



COVID-19 DEMENTIA CARE

Resources With A Focus On Families And Informal Carers

key points from
**"Supporting Carers & Care Staff to
understand and respond...during the
COVID-19 pandemic"**

brought together by the Advanced Dementia Support Team: EoLP





Information taken from the following document:

(8 slides)

Supporting Carers and Care Staff to
Understand and Respond to
Changes in Behaviour in People with
Dementia During the COVID-19
Pandemic

Full Document here

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Keep on top of physical health

Changes in physical health contribute to changes in behaviour and emotional wellbeing.

- Is the person in pain?
- Do they have an infection?
- Are they experiencing a delirium?
- Are they dehydrated?
- Are they constipated, incontinent or need to use the toilet?
- Do they wear glasses and hearing aid, are these up to date and working?
- Does their medication need to be reviewed?
- Do they have any long term health conditions which need to be reviewed?
- Are they hungry, thirsty, or too cold or hot?



Communication

The person with dementia is likely to mirror your mood and behaviour.

Even if you are wearing a mask, the person can see the smile in your eyes.





Day by day activity

How we spend our day affects how we feel and how we behave.

Activity gives our day structure, occupies us and gives purpose and meaning to life.

Advice:

- A routine each day with a variety of activity to help provide a sense of safety and security
- Write the daily plan on a white board that is in view.
- Tick off each activity when it has finished.
- Remember 20 second hand washing
- Ensure activity items are thoroughly cleaned before and after use.
- Stay connected with family and friends – use Phone, WhatsApp call, video, audio note, Skype and Zoom apps to help. *Or just photographs during a call*
- Ask family to send letters, card, photographs, voice and video messages you can access at regular intervals.



...a list of ideas for activity at home

- Most people enjoy singing and this has a positive impact on mood.
- Offer a balloon to play with.
- Play skittles or bowls with a plastic ball.
- Choose some objects and pictures or photographs of famous people and engage in reminiscence.
- Recite proverbs and poems from childhood for reminiscence.
- Play music to "name that song".
- Play a game of colour bingo.
- Paint, colour, draw or make cards.
- Set up a gardening station at a table.
- Offer some activities that do not require active participation, such as listening to music or watching TV, a short audio book.
- Stream concerts from YouTube.





Ideas for isolation



- Check in with the person frequently to see how they are and engage in brief conversation.
- The person may need help to start an activity.
- Try a range of activities to see what they enjoy doing.
- Try to create a rummage box.
- Offer colouring or puzzles on paper or on a tablet or computer.
- Involve the person in tidying, cleaning or sorting cupboards in their room where possible.
- Offer photographs, pictures, books and magazines.
- Support the person to go outside if possible.





Anxieties.

- Telling someone not to worry or calm down usually doesn't help.
- Support the person to a quieter, calm place if they are distressed.
- Talk to the person and ask them what is upsetting them. Acknowledge how they feel, for example
"It sounds like you are feeling worried."
- A person with dementia may mirror and reflect your mood and behaviour. If you appear anxious, this may cause the person to feel even more anxious.
- Be patient with the person. A warm, positive and friendly approach will help.

Anxiety may escalate during the COVID-19 pandemic

The person knows that something is wrong and is missing their usual routine and visitors





When the person is wanting to leave ...

- Asking the person to come and sit down or telling them they cannot leave is unlikely to help.
- Find out where the person wants to go.
- Acknowledge how they might be feeling, for example,
"You're worried about your children ... Let's see if we can find out where they are"
- As you walk with them, ask them to help you to do something.
- Purposeful activity will reduce the person's need to leave.
- If the person is asking about their children or family they may be missing them. Support them to look at photographs of family if available.
- If the person is asking to go to work, tell them that they do not have to go to work today but you need them to help you with a job around the home.



Sleep, important for good health

Some things to consider ...

- Think about any physical health changes which may be disrupting sleep.
- Orientate the person to the time throughout the day.
- Reduce daytime naps and avoid caffeine in the evening.
- Ensure there is good light during the day and it is sufficiently dark at night.
- Ensure the person's bedroom is not too cold or not too hot.
- Ensure their bed is suitable and they have comfortable night wear.
- If the person experiences vivid dreams, nightmares or hallucinations at night, listen to them and provide reassurance.
- It can sometimes help to support the person out of their room for a short time before supporting back to bed.

