

Whether you are a person living with dementia or you are supporting a person with dementia, this is a challenging time for all.

Here are some activity ideas that you can do at home.

REMINISCING

Talk about famous people, previous travel, sports played. Look at old photos. Talk about school days. Discuss different experiences growing up.

LIMIT NEWS TIME

Limit time and exposure to the constant news updates. Canvas other topics for discussion.

KEEP A ROUTINE

Try to keep a routine, keep orientated to the day and time. Have regular meals and activities, brain stimulating in the morning, calmer in the afternoon and evening.

ACCEPT OFFERS OF HELP

Ask family or neighbours for help if you need groceries or medication picked up. Ensure you only get help from someone you know.

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.

SPEND TIME WITH NATURE

Arrange fresh flowers. Open the windows and listen for nature sounds. Take time each day to feel the sun on your face. Feed the ducks at the local park. Re-pot your pot plants

RELAX

Light a scented candle and listen to some music. Hand massage using hand lotion. Play board games. Read a book or some poetry aloud together.

BE CREATIVE

Make a family tree poster. Make a bird feeder to hang outside. Photograph the birds as they gather. Do a jigsaw. Keep a diary. Create a scrapbook.

GET COOKING

Make a favourite meal and try new baking recipes together. Create a fresh fruit salad. Pop some popcorn. Get creative with icing cakes and cookies.

STAY ACTIVE

Take walks around the garden. Do an autumn garden tidy-up. Rake leaves and stack firewood. Walk around the neighbourhood. Wash outdoor furniture. Polish silverware. Dance and sing to favourite music.



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:

CHRISTCHURCH ART GALLERY: Check in to <https://christchurchartgallery.org.nz/blog/behind-the-scenes/2012/07/collection-online>

CANTERBURY MUSEUM: Take a look at the latest online exhibitions <https://www.canterburymuseum.com/discover/online-exhibitions-overview/>

NZSO: Watch and listen at <https://www.nzso.co.nz/nzso-engage/engageathome/>

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:

<https://vimeo.com/402755004/27cb88f1a1>

TRY TO AVOID GOING OUT TO SHOP

If you can, have a family member or friend help you with your grocery shopping. If that is not an option try **Countdown Supermarkets Priority Assistance Service:**

- For people over 70 or those meeting other health criteria. See <https://shop.countdown.co.nz/shop>
- Applications must be completed online, but if you are not able to do this yourself, ask a family member or friend to register you .
- Register at <https://shop.countdown.co.nz/shop/register?returnUrl=%2Fshop%2Fcontent%2Fpriority-assistance&nextUI=true>

New World Supermarkets and the Student Volunteer Army:

- Grocery deliveries for the vulnerable and/or elderly
- Visit <https://sva.org.nz/> or if you are unable to do this, call 0800 005 902 (9am-5pm weekdays, 10am-4pm)

DELIRIUM can be triggered by becoming unwell and/or stressed. Be aware of the signs of delirium, usually indicated by a sudden escalation of dementia symptoms. See more in pamphlet No.2

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.**