an item from their house and tell you about it, where did they get it from, what is it like, what is it used for? This could be based in reality or in fantasy- you can encourage the person to totally make up what the item is and what it is used for.

It can always be helpful to share a bit of your experience too so that might be that you share an object in your home.

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. With VE day celebrations only a week away it may be time to start planning the celebrations we can all do whilst socially distancing. Why not decorate your window for VE day? More suggestions coming in subsequent documents.

How about creating paper chains?

You will need paper/card (preferably in red, white and blue) scissors and glue.

1. Cut the paper/card into strips about 3 cm in width.
2. Get one piece of paper and glue the far ends together.
3. Thread the next piece of paper (of a different colour) through the original piece and glue the far ends together.
4. Thread the next piece of paper through the second circle and glue the far ends together.
5. Repeat until you are happy with the length.
6. Hang the end circles from your chosen points.

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 does a baby computer call his father?

Data

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