

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

No. 7

We are now into week six of lockdown when frustration, boredom and stress might be surfacing or increasing. Remember, we're all in this together, and even if we can't be physically in touch for whatever reason, it's important to stay connected in other ways. New Zealand is known for its manaakitanga (caring, showing kindness) and now more than ever we need to remember the power of kindness and uniting together. The team of 5 million is getting through this.

## Try Mindfulness

Spread calm not bugs: Wanderble (developed in Christchurch Ōtautahi) offers a free 28-day mindfulness course at <https://wanderble.com/isolation-course/> A guided audio programme delivered by email designed to keep us company and to encourage us to build a healthy new mindfulness habit.

## Looking after others

Check on older relatives or vulnerable people over the phone, talk to friends, whānau and neighbours over the phone. Drop essential supplies to those at home. You can leave them at the door. A smile and a nod can have a real impact too. Small gestures go a long way to getting us all through COVID-19.

## Grief and Loss during Covid-19

Suggestions from the Mental Health Foundation include delaying a memorial until a time when people can gather, creating a farewell with people in your bubble, letting go of expectations about how people express grief. Go to <https://www.mentalhealth.org.nz/assets/COVID-19/Grief-and-loss-during-covid19-level-4.pdf>

## Feel you're not coping?

It's important to talk with a health professional. For support text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week or call the Government Helpline on 0800 779 997, 8am to 10pm, 7 days a week. Tell yourself that it is ok to have these feelings, but things are getting better.

## Be entertained

A public library card gets you access to Kanopy at <https://christchurch.kanopy.com/> the Christchurch City Council's online catalogue of thousands of TV shows, movies and documentaries. If you don't have a card you can apply on-line for one for free.

## Learn new stuff

TED (Technology, Education and Design) Talks cover just about every conceivable topic under the sun. Learn something new at <https://www.ted.com/talks>.

## Using public transport

Public transport services have increased under Level 3. Travel is still restricted and only allowed for permitted movement in your local area. Physical distancing is required. Timetable information is available at <http://www.metroinfo.co.nz/Pages/default.aspx> or by calling Metroinfo on 03 366 8855. Don't use public transport if you are at risk or unwell.

## Safe deliveries

Contactless shopping has increased markedly. Establish a secure place for goods to be delivered. Not the letterbox or anywhere that can be seen from the street. You can set up Parcel Leave with NZ Post at <https://www.nzpost.co.nz/> or call 0800 501501. Report any suspicious behaviour in your neighbourhood to the police.

## Take a course

The Canterbury Workers' Education Association is offering a great selection of online courses for free (a koha however small would be appreciated when you enrol). Go to <https://cwea.arlo.co> or phone 366 0285

## Stay active using what you have at home

The Readers Digest has some great ways you can use things like a broom, a chair, cans of soup (great dumbbells for gentle arm raises) for exercise <https://www.readersdigest.ca/health/fitness/fitness-equipment-household-items/> See overleaf for Dementia Canterbury's gentle exercise videos.



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

### Uncooked Chocolate Fudge

This easy fudge slice recipe requires no cooking and is another example of an activity that a person with dementia can contribute to. For example, crushing the biscuits while someone else melts the mix on the stove... or vice versa. It just takes a little planning to work out who is best to do which tasks, while working TOGETHER.

#### **You will need:**

125 grams butter  
1 egg  
½ cup sugar  
1 tsp vanilla Essence  
1 Tb cocoa  
1 packet of Round Wine biscuits  
Slice tin  
Rolling pin  
Measuring spoons  
Large pot  
Wooden spoon  
Mixing bowl

#### **Instructions:**

1. Put a few biscuits at a time into a med- large, sealable plastic bag, and crush them with a rolling pin, or similar (eg tin of fruit from the pantry). They don't need to be terribly fine.
2. Place crushed biscuits into the mixing bowl
3. Measure into a pot the butter, sugar and cocoa
4. Melt slowly on the stove until blended
5. Remove from heat
6. Mix in egg and vanilla essence
7. Pour mixture over the crushed biscuits and mix together
8. Press into the slice tin with the back of the wooden spoon
9. Place in fridge to set (approx. 2 hours)

## DEMENTIA CANTERBURY HAS NOW PRODUCED FOUR VIDEOS FEATURING GENTLE EXERCISES YOU CAN DO AT HOME:

1. <https://vimeo.com/402755004/27cb88f1a1>
2. <https://vimeo.com/404867867/7646b0c9e4>
3. <https://vimeo.com/409327310/5b7221d10a>
4. <https://vimeo.com/414156927/c7b0a45ce3>

## WE WELCOME YOUR FEEDBACK AND IDEAS.

If you have any suggestions or would like a particular topic covered please email [admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz) or call 03 3792590.

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For advice or support from Dementia Canterbury please contact us:

**PHONE:** 0800 444 776 or 03 379 2590

**EMAIL:** [admin@dementiacanterbury.org.nz](mailto:admin@dementiacanterbury.org.nz)

**WEBSITE:** [dementiacanterbury.org.nz](http://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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