

June 29th 2020

## **Partnership Support for remote working**

### **Good news**

Luminate are releasing films regularly to watch at home, showing how to harness your creativity. Watch the videos on their website

<https://www.luminatescotland.org/luminateathome>

There is a new relative support line available from Sheffield Teaching hospitals, call 0114 2267167 and the nursing team will call you back with an update.

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

Walk around your street and really notice what is around you. View it as a visitor would. Look more closely at the environment around you.

### **Your Questions answered**

**I am finding it really hard whilst either running online sessions or whilst speaking to people on the phone to know what to talk about, as most people don't see many people or have many things to report on. What do you suggest?**

It can be great to come up with a topic for your phone call or zoom meeting that you are going to talk about, the topic could evoke discussion, explore past experience or just be a different way of getting people talking.

Discussions points might include:

- Being an agony aunt or uncle- what would you do in a certain situation?
- Favourites- this could be musicians, food or whatever you can think of.
- Annoyances- sometimes it's good to have a good moan!
- Experiences- has anyone been to Wales, met the Queen, met their idol?
- Hopes- for the future, for others
- If you were in charge for the day what would you do?
- What can you see?
- Themed days- hat wearing day for example.

These discussion topics can be given in the previous call/ zoom meeting, to give people a chance to explore their answer and what they might think. Let the conversation flow, but make sure you give everyone an opportunity to speak or share theirs.

*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.

### Design your own scarf

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 sleeping dinosaur?**

#### **A dino-snore!**

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



## Design your own scarf

### What you need:

Plain scarf, permanent markers- lots of different colours, rubbing alcohol, a towel, newspaper and a paint brush.

1. Place your newspaper on a flat surface and then spread out your scarf.
2. Use the permanent markers to draw a design, whatever you fancy.
3. Lift the scarf and place the towel underneath it.
4. Paint the rubbing alcohol over the scarf, leave to dry.
5. Show off your scarf.