

March 24th 2020

Partnership Support for remote working

The advice has now changed, and this means we should all be staying in our own homes for longer other than some exceptions. Make sure you take time to look after your own well-being too.

Good news

For anyone who can connect to the internet the national history museum is doing online tours as are many different museums and galleries. The national history museums website is www.nhm.ac.uk.

Silver Line is still running and is designed for anyone who might want someone to talk to over the phone- this might be helpful for someone who wants more phone calls than you can offer right now. Their number is 0800 4 70 80 90. It is free to call.

Many memory cafes are starting to run remotely, if you haven't got enough members but someone would like to attend a different one being run across the city. Let me know and I will try to get invites for people and share resources.

How can you help?

Baby basics are looking for donations to help support families in need. www.baby-basics.org.uk.

Your Questions answered

I really don't know what to say when I am talking to people, it seems I spend all day talking about the virus, which I am not sure is particularly helpful especially if I am basing my call on a feelings-based approach.

It can be really helpful to support people who you are calling to talk about the virus and share in the experiences and frustrations at this often difficult time.

What can be helpful though is to explore other things that aren't linked to what is going on some topics could include:

-**Reminiscence**- where did you meet your partner? Tell me about your childhood? Where is the best place you have ever visited? Your job? (It is important to be aware that not everyone will want to talk about the past, for lots of reasons so don't force it)

- **Favourites**- this can include food/ drink/ animal/ place to visit/ hobby/ job I ever had

- **If you could**- be the prime minister for the day/ have 3 wishes/ live forever/ eat only 1 thing forever

- **Advice**- Ask the person what they would do in a certain situation either real or hypothetical. What advice might you give to someone getting married? What advice might you give to someone wanting to take up a new hobby?

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.

Think about sharing some mindful techniques with people you are calling. These could include:

- Write down 3 things that you have achieved today
- Write down your thoughts and feelings in a diary
- Engage all your senses when doing an activity.
- Breath in for 4 seconds, hold your breath for 7 seconds and breathe out for 8 seconds. Repeat up to 4 times.
- Lie down and count your breaths until you reach 10 then start again. If you become distracted just start from 1. Repeat for to 5 times.

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

Doctor, Doctor I feel like a pair of curtains.

We'll pull yourself together!!

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