

June 3rd 2020

## **Partnership Support for remote working**

### **Good news**

If you have a home breathing support device that you are no longer using please call 0114 226 9605 to arrange a socially distanced collection.

You can order lots of things online at Heeley City Farm's online shop including plants and honey. Organising to pick them up socially distanced of course. Visit here <https://heeley-city-farm.myshopify.com>.

### **How can you help?**

Take a mid morning tea break. Check in with how you are feeling are you content, frustrated, fed up or something else?

### **Your Questions answered**

**Some people I call are dropping off shopping and medical supplies but are struggling to know what to say when they visit from a distance what can I suggest?**

It can be really difficult to create conversation especially when things haven't changed and there is a similar rhythm to their experience of lockdown.

What can be helpful is to bring a visual aid with you to show the person from a distance and create a conversation opener.

Can you wear something unusual to ask the persons opinion on?

Can you read them something interesting or funny?

Can you ask their advice on something?

Can you bring them something unusual in their shopping for you to talk about, giving suggestions for what to make with the item.

Can you put on some music and dance or sing together from a distance?

*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.

### Learn a new language

Here are a few words to start you off in English, **Spanish**, **Italian** and **German**:

Hello **Hola** **Ciao** **Hallo**

How are you? **Cómo estás?** **Come Stai?** **Wie Gehts?**

I am good thank you. **Estoy bien gracia.** **Sto bene grazie.** **Mir geht es gut, danke.**

I am hungry. **Estoy hambriento.** **Ho fame.** **Ich habe hunger.**

Why not eat some fruit? **¿Por qué no comer algo de fruta?**  
**Perché non mangiare un po 'di frutta?** **Warum nicht etwas Obst essen?**

What a lovely day! **Que hermoso día.** **Che bella giornata.** **Was für ein schöner Tag**

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 the teddy bear not ask for dessert?**

**Because he was already so stuffed!**

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