

June 5th 2020

Partnership Support for remote working

Good news

BBC radio 2 are looking for unpaid carers across the UK to send in dedications for sounds of the seventies on Sunday June 7th. If you would like a dedication featured email walker@bbc.co.uk.

Stretch, stretching can help you be more in tune with your body.

How can you help?

Write a letter to your future self.

Your Questions answered

Some people I support are worried they or someone they care for has Dementia, but it is undiagnosed what should I suggest them to do? Is this different during the pandemic?

Initially suggest the person talks to their GP about their worries, although initially this might be over the phone or via video call it can be helpful to rule out other things that might be affecting the person. There might be less done face-to-face due to the pandemic, but people should still be able to access a diagnosis if they need it.

In order to get the best assessment of what is going on, it might be best to suggest the person keep notes of potential symptoms however small they might seem.

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.

Write a Haiku

A haiku is a poem created from a pattern of syllables. The first line should be 4 syllables, the next 5 syllables and the final line should be 4 syllables.

An example would be:

Today's the day
I can see it there
The sunshine creeping.

Why not have a go? Some themes might be 'my life' 'today' 'feeling good' or 'together'

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 do you call a fake noodle?

An impasta!

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