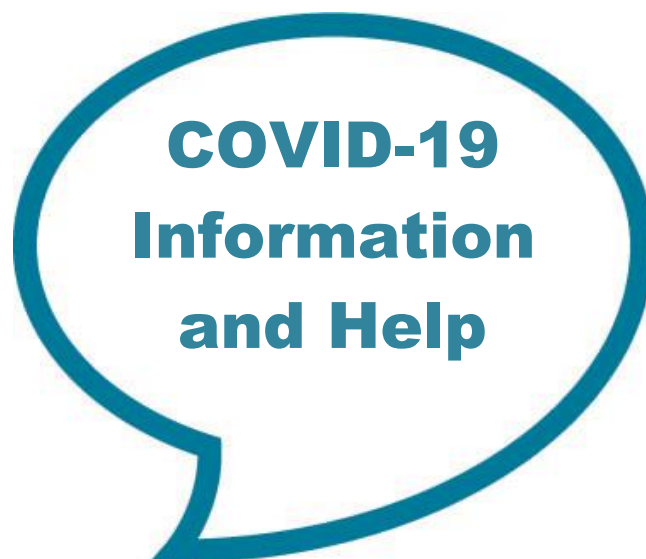


07 May 2020



# Newsletter for the Eden Area – Dementia and Coronavirus

This week's edition focuses on support for those with Dementia, aiming to give information, guidance and details of useful contacts during these challenging times. Daily updated information about Covid-19 is available on the Cumbria County Council website: [www.cumbria.gov.uk/coronavirus](http://www.cumbria.gov.uk/coronavirus)

## Information & Support from Alzheimer's Society

### Alzheimer's Society

We hope that you and your loved ones are safe and well. We understand this is a worrying time for everyone, especially for those affected by dementia.

If you or someone you care for are worried about coronavirus and need support and advice, call the Dementia Connect support line on **0333 150 3456**.

We are here to support anyone affected by dementia through this difficult time. Find out about the ways we can help you with practical tips and advice, information and support below.

### Dementia and Coronavirus

To prevent the spread of coronavirus, the government have advised that we must all stay at home. There are only a few exceptions to this, such as if you are a key worker or if you need to get essentials like food and medicine.

We have created advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance, to help during the coronavirus pandemic. These include:

- Helping prevent the virus from spreading by washing your hands often with soap and water (or if this isn't possible, a hand sanitiser). And cleaning things you handle a lot such as remote controls and taps.
- Arranging getting essentials like medicine and food, by speaking to your GP or local pharmacy, using online delivery services, or asking a friend, family member or community volunteer for help.
- Making a plan of what to do if you or the person you care for become unwell, such as leaving the number(s) to call prominently displayed.
- Staying active with [gentle exercises](#) and [activities](#) like reading, jigsaw puzzles, listening to music, knitting, watching or listening to the TV and radio.
- Keeping connected with family and friends by phone, post, email or Skype. This is a challenging time for everyone, but a phone call can make all the difference.

### Where can I get support and advice?

We can answer all your questions about dementia and give you tips if you find it difficult to follow the NHS advice about coronavirus.

- Call our Dementia Connect support line on **0333 150 3456**.
- Visit our [website](#) for the most up to date information and advice.
- Join our online community [Talking Point](#) where you can connect with others affected by dementia in a similar situation.
- Use our [Dementia Connect online support tool](#) to find dementia information and support that is right for you.

We are offering regular Welfare Calls for those who want to discuss their or a loved ones situation or ask for advice. We are also offering Companion Calls for people who are missing their social contact during this period.

We have already contacted all our existing service users to set up these calls, but we are here for anyone affected by dementia who may need our support at this time.

Our staff are currently working from home, but if you have a query you can contact the Cumbria regional office by leaving a message on **01228 819229** or sending an email to [cumbria@alzheimers.org.uk](mailto:cumbria@alzheimers.org.uk), both of which are checked regularly throughout the day.

