

It is normal to feel anxious, stressed, fearful or lonely at a time like this. Covid-19 is changing our lives. Whether you are a person living with dementia or you are supporting a person with dementia, it is important to look after your wellbeing. The following are some tips for reducing anxiety and building resilience during lock-down and beyond.

MAKE GOOD CONNECTIONS

Keep connected with people you like and who help you feel safe and loved. Talk/see family, friends, support agencies through phone and internet, Skype, Zoom, Facetime, everyday. Check in with neighbours, while social distancing.

LIMIT NEWS TIME

Limit time and exposure to constant news updates. Separate facts from fiction. If media coverage is causing anxiety turn it off.

KEEP WITH USUAL MEDICATION

Keep to the usual medication regime. Phone or email your GP to get new prescriptions. Set reminders for taking medicines. Get the 'flu vaccination through your GP or pharmacy.

BE PREPARED

Who can you call if you need help urgently? Write it down so it is handy should you need it.

CONTINUE ACCESSING SUPPORT NETWORKS

Create a plan for friends/family to phone/Skype/Zoom/Facetime at agreed times of the day, particularly at times when anxiety is likely to increase.

FIND WAYS TO GIVE

Give compliments to each other in your bubble and to those who are helping you all to stay safely at home. Socially distance but don't emotionally distance.

MAINTAIN WELLBEING

Acknowledge feelings and remind yourself we are alone together. Lower the bar and expect a bit less of yourself and others. Make a list of what calms and restores you. Identify and agree on each person's quiet space.

KEEP LEARNING

Stay curious and engaging with the world around. Teach someone in your bubble a new skill or learn a new skill together

STAY POSITIVE

Go back to strategies that worked in previous times of stress. We are all working in this together to keep everyone safe.

KEEP ACTIVE

Physically moving can help you climb back down the anxiety ladder. Try Dementia Canterbury exercises (link over page). Engage in activities you enjoy (music, dance, being outside, silence)



HERE ARE SOME IDEAS IF YOU HAVE INTERNET ACCESS



There is a lot available on the Internet. Have a look at some of these sites:

THE SOFA SINGERS: Singing online bringing people together from around the world
<https://www.thesofasingers.com>

MUSIC FOR DEMENTIA: An inspirational musical guide for people living with dementia and their care-partners <https://musicfordementia2020.com>

CHRISTCHURCH BOTANIC GARDENS: A walk though the Christchurch Botanic Gardens
<https://www.youtube.com/watch?v=Y3JqLCfjBCg>

TRAVEL: Armchair travel, a sensory experience for seniors at <https://www.nzgeo.com/vr/>

CHRISTCHURCH LIBRARIES: You can discover the world from your armchair with ebooks, movies, magazines, newspapers, some of the resources at your fingertips at <https://my.christchurchcitylibraries.com/>

If you are already a library member, your library card and PIN is all you need. Online membership is available (free) at <https://my.christchurchcitylibraries.com/join-the-library/>.

SIT AND BE FIT DEMENTIA CANTERBURY ONLINE EXERCISES: See the next exercise video at <https://vimeo.com/404867867/7646b0c9e4>

IF YOU FEEL OVERWHELMED

Seek professional advice if anyone in your bubble, whether with dementia or not, feels overwhelmed.

- Check the Mental Health Foundation website for suggestions www.mentalhealth.org.nz or text 1737 at any time to speak to one of their trained counsellors.
- Call Lifeline on 0800 543 354
- Contact Dementia Canterbury on 0800 543 354 (office hours)

Remember the basics for avoiding Covid-19.

- Wash hands regularly or use hand-sanitisers
- Keep your (physical) distance, minimum two metres (length of a broomhandle)
- Stay at home, but if allowed to go out, stay in your neighbourhood
- Disinfect frequently-touched surfaces.

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

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