

May 12th 2020

Partnership Support for remote working

Good news

The Samaritans are still providing 24/7 support during the epidemic. Call 116 123.

Watch some stand-up comedy and theatre online at Soho theatres website <https://ondemand.sohotheatre.com>.

How can you help?

Clarification of the government guidance may be helpful in your calls.
<https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

Your Questions answered

How to I encourage confidence with zoom for people who haven't tried it before?

Initially it can take quite a long time to get members ready to use zoom in a group, and it can be helpful to work with someone before trialling a group session to ease apprehension and to sort technical issues that they may face.

Initially it can be helpful to try a 5-minute test, with just that person to iron out initial issues.

You may then want to add another person or couple at this stage- this can be helpful if this person or couple is someone who already mixes with the person who is trialling zoom. Slowly adding small groups together can gain confidence and iron out issues that mean that a big group isn't waiting for someone who has technical issues.

Once a person has attended a few meetings and is relatively confident in attending, it might be useful to explore and explain how to host a meeting so the person can chat with others such as family and friends.

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.

Why not create a themed day?

Plan a day themed on anything from a country to colour.

For example, you may want to have a Spanish day where you eat Spanish food, listen to Spanish music, make some Spanish bunting, and learn a few Spanish words.

If you can you might want to share your ideas with some friends or family over the phone or on zoom. You might to compare your experiences of what you did and what your friends did to celebrate too.

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 did the big flower say to the little flower?

Hey bud!

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