



August 2021 - #2 Keeping occupied

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

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

Website: www.dementiawellington.org.nz

Facebook: www.facebook.com/dementiawellington

Supporting a person with dementia during this difficult time may be challenging, these tips may help

Helpful website information

Easy read COVID-19 information - [Easy read Covid 19 information](#)

Dementia Tips <https://www.dementia.org.au/resources/coronavirus-covid-19-helplets/tips-for-people-living-with-dementia>

Keeping occupied

Use Video calling - Zoom, Facetime, WhatsApp....

Video calling can help people with dementia stay connected, for some this might be easier than a phone call – **here are some guidelines**

- **Be realistic** - if person is not familiar with using these, they may struggle to set up or use without support
- **Limit number of people** on call to a maximum of four – anymore may be difficult for person to keep up with – (some may only manage one person at a time)
- **Establish regular call time** so it becomes part of person's new routine, and they have something positive to anticipate
- **Video calling during mealtimes** for people living alone may make mealtime more pleasurable (especially if others on the call are eating at the same time)
- **Plan topics to talk about before calling** – reminisce, discuss topics of interest – encourage opinion – ideally supporting person to talk rather than simply listening to you
- **If person lives in care facility** – call facility ahead of time to discuss their ability to assist person with video calling and best time to do this. (Likely to be late morning or early afternoon, avoiding mealtimes and staff handover)

Keep moving

- Yoga for seniors <https://www.youtube.com/watch?v=kFhG-ZzLNN4>
- Qigong: <https://youtu.be/cwlvTcWR3Gs>
- Exercise class: <https://hasfit.com/workouts/seniors/>

Stay in touch with nature

- Get outside in morning sunshine for 10 – 20 mins (will help sleep later) walk around neighbourhood (stay in bubble and keep 2 metres away from others) <https://covid19.govt.nz/travel/domestic-travel/walking-cycling-and-other-active-travel/>
- Do pre spring garden tidy up
- Pot up some cuttings (can be given as gifts later to people that helped you during this time)

- Set up bird feeder and watch birds
- Try star gazing on clear winter nights

Travel the world – without leaving home

- Art and culture lovers can peruse the Guggenheim Museum, take a (virtual) walk through national parks or visit the Taj Mahal thanks to Google Arts & Culture: <https://artsandculture.google.com/>
- Talk a walk around Disney World and Disneyland using Google Maps.
 - [Visit Disney World in Orlando, Florida.](#)
 - [Visit Disneyland in Anaheim, California.](#)
- If you looking for more thrill and adventure, you can also go on a virtual rollercoaster. There are plenty of virtual rollercoaster rides on YouTube. [Explore some of the many videos.](#)
- You can see what the baby snow leopards and the penguins are up to at Melbourne Zoo and Werribee Open Range Zoo by watching their live stream at <https://www.zoo.org.au/animal-house>

Back home in New Zealand

- Watch an Albatross chick grow up - [Royal Albatross Chick live cam](#)
- Visit Te Papa – online collection including video collection [Te papa videos](#)

Recommended app

- This app does require face to face contact, so only possible with people in your bubble
- <https://dementialearning.org.au/technology/a-better-visit-app/>

Life story

- Make a start on your life story – template here - www.dementiauk.org/for-professionals/free-resources/life-story-work/

The New Zealand Government’s website for information regarding COVID-19 <https://covid19.govt.nz/>

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