



Thinking of people living with dementia and their carers during coronavirus lockdown

The **Alzheimers Society** website has a lot of information aimed at supporting people living with dementia and their carers during the coronavirus situation:

www.alzheimers.org.uk/coronavirus

This includes:

- Information for people affected by dementia
- Activity ideas for people living with dementia
- Supporting a person living with dementia
 - At home
 - Living alone
 - From a distance
 - Who falls ill
 - In hospital
 - In a care home
- If a person with dementia in a care home falls ill
- FAQ and useful organisations

Dementia UK also have a special Coronavirus section of their website:

www.dementiauk.org/get-support/coronavirus-covid-19/

Dementia Oxfordshire have increased the support they provide by telephone but have stopped home visits. They are now providing practical advice about managing the Corona virus situation as well as providing Dementia specific advice.

You can call the Dementia Oxfordshire Support Line 01865 410210 Monday to Friday from 9.00 a.m. to 6.00 pm. Also have a look at their website: www.dementiaoxfordshire.org.uk

The “This is me” leaflet

At a time when we are all conscious of the possibility of someone known to us needing nursing or other care away from home, it may be worth having a look at the “This is me” leaflet.

This has been produced by the Royal College of Nursing and the Alzheimer’s Society. It is intended to provide health and care professionals with information about a person living with dementia as an individual. This aims to enhance the care and support given while the person is in an unfamiliar environment. It is not a medical document.

The leaflet can be found on the Alzheimer’s Society website: www.alzheimers.org.uk/get-support/publications-factsheets/this-is-me. Or Dementia Friendly Charlbury can provide a copy – phone Meryl Smith on 810192 or email charlburydf@gmail.com

“This is me” is about the person at the time the document is completed and will need to be updated as necessary. The form can be completed by the person living with dementia or their carer with help from the person with dementia where possible.

The "This is me" leaflet includes the following kinds of information:

- Full name and the name I prefer to be known by.
- Where I currently live, how long I have lived there, and where I lived before.
- My home and family,
- My life so far: Place of birth, education, work history, travel, etc.
- My hobbies and interests:
- Things which may worry or upset me:
- Things which may help if I become unhappy or distressed. What usually reassures me, eg comforting words, music or TV?
- My hearing and eyesight: Can I hear well or do I need a hearing aid? Do I wear glasses or need any other vision aids?
- How do I usually communicate, eg verbally, using gestures, pointing or a mixture of both?
- How do I indicate pain, discomfort, thirst or hunger?
- My mobility: Am I fully mobile or do I need help? Do I need a walking aid?
- Usual sleep patterns and bedtime routines.
- My eating and drinking: Do I need assistance to eat or drink? Can I use cutlery or do I prefer finger foods? Do I wear dentures to eat? List likes, dislikes and any special dietary requirements including vegetarianism, religious or cultural needs.
- My medication: Do I need help to take medication? Do I prefer to take liquid medication?

Meryl Smith