

March 26th 2020

### **Partnership Support for remote working**

I don't know about anyone else but all the talk of this virus is making me very tired! Everything can feel very overwhelming at times.

### **Good news**

Mass home testing kits have been ordered and may be available in a matter of weeks. These are most likely to be available from your pharmacy.

Many places of worship are offering online ceremonies for those people online.

### **How can you help?**

COVID symptom tracker is an app that you can download that helps researchers track and start to understand the symptoms of COVID-19. You don't have to be experiencing symptoms to take part.

### **Your Questions answered**

**What do I do if a carer can't support the person living with dementia because they become seriously ill due to corona virus or another condition?**

Worried carers can get in touch with the adult social care first contact services. As you will understand these services are particularly busy at the moment but will assess each case on a case by case basis regarding professional carers attending.

You can contact them on 0114 2734567.

If it is that the person they are support would just require medication or food deliveries and remote telephone conversations. This can be arranged through their community hub the map for the provision in your area is here

<https://www.vas.org.uk/sheffield-covid-support-map/>



It is really important that at this time and moving into the future that carers make themselves known to their GP. If their GP knows they are a carer, support is more likely to be given if the carer requires medical attention.

*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.

Why not encourage people you call to give themselves a hand massage?

1. Shake your hands and wiggle your fingers
2. Pinch the tips of each of your fingers for a second.
3. Move along the inside and outside of your palms using your thumb
4. Use circular motions on the palm of your hands using your thumb
5. Pinch up and down your fingers from the bottom to the top.
6. Turn your hand over
7. Go to the space between your thumb and index finger, pinch here.
8. At the space between your thumb and index finger use a circular motion
9. Shake your hands and wiggle your fingers

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**

A man walked into a bar

Ouch

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