



31/03/2020

Dementia Waikato

Some ideas for ways family/Whanau members to help pass the time, while supporting a person with a dementia diagnosis, during COVID-19 4 week lockdown.

Staying as active as possible is important. Assisting the person you are caring for to participate in activities regularly will assist with maintaining cognitive skills, reducing their anxiety, frustration, and may reduce aggressive behaviours. Give simple, clear instructions, and be prepared for people to assist the person to engage in the activities. Try and establish a daily routine, ensure the activities are safe, calming and most of all fun! Focus on enjoyment, not achievement.

Don't be afraid to try again, at another time if the person is initially reluctant to engage in the activity.

Take each day as it comes, and Carers please remember to give your selves routine breaks, whenever possible.

Electronic Ideas:

***Please note** that all links are external sources and not controlled or monitored by Dementia Waikato. Items with free trials may charge after the trial periods ends and will need to be unsubscribed by the user. Some free apps require in app purchases to progress further or enhance the experience.*

Keeping fit can be difficult when you're stuck at home. Why not try some online exercise classes – Just hold down Ctrl on the key board and left click the mouse on the below blue words:

[Yoga](#)

[LesMills free work out sessions](#)

[Seated](#) exercises

[Walk](#) at home

Online Games – no need miss out on those weekly game sessions:

[Mahjong](#)

[Sudoku](#)

[Word Search](#)

[Solitaire](#)

Entertainment: - movie night in or snuggled with a book?

[Broadway](#) – 7 day free trial of Broadway shows

[Disney](#) - 7 day free trial which includes all the classics

[Opera](#) - 7 day free trial

[Amazon](#) - free books to download

[Audible](#) - 30 day free audio book trial

Local Library – check your local library website for downloadable e-books. You will need your library card to sign up.

Some fun free Apps:

[3D Fish](#) - Dive into a beautiful 3D aquarium on your device! Customise your tank and interact with the fish, or just sit back and enjoy life in a beautiful reef.

[Talking Tom Cat](#) - With this game, you can talk to the main cat character, and he will repeat it straight back. Tom the cat, can also be prodded, stroked or brushed utilizing your smart device's tactile touchscreen.

[Colorfy](#) - Colouring in is a great way to relax. This app is full of images such as florals, animals, cats, nature, famous paintings, and mandalas to colour in.

[Relaxing Sounds](#) - This app contains a wide variety of soothing nature recordings designed to create a calming and relaxing environment for the listener. This may help some people to relax whilst going to sleep.

[Dementia Clock](#) - Dementia Clock uses visual cues to let the user know what time of day it is.

[Pop Bubble Wrap](#) – Fun and relaxing bubble wrap popping app. Great for people with more advanced dementia as this is a simple app that gives auditory feedback.