

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

No. 9

The Government has announced that we will stay at Level 2 COVID-19 alert until 8 June and that this be reviewed no later than 22 June, about four weeks from now. Advice at Level 2 still focuses very much on hand hygiene, social-distancing, and staying at home if you are unwell or at risk. If you have a loved one in care, visiting restrictions at some rest-homes are being relaxed. Check with the rest-home first.

Play it safe

COVID-19 is still out there. Keep your distance in public. Stay at home if you are sick. Wash your hands, wash your hands, wash your hands. Keep track of where you've been and who you've seen.

People at risk

People with dementia are at risk. Things you can do to stay safe include: Reconnect with smaller groups and try not to interact with too many people outside your own social circle (it won't be easy to do contact tracing if necessary); follow the two metre rule; wash hands regularly; avoid passing your mobile phone to other people.

Gatherings

From noon 29 May gatherings of up to 100 people can be held. Applies to gatherings at your home, and events at public venues. Maintain hygiene standards and meet existing record-keeping requirements for contact tracing. If in doubt, don't go out.

Public venues

Many public venues are now open, including museums, libraries, cinemas, markets and restaurants, cafes and bars. Hospitality venues are observing sign-in, separate, single server per group, and seated. Other public venues are also requiring sign in and social distancing of a metre.

Giving

Acts of giving and receiving give us a sense of purpose and self-worth. Compliment someone. Express thanks. Make a cup of tea for a companion.

Staying active

Being active can improve mood and decrease stress and anxiety. Go for a gentle stroll. Have walking meetings. Try some stretches. Do some gardening. Try Dementia Canterbury's gentle exercises (links overleaf).

Retail shopping

Help retail shops to meet COVID-19 regulations by signing in if required, keeping two metres apart instore and while queuing, use contactless payment methods, avoid shared surfaces, and use the hand sanitiser provided.

Stay connected

We all need to feel close to other people and valued by them. Stay connected with people around you. Talk or phone if you can instead of emailing. Have a shared lunch. Connect with an old friend.

Take notice

Become aware of the present moment, the sights, sounds, smells and tastes. Notice how the seasons are changing. Sit quietly in the garden or park. Listen to your favourite music. Take a break from digital devices.

Keep learning

Continuing to learn boosts wellbeing and resilience and can help prevent depression. Visit and art gallery or museum. Listen to a podcast. See overleaf for joining a performing arts programme. Listen-in to the Christchurch City Library talking books at <https://my.christchurchcitylibraries.com/campfire-stories-read-aloud-for-adults/>



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

AN ACTIVITY TO DO TOGETHER

Mini quiches (makes 12)

The following recipe is one that is used often by the volunteer McBakers group when they provide a contribution towards lunch/snacks at Ronald McDonald House. It is popular because it can involve several group members with dementia doing different tasks, culminating in these delicious savoury morsels.

You will need:

12 slices of sandwich bread
 1 cup of grated cheese
 3 eggs, lightly beaten
 salt and pepper
 2 Tablespoons of herbs such as parsley or chives, chopped
 1x 410g tin of creamed corn
 1 red onion, finely chopped
 Diced ham (optional) Baking spray/oil
 Knives for chopping/ slicing
 Chopping board
 Muffin tins
 Large mixing bowl
 Spoon or spatula, and fork or whisk, for mixing

Instructions:

1. Preheat oven to 190C
2. Lightly spray muffin tins with baking oil
3. Remove crusts from bread
4. Place a slice of bread into each muffin 'dish' to make the cases
5. Place in oven for 3-4 minutes to avoid soggy bread cases
6. In a bowl combine eggs, grated cheese, salt and pepper, chopped herbs, chopped onion and creamed corn
7. Carefully spoon into bread cases and immediately place into oven
8. Bake for 15 – 20 minutes
9. Leave to cool for a minute or two before serving.

DEMENTIA CANTERBURY HAS FOUR VIDEOS FEATURING GENTLE EXERCISES

1. <https://vimeo.com/402755004/27cb88f1a>
2. <https://vimeo.com/404867867/7646b0c9e43>
3. <https://vimeo.com/409327310/5b7221d10a>
4. <https://vimeo.com/414156927/c7b0a45ce3>

ONLINE PERFORMING ARTS ACTIVITIES

While COVID-19 levels are in place Christchurch-based Arts Integrated is offering a free online programme with a focus on the performing arts and music. Examples include: Instruments of the World, a fun series each week featuring a different instrument from around the world; fun and creative Shadow Art with activities ranging from the elements of music to different interactive songs and arts.

Check out other examples at <https://www.facebook.com/groups/915000128938735/>. The programme runs every Wednesday at 1.00pm. To join in, email artsintegrated1@gmail.com or go to <https://www.facebook.com/artsintegratedchch/>

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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