

Dementia and corona

Unsettling times for all of us, especially for people with dementia

Subjects today:

- how to communicate on corona without creating unnecessary distress
- how to stay in contact when visits are difficult/impossible

*how to communicate on corona without creating unnecessary distress*

Several websites offering good practices and advice for professional and informal carers, e.g:

- avoid a sense of insecurity: be aware of what you tell about corona, explain certain measures but don't turn it into too much or upsetting information; person centred care!
- Pharos Dutch centre of expertise on health disparities, offering easy to understand information on corona in several languages and with lots of illustrations: <https://www.pharos.nl/the-coronavirus/>
- nursing home staff to be aware of the threatening sight of someone with protective clothing, especially face/mouth masks; apron with large photograph of relative?
- try to maintain your daily routine, go out for a walk; nursing homes closed for visitors: in some cases a nursing home resident can be taken out for a walk
- until today day care centres, not being part of a nursing home, still available; now max 3 visitors ???
- for informal carers at home: try to find reliable help

*how to stay in contact when visits are difficult/impossible*

- use other ways to communicate: send a postcard, use Skype
- nursing homes receive tablets from it-companies to enable contact and to play games, with or without your relatives
- nursing home staff extra training to help residents to use the tablet, website offering easy to understand instructions
- special instructions for people with dementia

Tsjechie: hm Broulikova info advanced care planning; waarom zo weinig mensen op ic in NL?