

June 22nd 2020

Partnership Support for remote working

Good news

Music for dementia have launched 5 themed radio stations designed to evoke memories. Have and look and listen here: <https://m4dradio.com>

Sheffield City Council are pleased to announce the return of the Green Fingers Garden competition for Council Tenants. Send your entries to

Green Fingers Garden Competition

Estate and Environmental Services

Corporate Mail Facility

Moorfoot Building

S1 4PL

After printing out your entry form found at
<https://www.sheffield.gov.uk/gardencompetition>.

How can you help?

Talk to another organisation in your area about what you are doing to support people and learn about what they are doing. It can be so beneficial to work together.

Your Questions answered

I am finding that I am getting more and more well-being calls to do during this period and sometimes cannot complete them all in the week. What can I do to enable people to be supported even when I cannot call them every week?

First of all, it can be helpful to manage people's expectations of support you can offer during this time.

Where appropriate link into online provision such as memory cafes etc.

Link to other services across the city to make sure you are supporting people by working together rather than both ringing the person on the same day and then not for a few weeks, for example.

Buddy people up (with consent from both parties) to ring each other regularly and check in. Although this may not be instead of your calls it can mean that a person gets more regular contact than you may be able to offer.

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.

Create an indoor work-out

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 sheep covered in chocolate?

A chocolate baa!

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



Create an indoor work-out

Try to stretch before and after.

Remember to start slowly to warm up and to finish slowly to cool down.

This could include:

- 10 leg raises whilst sitting down
- 10 arm raises, above your head whilst sitting down
- 5 standing up and sitting down from a chair
- 5 head twists from left to right
- 10 circles made by moving your arms
- 10 pointing and straightening your feet
- 10 straightening and bending your fingers
- 10 reaching from side to side

Or

- 50 batting some rolled up socks into the air
- 50 kicking some rolled up socks into the air

Or

- 10 touching your toes whilst sitting down
- 10 reaching to the sky whilst sitting down
- 10 reaching to the side whilst sitting down
- Hold your feet off the ground whilst sitting down for 10 seconds
- 10 crossing your feet over each other

Put some music on whilst you do the activities.

Move as slowly as you need to, going at your own pace and make it appropriate to you and your body.