

Dementia during COVID-19: Tips if you have Dementia or you are a care-partner

No. 10

At last, Level 1. Although it's great getting back to normal, going down the alert levels can bring up mixed emotions. You might be excited to get back to your routines and see loved ones, but also have anxious feelings around going back to a loud, busy world of work and social expectations. It's perfectly understandable to have these mixed feelings and to feel overwhelmed by them. Even changes for the better can be disruptive to our wellbeing and can feel scary at times. Check out the Mental Health Foundation website for coping ideas at <https://www.mentalhealth.org.nz/get-help/getting-through-together/having-a-hard-time-getting-through/managing-mixed-emotions-through-the-levels/>

Unite for Recovery

Now we are in Level 1, the Government is urging us to Unite for Recovery, keeping in mind that there is still a global pandemic out there. Check out information at www.UniteForRecovery.govt.nz

Remember those still at home

Remember that those who are vulnerable and/or compromised through ill health and conditions such as dementia, may be still stuck at home or have to be very careful with social interaction. Be mindful and keep up the social distancing and good public hygiene.

Ease off the screens

The pandemic has us all glued to our smartphones, tablets, laptops and TVs. They have given us important information, vital social contact and much needed distraction. But now might be the time to ease off from the screens. Think about how you used to keep in contact and use leisure time.

Keep up the hygiene rules

Wash hands, use hand sanitiser, keep social distance from people you don't know, cough or sneeze into your elbow, don't socialise if you are unwell, and regularly disinfect shared surfaces.

Buy local

Buying local is a great way you can do your bit to support New Zealand businesses. Every purchase you make puts money back in Kiwi's pockets and will help get our communities humming again.

Buy New Zealand-made

Buying NZ-made keeps money in the country and helps New Zealand businesses thrive. It's a chance to experience the quality that our goods are known for worldwide.

Rest-home visiting

Visitors are required to register and make a declaration regarding not having an infectious illness. Visits may continue to be by appointment or pre-arrangement but should not be restricted. Check with the rest-home first. All respite and day care can recommence.

Continue to contact trace

We should continue to keep track of where we've been and who we've seen to assist with rapid contacting if it is required. Keep a small notebook with you to record your movements and contacts or use the NZ COVID Tracer app.

See New Zealand

Now is a great time to share the love by travelling within New Zealand... it's amazing what can be just around the corner... and help tourism businesses get back on their feet.

Back to driving longer distances

Winter has arrived, with fog, ice, snow, rain, shorter daylight hours and sunstrike. Check wiper blades, headlights and tyres and that your windscreen is clear inside and out.

Watch-out for shaded areas on the road, keep your distance from the car in front and if the weather is bad put your lights on.



If you think someone in your household is developing signs of COVID-19 phone your GP or contact Healthline on 0800 358 5453.

DEMENTIA CANTERBURY ... WHAT'S NEXT

Here at Dementia Canterbury we are planning a gradual return of services keeping in mind that Dementia continues to be one of the underlying health conditions that makes people more vulnerable, and that we must do all we can to mitigate risk.

From July, a number but not all our groups will resume, and some groups via Zoom will be maintained. If you are involved in any of our groups, you will be contacted about new dates.

Our community cafés will also resume in July.

For all groups and cafés, we need to have strict hand hygiene and contact tracing measures in place so will be collecting and recording information about all attendees.

Home Visits will resume from Monday 15 June, with the addition of a contact tracing form signed off at every visit. We will be closely reviewing the need to visit at home and not visiting if anyone in the home is unwell. Meetings/assessments can still take place via Zoom.

A big reminder please not to attend groups, cafés, or to have people in your home if you are unwell with cold or flu like symptoms. The advice is if you feel unwell at all, please stay home and limit your contact with others.

We will be recommencing some of our education sessions for care partners/family/whānau, but with smaller numbers.

Our open Community Education Programme will recommence in July.

We have recorded our latest Community Education session, focussing on what is dementia, from Dr Brian Deavoll, Consultant Psychiatrist of Old Age with the CDHB. See the video here

<https://vimeo.com/427226257>

This is the last of the COVID-19 flyers from Dementia Canterbury. We hope you've found them useful.

LEARN SKILLS ONLINE

Neighbours Online Aotearoa is a series of zooms and webinars that will run from 3 to 30 June 2020.

Some amazing people across Aotearoa will be sharing their skills online: cake decorating, community food hubs, winter gardening, rongoā mara, tree pruning, video editing, dream interpretation and how to host an online quiz. These winter workshops are designed to give you something to take back to your community. The webinar on rongoā gardening isn't just watching someone garden, they will be creating a rongoā garden in someone's backyard!

<https://www.neighboursday.org.nz/neighbours-online-aotearoa>

For advice or support from Dementia Canterbury please contact us:

PHONE: 0800 444 776 or 03 379 2590

EMAIL: admin@dementiacanterbury.org.nz

WEBSITE: dementiacanterbury.org.nz

The New Zealand Government's website for information on COVID-19 is [covid19.govt.nz](https://www.covid19.govt.nz)

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