

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

No. 8

Covid 19 is an illness that can affect your lungs and airways. As an older person, and/or a person with an underlying health issue (Dementia) you may be more vulnerable to Covid 19. As we move to Level 2, you are still encouraged to stay at home as much as possible, avoid large gatherings and keep to a small number of people in your bubble. Under Level 2 the Dementia Canterbury Team will be returning to work at the office, but the office will remain closed to the public. We are not yet able to provide in-home visits, or community groups, but can talk with you about other options for support including regular phone calls from staff, and from companion caller volunteers and a range of Zoom groups. Please feel free to continue to talk with us about any concerns you may have. We are here to help you get through this. Call us on 0800 444 776 or 03 379 2590

## Play it safe

In Level 2 we have more freedom to move around but we have to still keep ourselves and others safe. Covid-19 is still out there. Wash your hands for as long as it takes to sing Happy Birthday twice. Keep your distance (two metres) in public. If you are sick stay at home. Record where you've been. Play it safe.

## Personal Movement

Movement in public is much less restricted and therefore requires more care. Keep to the two-metre rule in public particularly in places like shopping malls and where you are with people you don't know. Keep to the minimum of one metre in groups of people you know.

## Public venues

A lot more public venues are re-opening under Level 2. Places like museums, libraries, movie theatres, markets, restaurants and cafes. Hospitality venues can only serve customers if they are there to dine. Rules around venues like museums and libraries are being developed. See [www.covid19.govt.nz](http://www.covid19.govt.nz)

## Gatherings outside home

Events such as funerals and weddings can go ahead. Generally they must be of no more than 10 people. While this has been increased to 50 for funerals, do try to avoid large gatherings. They should last no longer than two hours. The names of attendees must be recorded. Make your own record of where you have been and with whom you've been in contact.

## Gatherings at home

You can have friends and family to your home but gatherings are limited to 10 people or the people you usually have in your house. Keep surfaces sanitised. Wash your hands. Keep numbers as low as you can.

## Health and beauty

Doctors, dentists, optometrists, physiotherapists etc can all be accessed, but phone first to see when/if a face-to-face consultation is necessary. Haircuts and manicures can also be accessed with special precautions in place.

## Visiting those in care

There are still restrictions in place around when and how many people can visit someone in care. These vary for each facility. Contact the rest-home to find out the rules.

## Exercise, sport and recreation

We are now much freer to do our usual sport and recreation but still need to take care. This includes walking and biking on conservation land, swimming at a public pool, and going to the gym. But there are restrictions. Check with your gym or pool.

## If you're at risk

If you or someone in your household has dementia, you might prefer to keep using internet shopping and deliveries. Keep outings to a minimum. Observe the restrictions regarding gatherings. Stick to socialising with people you know well in groups of no more than 10.

## Travel and Transport

You can travel around the country if you follow good personal health measures. You will need to keep records of what travel services you use and keep track of who you've been in contact with. Try to use public transport at off peak times. Try not to sit next to someone you don't know. Follow the transport operator's distancing instructions.



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

## ACTIVITIES TO DO TOGETHER

### Autumn Leaves

Go for a neighbourhood walk, or just in your garden and collect different, pretty-coloured leaves... press inside books. They are lovely to look at when pressed.

Once pressed (after several days), glue leaves to a card to give to someone, or make a collage on a large piece of paper or card.

Word build: How many words can you make out of 'leaves'?

### Listen on-line

Tune in during lockdown to hear stories read by Christchurch librarians, a chapter at a time. *Campfire* has been put together with our older adult community in mind and in collaboration with Age Concern.

<https://my.christchurchcitylibraries.com/campfire-stories-read-aloud-for-adults/>

### Activities in the garden

Watch and listen to staff member Lee Andrews discuss autumn garden activities at home and how to make two different bird-feeders.

<https://vimeo.com/417038688/78894b7cc2> – gardening video

<https://vimeo.com/417047550/351aa002e9> – pine cone bird-feeder

## TOTAL MOBILITY UPDATE

The Total Mobility Subsidy was increased on 14 April 2020 to be up to \$70 whilst New Zealand is at COVID-19 alert levels 3 and 4, up until 30 June 2020. Now we have moved into Level 2, the client share of TM fares will remain at 100% subsidy (up to the \$ 35.00 maximum subsidy cap per trip) until further notice. For TM trips over \$70.00 clients will need to pay the balance of the fare. Further information is due from NZTA on when the subsidy will change back to 50%.

## BEWARE SCAMMERS

The elderly, and in particular people with dementia, can be vulnerable to scammers. Netsafe warns people should never give any of the following information out to anyone they did not know on the phone or via email:

- Login details and passwords to any online account including banking, email, social media and trading sites
- Bank account and credit card details
- Address
- Phone number
- Birthdate
- Personal information linked to the security questions on your online accounts
- Driver's licence
- Passport details

Some scams to be aware of include emails or texts offering Covid-19 testing, cold calls offering investments, calls pretending to be health officials.

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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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