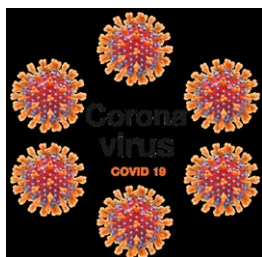


City and Hackney Dementia Alliance: Getting Through COVID-19 A Guide

What is COVID 19?



COVID-19 is a new illness. Lots of people call it coronavirus. It can affect your breathing and lungs.

Symptoms are a high temperature and/or a new cough.

Some people can get very ill if they catch the virus so are advised to stay at home to keep safe. You may have had a letter from the NHS advising you to stay home.

This guide has some information to keep you as safe as possible:

1. Important telephone numbers
2. Hygiene and Health
3. Exercises/Puzzles/Things to do while at home
4. Resources for you and your carer/family

1. Important Numbers



Make a note of your details here, so you have them to hand:

Your Name:

Your Address:

Your GP:

For help accessing food or medication:

London Borough Hackney Coronavirus Helpline: 020 8356 3111

City of London Coronavirus Helpline: 020 7606 3030

For advice about managing dementia:

Alzheimer's Society Support line: 0333 150 3456

For medical help:

Non-emergency: 111

Emergency: 999

Add the name and number of a trusted friend who supports you:

.....

2. Hygiene and Health

You or your carer should arrange for other people to bring you the things you need like food, medicine and essentials and leave them outside your door.



You shouldn't invite anyone who doesn't normally live with you into your home, except nurses and doctors and care workers.



Wash your hands regularly.



Use the phone to keep in touch with friends and family.



If you have symptoms such as a temperature or new cough call 111 or your GP.

In an emergency, contact 999.



Care workers, Nurses and Doctors who come into your home may look different.

They are wearing extra protection called PPE to help keep them and you safe.

You may see your nurse, care worker or doctor wearing a face mask, gloves and an apron.



3. Exercises, Puzzles and Things to do at Home

Here are some chair exercises to try at home.



|



Famous Faces. Can you name them?

1



2



3



4



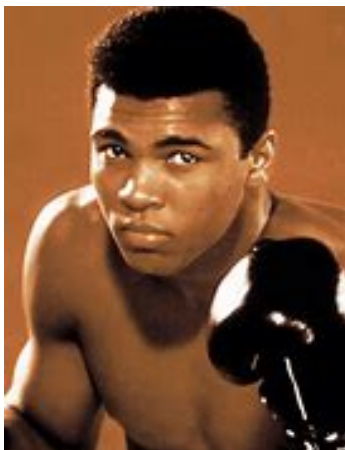
5



6



7



8



Answers: 1) Michele Obama, 2) Pelé, 3) The Beatles, 4) Elvis Presley, 5) The Queen, 6) Malala Yousafzai 7) Mohammed Ali 8) Jimmy Carter

Word search

Word Search—Wild Animals

P R E L E P H A N T L G O
D O H G O R I L L A N A E
C L R E P I P A R B E Z L
T M C H I M P A N Z E E E
A O E L I D O C O R C L G
L N N E E N P N P G G L D
G K I O F C O U G A R E R
O E P L T F T C E O P T A
H Y U A I L A O E N O Z P
T I C F G E M R R R O S O
R O R F E I U N I R O I E
A I O U R N S I I G A S L
W P P B A N E Y H A R P O

Buffalo

Chimpanzee

Cougar

Crocodile

Eagle

Elephant

Gazelle

Giraffe

Gorilla

Hippopotamus

Hyena

Leopard

Lion

Mongoose

Monkey

Parrot

Porcupine

Rhinoceros

Tiger

Warthog

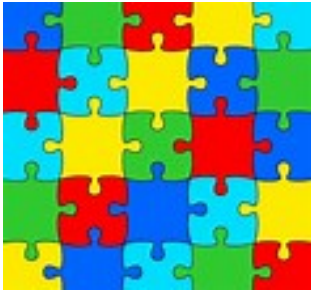
Zebra

Art.

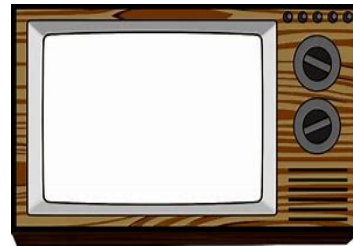


Other activities to try.

Jigsaws



Enjoying favourite TV shows or films



Listening to music



Phoning family and friends



Reading magazines and newspapers



Daily Exercise



Online Activities

If you can go online or have someone to help you, here are some ideas of things to do on a phone, tablet, or PC

- **BBC Music Memories** can help people with dementia reconnect with their most powerful memories. Go to <https://musicmemories.bbcrewind.co.uk/>. The site also has BBC Memory Radio.
- You can watch clips on YouTube about specific decades, film stars or sports. Go to www.Youtube.com.
- **At My House of Memories:** www.houseofmemories.co.uk you can create a 'memory tree' with objects, photos and videos. You could also visit the BBC Reminiscence Archive or British Film Institute (BFI) archive, which can help to spark favourite memories.
- Researching your family tree can be rewarding. Perhaps you can use this time to record your life history using a phone or tablet.
- You can also use a tablet or mobile device to download creative and activity apps designed for people with dementia. Got to www.AcToDementia.com.
- Other recommended apps:
 - Clevermind** – has speech recognition, games, and quizzes.
 - Lumosity** – has activities and games.
 - MindMate** – has a TV and music section, games & a life story section.
 - TheColor** – do colouring online and save, print or email it to friends.
 - Flower Garden** – build a virtual garden and create flower bouquets.
 - Pocket Pond** – feed and catch fish and customise nature effects.

4. Further Resources:

If you are supporting someone living with dementia here are some helpful organisations who can support you with information, advice and guidance:

Carers First Hackney

Provides information, advice and emotional support.

Can support you to create an “What if..” plan should you be unable to continue with your caring role, for example should you fall ill.

Phone: 0300 303 1555

Email: hello@carersfirst.org.uk

City and Hackney Carers Centre

Provides information and advice; online peer support group and 1-2-1 drop-in support. <https://www.hackneycarers.org.uk/dementia-discussions>

Phone: 020 8533 0951 (Monday to Friday 10am – 4pm)

Email: info@hackneycarers.org.uk

Dementia Specialist Admiral Nurses

Provides emotional support for carers and families.

Phone: 0800 888 6678 (Monday to Friday 9am-9pm, weekends 9am-5pm).

Email: helpline@dementiauk.org

City and Hackney Alzheimer’s Society

Phone: 020 8533 0091 (Monday to Friday 9am – 5pm)

Community Mental Health Team for Older People

Phone: 020 3222 8500 (Monday to Friday 9am – 5pm)

Out of hours Social Care Service

In an emergency call: 020 8356 2300

It is important for everyone to look after their mental health. Self-help therapies can be accessed through the NHS:

<https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>

