

June 26th 2020

Partnership Support for remote working

Good news

Explore many different places across the world through free tours and experiences on google arts and culture. The link is here <https://artsandculture.google.com>.

The moor market is open again for shoppers.

How can you help?

You can do this sitting or standing. Focus on how your body feels from head to toe, noticing each part.

Can you feel your hair on your shoulders or forehead? Glasses on your ears or nose? The weight of your shirt on your shoulders? Do your arms feel loose or stiff at your sides? Can you feel your heartbeat? Is it rapid or steady? Does your stomach feel full, or are you hungry? Are your legs crossed, or are your feet resting on the floor? Is your back straight?

Curl your fingers and wiggle your toes. Are you barefoot or in shoes? How does the floor feel against your feet?

Your Questions answered

Lots of people I support are looking to make their first steps out of the house after spending months indoors but they have lost their confidence and feel scared what can I do?

Encourage small steps to engaging once again, it might be initially that they only go for a really short walk or that they go to a local shop for a brief visit. This can then be built upon, either day by day or week by week.

The idea might be more about promoting a positive experience rather than being able to do everything that was done before the pandemic started.

Exploring the risk with the person may well be helpful, so weighing up the risks. An example might be, a visit to a small shop early in the morning when there aren't as many people, which promotes strict social distancing, whilst

wearing a mask has less risk than visiting a large busy shop without a mask and for a long 'big' shop. Helping to look at the risk and assessing it for themselves might enable them to feel more confident. This also means that you and your organisation move away from giving active advice surrounding coronavirus and what a person should or should do.

Checking in regarding how their first experiences of accessing the outdoors or shops more regularly can help the person feel further supported, linking into how they might feel and promoting further assessing of risk as they might start to become more confident.

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.

The T puzzle

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

Why should you never trust a clock?

It is usually second hand information!

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

The T Puzzle

Cut out the shapes below and re-arrange them into a capital T shape.

