

## Useful Resources

### Gardens and Nature

- National gardens schemes, great for ideas or just to observe. <https://ngs.org.uk/virtual-garden-visits>
- Zoo camera's live such as <https://www.edinburghzoo.org.uk/webcams/penguin-cam/>
- <https://www.livingcoasts.org.uk/explore/penguin-webcam> <https://wildearth.tv/safarilive/>

### Theatre and culture

- The National Theatre Live in your home for free <https://www.nationaltheatre.org.uk/nt-at-home?>
- Explore Museums and collections virtually <https://artsandculture.google.com/>
- TV ad radio have selections of plays, drama and much needed comedy.
- The British Film Institute free films <https://player.bfi.org.uk/free/collections>
- Sparkle activity and reminiscence sheets. 8 week free subscription of Daily Sparkle <https://www.dailysparkle.co.uk/product/free-trial/>

### Music and Singing

- BBC radio has different genres on its stations , classical, pop, rock and roll, musical documentaries. <https://musicmemories.bbcrewind.co.uk/> this website can help with reminiscence.
- The Alzheimer's Society are organising "Singing for the Brain" each week on a Thursday Via Facebook <https://en-gb.facebook.com/alzheimerssocietyuk>

### Exercise, Yes we still need to do some!

- The Cuppa Routine, 4 simple exercises in the time it takes for the kettle to boil [www.youtube.com/moveitorloseituk](http://www.youtube.com/moveitorloseituk)
- Age UK exercise for people over the age of 50 <https://www.generationgames.org.uk/>

**If you do not have access to a computer, please contact your Dementia Advisor on 01752 435358 for printable activities.**

## Community Memory Pathway



### Activities for Carers supporting someone with Dementia during COVID-19

#### **Community Memory Pathway**

Top Floor Local Care Centre

Mount Gould Hospital

Plymouth, PL4 7QD

T. 01752 435365

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)

The Community Memory Pathway operates between 9am-5pm, Monday-Friday (not including Bank Holidays). Outside of core working hours there is an answerphone available but messages will not be picked up till the next working day. If your situation has changed and/or you require immediate action please contact Devon Doctors on 111. If your situation requires the Emergency Services please dial 999.

## The Importance of Routine

There will be a significant change in routine for people living with dementia. They may not have access to the activities that they enjoy which provide meaningful occupation.

It is likely that there will be changes to packages of care if care staff that normally comes to the house become unwell or have less time to spend with the person.

This may result in fewer interactions for people with dementia. As a result, they could become bored and also anxious. They may not understand the need for physical distance or why changes in routine are happening.

The person with dementia will also pick up on the emotions of their carers. The anxiety that carers experience will also be experienced by the person with dementia.












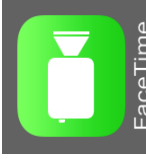

Purposeful, meaningful activity will reduce the distress and reduce their need to leave their home for company or occupation.

## Activity gives our days structure

- A predictable routine can provide a sense of safety and security.
- A planner, weekly or daily, in view, *an example attached* could be a useful tool.
- Use technology where possible to keep friends and family connected, Skype, Zoom and phones
- Ask others in the family to send a card or letter when possible.
- Focus on the activity rather than the end result.

## Communication is key to activities working well

If communication is more difficult the *conversation cards attached* may prove helpful to you both also support the persons understanding by using short sentences. Aphasia friendly resources such as conversation cards <http://www.aphasiafriendly.co/>

Monday	Morning Let's get the games out! 	Afternoon Make afternoon tea an event 	Daily 1hr exercise. Live stream: Theatre, shows concerts, nature
Tuesday	Morning Gardening together 	Afternoon Let's go to the movies at home 	Walk the Dog Sitting Exercises
Wednesday	Morning Who's for coffee? 	Afternoon QUIZ 	Volunteering Singing and be part of an online choir Painting or Sketching
Thursday	Morning Music from our favourite decade 	Afternoon Include a few treats too! SHOPPING LIST 	Read the Sparkle Listen to a play on the Radio
Friday	Morning Use photos to get started STORY OF MY LIFE 	Afternoon BINGO 	Watch a nature programme Read to each other Listen to an audio book
Saturday	Morning Have a go at painting/drawing 	Afternoon Connect with the family or friends FaceTime 	Watch some Sports Crafting, knitting
Sunday	Morning Have a go at a Jigsaw 	Afternoon AND RELAX	Dance around the Kitchen Reminisce Using photos, music and items