

May 6th 2020

Partnership Support for remote working

Good news

Getting cash has proven difficult during the pandemic especially if you are shielding. Some banks are now signing up to cash delivery schemes to get money sent to you. Just contact your bank for more information.

Why not watch the stay at home festival at home on you tube?

How can you help?

If you can knit or handy at DIY make something for Age UK Sheffield and Enrichment for the Elderly to send out to care homes for people living with dementia. We are looking for twiddle muffs or DIY boards and you can send them to Gift a smile PO Box 5994 Dronfield S18 9DY.

Your Questions answered

A lot of people I call are struggling to support a person with dementia to keep busy and a quickly running out of ideas. What can I suggest?

Start with interests of the person, what does the person enjoy doing?

Ask the person who is supporting the person with dementia whether it might be helpful to come up with a loose routine. This can help focus the ideas of how to fill the time. It is important that this routine allows for flexibility whilst thinking of different important factors to a routine such as exercise, mental stimulation, meaningful activity and relaxation.

On the following pages I have created a starting example to work from to help enable a carer to explore this as an idea moving forward with the person living with dementia, it can be re-arranged to suit people's rhythms better or changed to better fit someone's interests.

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.

Name that logo put on a separate sheet for ease of printing.

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 do you call a can opener that doesn't work?

A can't opener!

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

Logo quiz

Name where the logo is from



Logo quiz Answers

Name where the logo is from

WWF



Olympics



Rolex



Post Office



National Lottery



Cadburys



Barclays



Monopoly



Example routine

This should be planned with a person living with dementia

Decision Making	Check in with the body and mind/ Plan the day/ debate an issue/ air feelings
Exercise	Dancing to music/ going for a walk/ chair-based exercise/ competition-based exercise (how many socks can you through in that bin)
Meaningful engagement	Cleaning/ fixing something/ getting dressed up for a chat/ sorting/ organising/ cook dinner
Socializing	Call someone/ zoom meeting/ write a letter to someone
Mental stimulation	Jigsaw/ Quiz/ Mix and match game/ Colouring/ Crafting
Relaxing	Take a bath/ watch TV/ wear a face mask/ listen to some music/ listen to an audio book/ read/ meditate