

March 23rd 2020

Partnership Support for remote working

I hope everyone has had a nice weekend despite the circumstances. Staying indoors has been certainly strange.

Good news

For anyone who can connect to the internet Joe Wicks is doing exercises for seniors on his you tube channel the body coach tv.

Age Uk Sheffield are still supporting people remotely. You can contact them on 0114 250 2850.

How can you help?

Age UK are looking for food donations for many isolating people in Sheffield. You can drop these off at their Eyre Street Office, inside the first doors but outside the main doors between 9am-4pm. You can also donate to Age UK in order for them to buy the needed supplies.

Your Questions answered

I want to set up remote meetings for our member's, but I have no idea where to start.

First of all, I would ask members on the most recent phone call whether online video chatting would be an option. Do they have access to the internet and a phone or computer which could connect?

If your group could meet online explore different options. Zoom can be really helpful because people can follow a link, rather than having to create an account and password. This can be especially appealing to people living with Dementia. WhatsApp, Skype and Facetime can all be helpful depending on the size of the group who want to meet, the time you want to talk for and what members have access to.

For anyone who is struggling to use zoom dementia voices have created a really helpful resource at <https://www.dementiavoices.org.uk/wp-content/uploads/2019/10/Zoomettes-Guide-to-ZOOM-Version-Dec-2019.pdf>. This could be printed out for members to help them join in.

Although this might be a long process to help you get people you support set up, think of the possibilities it could bring to your provision- having an entertainer perform to your group, have a quiz online, do some simple craft together but also to people lives who will be isolating for 12 weeks. It might mean they can see their family or friends outside of the group.

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.

How about sharing a chair-based exercise session below (put on a separate sheet for ease to print out) these exercises are from the NHS website <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

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

Why don't scientists trust atoms?

Because they make up everything.

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

Chest stretch



This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

Upper-body twist



This stretch will develop and maintain flexibility in the upper back.

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side.

Do 5 times on each side.

Hip marching



This exercise will strengthen hips and thighs, and improve flexibility.

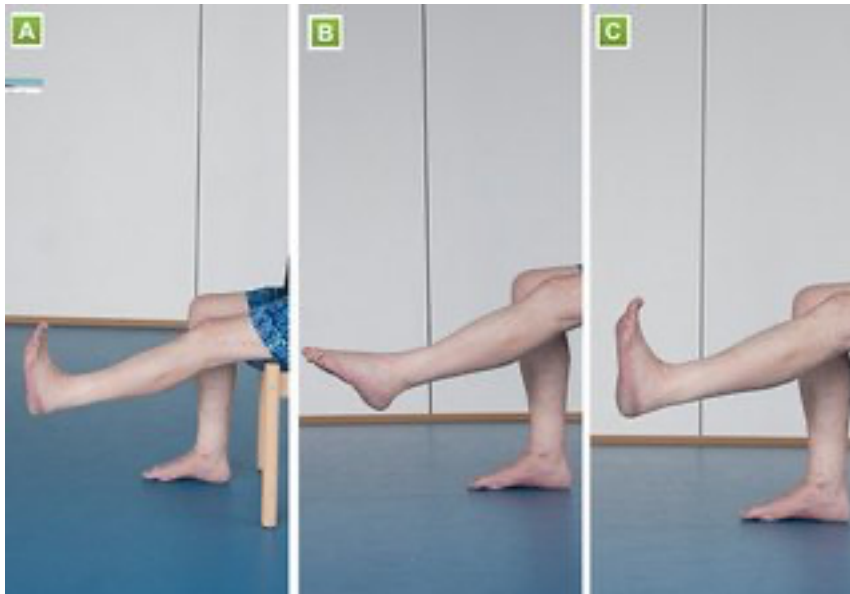
A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

C. Repeat with the opposite leg.

Do 5 lifts with each leg.

Ankle stretch



This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot.

Arm raises



This exercise builds shoulder strength.

A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

Neck rotation



This stretch is good for improving neck mobility and flexibility.

A. Sit upright with your shoulders down. Look straight ahead.

B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.

C. Repeat on the right.

Do 3 rotations on each side.

Neck stretch



This stretch is good for loosening tight neck muscles.

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down.

C. Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.