## Information & Support from Dementia UK

### Dementia UK

Please remember that you never have to struggle on alone. If you have any concerns about caring for someone with dementia through the coronavirus (COVID-19) pandemic, please call the dementia specialist Admiral Nurses on our Helpline, on **0800 888 6678** or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

The Helpline is open seven days a week – 9am-9pm Monday to Friday, and 9am-5pm on weekends.

## Coping without support groups or day centres

As face to face day centres and support groups have closed, it is so important that you find other ways to give yourself some respite. This may include keeping in contact with members of the day centre or support group via social media, online forums or by phone. Some organisations have free activities, advice and support such as [Singing for the Brain online](#), and [Live Better with Dementia](#).

If possible, set up different areas around your home so that you can move from activity to activity; watch favourite films and musicals in the living room; listen to the radio in the kitchen; do jigsaw puzzles at the table; take walks around the garden, if you can.

Ask friends and relatives to bring you films, puzzles, music, games – anything you think the person with dementia might like to do. They can leave these outside the front door for you to maintain social distancing guidelines.

Go outside, ideally into your garden to limit contact with other people. Finding things to do outside or simply sitting in whatever sunshine we get will help. Fresh air and green space will help lift the spirits and also provide some stimulation. If you can, plant up a few pots with seeds or flowers that can be placed near the windows. If you have a garden shed, there may be some projects in there you can try – like making a bird feeder.

## Missing friends and family

If you have other people you usually see or who visit you, make a point of keeping in contact. Set up a regular phone call or video conversation with them, so that you are staying connected to the world outside and still checking in on the people you care about.

## Caring for someone with dementia that you do not live with

If you have a relative with dementia who lives with someone else, try and think about anything you can do to make this period of time easier for them.

Can you take or help arrange deliveries of groceries, or games and films? If they are not on the internet, can you keep up to date with the latest advice from the Government so that you can share it with them, or help them to follow it? Can you set them up on Skype or FaceTime etc., so that you can check in with them every day? Keeping in regular contact not only reassures people and gives them a connection to the outside world, but it gives them something to look forward to and a structure for their day.

These are very unusual circumstances and the best way through them is for us to look out for each other as much as we can. If you have any questions about supporting someone with dementia during the coronavirus outbreak, please call the Admiral Nurse Dementia Helpline on **0800 888 6678** or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

## Resources for Carers

The **Health Innovation Network** have put together a really useful guide to online resources for those providing care for people with dementia during this time. The guide can be found [here](#).

**Alzheimer's Society** have a range of online [resources for carers](#), including resources for looking after your own [health and wellbeing](#).

**Dementia UK** have some great online resources for [looking after yourself as a carer](#).

**Northern Health and Social Care Trust** have produced a really useful document with information on how to support people with dementia during the Covid-19 pandemic. The document can be found [here](#).

## Useful Contacts for Advice and Support

### **NHS**

Online: [www.nhs.uk](http://www.nhs.uk)

The above link has lots of useful information about help and support that is available for people with dementia.

### **Alzheimer's Society – National**

Telephone: Dementia Connect support line **0333 150 3456**

Online: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Alzheimer's Society – Cumbria Regional Office**

Telephone: 01228 819229

Email: [cumbria@alzheimers.org.uk](mailto:cumbria@alzheimers.org.uk)

For regular welfare or companion calls, and local support and advice.

### **Dementia UK**

Telephone: Dementia Helpline **0800 888 6678**

Online: [www.dementiauk.org](http://www.dementiauk.org)

### **Dignity in Dementia**

Telephone: 07771 682378

Email: [info@dignityindementia.org](mailto:info@dignityindementia.org)

Online: [www.dignityindementia.org](http://www.dignityindementia.org)

Local advice and support for people with dementia and their carers.



# **CORONAVIRUS**

## **WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS**

**Use soap and water or a  
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to **[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**