



## **August 2021 - #3 Emotional and Mental Wellbeing**

Tips for supporting a person with dementia through COVID-19 pandemic.

**Dementia Advisors are available for  
advice and support (or a chat) by phone and email**

Contact –Your local dementia advisor or

Email: [admin@dementiawellington.org.nz](mailto:admin@dementiawellington.org.nz)

Check **Dementia Wellington's Website** and **Facebook**

Website: [www.dementiawellington.org.nz](http://www.dementiawellington.org.nz)

Facebook: [www.facebook.com/dementiawellington](http://www.facebook.com/dementiawellington)

One of the challenges we often hear is the difficulty for people with dementia and their supporter to have some time apart. Obviously with everyone being at home, with no day programme and community activities going on this may be an increased challenge – for **both** supporter and the person with dementia.

Consciously creating a way to have mental and perhaps physical space apart and then using this time as best suits you will benefit you both. Make it regular and scheduled.

## Creating personal space

Set up a regular scheduled time for person with dementia to engage in a safe activity they can become absorbed in

Or

Set up a regular scheduled time for a phone call/video call for the person with dementia with someone they enjoy talking with

## Using this space

Think about what sustains you, what lifts your spirits and your energy, it might be -

- Cuppa with friend via phone or video call – skype, WhatsApp, Facetime
- A quiet time meditating
- Hard out physical exercise
- A creative activity
- Reading a book

During this time prioritise whatever works well for you each day, even for just a few minutes – this will lift your energy and ability to support person with dementia and it gives the person with dementia a break from you.

Be gentle  
with yourself.  
you're doing  
the best  
you can.

## Sources of information to support you with this

Carers NZ have some great ideas for how to have a break at home

[https://carers.net.nz/respite\\_item/breaks-at-home/](https://carers.net.nz/respite_item/breaks-at-home/)

Allright campaign - getting through together

[Getting Through Together | All Right?](#)

## Professional Supports

This time may escalate or create feelings of grief, anxiety, or distress, if you are experiencing any of these you may benefit from talking with a health professional – two are recommended below

### 1. WellElder

A counselling service for older people, or people caring for/supporting an older person living in the Capital Coast DHB area. (Website [wellelder.nz](http://wellelder.nz)) Don't hesitate to call and leave a message, no issue is too big or too small – often it just helps to talk.

**Phone 04 380 2440**

*\*Please note – WellElder is highly recommended by Dementia Wellington as the counsellors have a good understanding of dementia and associated issues*

### 2. COVID-19 mental health support

To talk with a trained counsellor **Call or text 1737** free, anytime, 24 hours a day, 7 days a week

NEED TO TALK?



free call or text  
any time

The New Zealand Government's website for information regarding COVID-19 [covid19.govt.nz](http://covid19.govt.nz)