

June 17th 2020

Partnership Support for remote working

Good news

Samaritans have a great website about how to support someone you may be worried about. Visit www.samaritans.org.

Spend some time moving more today, can you walk around as you make a phone call for example?

How can you help?

Spend some time just being still and quiet. What do you notice?

Your Questions answered

How do I know what advice to give around Shielding etc if I am not sure which category people I am supporting are in?

It is really important to be aware that not everyone with Dementia should be shielding and you may be supporting some people who are carers or family members who might be for a multitude of reasons, it all depends on other conditions that the person may be living with.

It can be helpful to explore what the person is doing regarding Shielding and the advice they have gathered around their condition to affectively be able to suggest support. It isn't useful for example to tell someone to go for a walk in the park every day if they have been advised against this.

So, it is important to get the facts from the person you are talking to and also assess how they might feel about the associated risks around going out of the house. As just because they have not got a shielding letter, they may feel cautious due to a multitude of reasons.

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.

Matching card game

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

How does NASA organise a party?

They planet!

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

Matching card game.

Print the square cut and cut them out. Put them all face down on the table and see if you can match two of the same cards together.



