

June 12th 2020

Partnership Support for remote working

Good news

You can now do some dance classes online at www.bradford.dance-on.org.

The Queen's official birthday celebrations will be live on BBC one on Saturday at 5.55pm.

How can you help?

You can pledge to support unpaid carers at www.doyoucare.co.uk.

Your Questions answered

I feel under pressure to be very jolly and happy when making calls to the people I am supporting. This can take a toll on me as I sometimes feel overwhelmed and not able to put on a happy face. What can I do?

Notice how you are feeling. Write those feelings down.

Make sure you give yourself a break and have a place to offload your experience, whether that is in notes that you write for yourself or a colleague you can have a 10-minute chat with at the end of the day.

Understand the toll it is having and realise the need for a break- this could be watching TV for 10 minutes, doing a meditation or doing some exercise.

Look at the things that ease the impact on you- what do you find that lessens the feelings of overwhelm, is it a bath, a small square of chocolate? There could be many different things that ease these feelings- create a list and notice the difference when you do this action.

Practice things every day that reduce the overwhelming feelings- that might be meditation, noting, regular exercise. Don't wait for the feelings of anxiety, try whenever possible to do things to reduce those feelings regularly so they don't build up.

Without being overly negative, share some of your feelings with the people you are supporting. Some people may appreciate the more honest way of sharing

your experiences rather than an overly jolly approach and this may lead to more sharing from their side of the conversation.

Talk to your colleagues and your manager about how you are feeling.

Realise you are doing the best you can in very difficult circumstances, and you are making an amazing difference to people you are supporting.

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.

They said Poetry

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 did the paper say to the pencil?

Write on!

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

They said Poetry

They said.....

So I listened.....

They did not.....

So I waited....

They.....

So I watched.....

Then I finally.....

Or watch TV and as you hear a line write it down, then switch channels before writing another line. Re-arrange the lines to make a poem.