

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

Dementia
Canterbury



No. 6

For many of us, living with Covid-19 at Level 3, which was introduced this week, will not be much different from how things have been in the last five weeks. While there are lots of activities we can still do in our homes and close neighbourhoods, we still have to be very careful about looking after ourselves and others inside our bubble. If you are over 70 or at risk because of existing medical conditions, you are best to stay at home. Here are some pointers about Level 3.

YOUR BUBBLE

You can expand your bubble to reconnect with close family/whānau or bring in caregivers or support people. Keep the bubble small and remember you can only connect with one other bubble. Once extended, keep your bubble exclusive. Contact a friend or family or the Police if you feel unsafe in your bubble.

MOVING AROUND

Stay in your local neighbourhood. Local travel is permitted for essential things like groceries, medical supplies and appointments. Travel between regions is discouraged. Travel around New Zealand is only available for essential reasons, and with consent from authorities such as the DHB.

RECREATION AWAY FROM HOME

If you are exercising away from home, enjoy your local park or beach (it might not be your favourite one). Keep dogs on the lead (and take dog poo home). Keep to the two-metre rule. Don't touch common equipment (such as exercise equipment in the park).

IF YOU'RE AT RISK

Stay at home if at all possible. Avoid supermarkets. Get others to do shopping or order online. Try not to touch surfaces. Countdown and New World supermarkets and the Student Volunteer Army can help with deliveries. See overleaf for details.

GATHERINGS

Some gatherings are now allowed on a very small scale. These are weddings, funerals and tangi, for only up to 10 people. Social distancing and infection control is required. All attendees are recorded. You are advised not to attend if you are at risk.

CONTINUE TO ACCESS SUPPORT NETWORKS

Keep up the contact with friends and family, who can't join your bubble, through phone/Skype/Zoom/FaceTime. Try for a regular time of the day, particularly at times when anxiety is likely to increase.

SUPPORTING LOVED ONES IN CARE

Visiting is still not permitted to people in residential care. Visit <https://www.dementiacanterbury.org.nz/events> and see our tips for supporting loved ones in residential care.

KEEPING ACTIVE

If you're at home soak up some sun, make a bird-feeder (instructions Flyer 5), try light exercise in the garden. Dementia Canterbury has three exercise videos available. There are lots of tips in our previous flyers. See overleaf for links.

STAYING POSITIVE

Go back to strategies that worked in previous times of stress. We are into the fifth week of lockdown but there is light at the end of the tunnel. We are all working in this together to keep everyone safe.

STAYING SAFE AND WELL

Take sniffles and coughs seriously and contact your GP if you have any concerns. Don't wait. Get the 'flu vaccination. Always carry ID when you go out, which is especially helpful if there is a chance of getting lost. Testing for Covid-19 is available at designated GP practices and at Community Based Assessment Centres. Check with your GP.

STAY HOME

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

Pizza for Dinner Anyone?

Pizza is always popular and an easy meal if a bit of television binge watching is on the agenda. It is also an activity which involves a range of skills, and one which most people can contribute to. It is also a great activity to do together.

You will need:

Ready-made pizza base
Cheese (grated)
Tomato sauce or pizza sauce
Oven tray
Grater
Sharp knife
Chopping board
Baking paper

Plus any of the following toppings that you desire/ have available:

Salami or ham (sliced), Tomatoes (sliced), Red onion (finely sliced), Mushrooms(sliced), Capsicum (de-seeded and sliced), Fresh herbs (finely chopped)

Method:

1. Preheat oven to 200 C
2. Line an oven tray with baking paper
3. Place pizza base on the oven tray
4. Spread the pizza with tomato sauce or pizza sauce
5. Sprinkle whatever toppings you are using on top
6. Bake for 10 – 15 minutes until crust is browned and the toppings are cooked

WHERE TO FIND HELP WITH SHOPPING, DEMENTIA CANTERBURY TIP SHEETS, EXERCISE VIDEOS AND OTHER USEFUL INFORMATION

Countdown Supermarkets Priority Assistance Service:

Register at <https://shop.countdown.co.nz/shop/register?returnUrl=%2Fshop%2Fcontent%2F-priority-assistance&nextUI=true>

New World Supermarkets and the Student Volunteer Army:

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

Dementia Canterbury Tip Sheets

Lots of ideas for staying well, staying safe and staying active

<https://www.dementiacanterbury.org.nz/events>

Ideas for supporting a loved one in residential care

<https://www.dementiacanterbury.org.nz/events>

Dementia Canterbury exercise videos

1. <https://vimeo.com/402755004/27cb88f1a1>
2. <https://vimeo.com/404867867/7646b0c9e4>
3. <https://vimeo.com/409327310/5b7221d10a>

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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