

May 14th 2020

Partnership Support for remote working

Good news

'Barber shop chronicles' is the new show being streamed by the national theatre. Just go to <https://www.youtube.com/watch?v=oNxfr9tSsSc> or search national theatre from home on you tube tonight at 7pm.

Why not print out some move more guide
<https://www.movemoresheffield.com/stay-active/older-people>

How can you help?

Keep to a regular sleep pattern if you can.

Your Questions answered

How can I facilitate smaller group chats in my memory café?

Sometimes it can be really helpful to have smaller group chats through zoom for people to catch up in a more personal way.

This can be facilitated by breakout rooms where you can choose which members are grouped with others or ask zoom to randomly assign groups.

Be aware that using this function means that you can only be in one group at one time and therefore can't monitor what is happening with all the members all the time.

The break out room can be facilitated for any period of time- when you click the button to stop the break out rooms participants will be given a 1 minute countdown before coming back to the main group.

The break-out rooms can be a great opportunity to small groups who normally sit together to catch up in a smaller more personal group to talk in length about their situations.

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 encourage the person you are talking to, to put on some music and dance?

Do you know the famous dances to the following songs:

The twist- Chubby checker

Rock around the clock- Bill Haley and the comets

Macarena- Los del rio

Y.M.C.A- the village people

Time Warp- The Rocky Horror Picture Show

Can you start and end your phone call with a quick dance?

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 did pony get sent to his room?

He wouldn't stop horsing around!

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