

June 23rd 2020

Partnership Support for remote working

Good news

BBC radio 3 are doing home sessions from some of the world best classical artists recording from their own homes. Listen at 5pm- 7pm on BBC radio 3.

Sheffield mind have a new listening line service for anyone aged 50+ who is experiencing isolation, loneliness or anxiety. Call 0114 258 4489.

How can you help?

Spend some time outside today, noticing the nature around you and how light it is in the evenings.

Your Questions answered

I am finding it is more and more difficult to support carers as we often struggle to connect with them. Why might this be the case and what might we be able to do?

It is an incredibly difficult time for a lot of carers especially as there is little or no provision that they would be able to access outside of the pandemic.

It can be important to touch base with people regularly initially to create connections and to be able to signpost effectively. Creating rapport can take a long time.

With not much other support often carers are potentially not getting the respite they would normally, and so may not be having the time to ask for help or the time to assess the situation. It could also be that the person is in the pattern of caring and so doesn't see the need for support or how this may support them going forward.

Identifying as a carer can be a massive barrier, so sometimes it can but important to be aware of the terms you might be using to describe the person and also to explore how they see their role.

It might be that some of the people you support, also know of others in the area who are also struggling or may need some support.

Carers might be just waiting for things to open, thinking that this will happen earlier than what we are planning or suggesting through our estimates. It can be important to be open and upfront about the different time frames you are looking into.

Understanding how to link into services at the moment can be a massive barrier as venues aren't open and therefore links from other provision don't happen as naturally and we can be much more reliant than ever on other professionals knowing about our services. Don't be afraid therefore, to shout about what you do to other professionals and on social media.

With people not accessing community spaces in the same way it can be important to share information in your local area for people to access your service, this could be the local shops and post offices and might include telling the staff that work there too.

Linking to the carers centre in Sheffield can be incredibly beneficial in terms of support for them in their own right, should they want it.

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 to draw some flowers

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 librarians take with them when they go fishing?

Book worms!



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

Learn to draw some flowers

