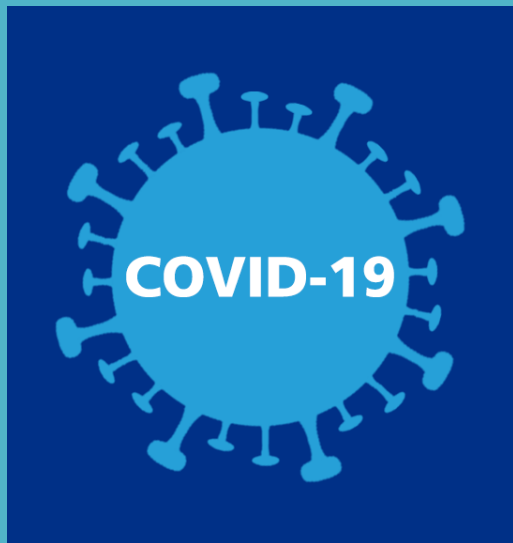


Dementia care during COVID-19

Conducted by Alzheimer's and Related disorder society of India, Hyderabad Deccan Chapter
(ARDSI HYD)



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Psychologist and Counsellor, ARDSI Hyderabad
Early Career researcher, (ARDSI) STRiDE



Dementia and COVID-19

Challenges due to Coronavirus (COVID-19) faced by people living with dementia and their caregivers and families.

Social distancing,
isolation and changes
in routine



- Increased feelings of stress, anxiety and confusion for people with dementia,
- Can even make the person's dementia symptoms worse
- Maintaining Social distancing can be a challenge, with people with dementia as some of them need round the clock care

KEEP CALM
AND CARRY ON





Dementia during COVID-19

Persons with dementia can sense our discomfort and anxiety about the situation



Making them further confused and restless





Tips for Dementia care during COVID-19

☐ Ensure you follow the **COVID- 19 guideline**

(<https://www.mohfw.gov.in/>)

☐ **Ensure you have adequate supplies:** household supplies and medications on hand for two weeks – Do Not Stockpile!



ARDSI. REMEMBER THOSE WHO
CANNOT REMEMBER
HYDERABAD DECCAN CHAPTER

Ministry of Health and Family Welfare
Government of India

NOVEL CORONAVIRUS (COVID-19)

Help us to help you

There is enough of everything, everyday for everyone
Don't Panic | Don't Rush | Don't Overstock

Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.

Have patience and keep calm while shopping for essential goods/medical supplies

Avoid frequent trips to the market to buy groceries/medical supplies

Avoid shaking hands and hugging as a matter of greeting

Avoid non-essential social gatherings at home

Don't allow visitors at home or visit someone else's home

Observe social distancing at all times
If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

Together we will fight COVID-19

For information related to COVID-19
Call Ministry of Health and Family Welfare, Government of India's 24x7 Control Room Number
1075 (Toll Free) | 011-23978046 , Email at ncov2019@gov.in , ncov2019@gmail.com

mohfw.gov.in @MoHFWIndia @MoHFW_INDIA mohfwindia

ckayp 17102/13/0032/1920



Tips for Dementia care during COVID-19

☐ Practice ~~social distancing~~ **Physical distancing**, but not social isolation.

Make use of available technology to keep in touch with family and friends, whether it be by phone, email, video call or social media.

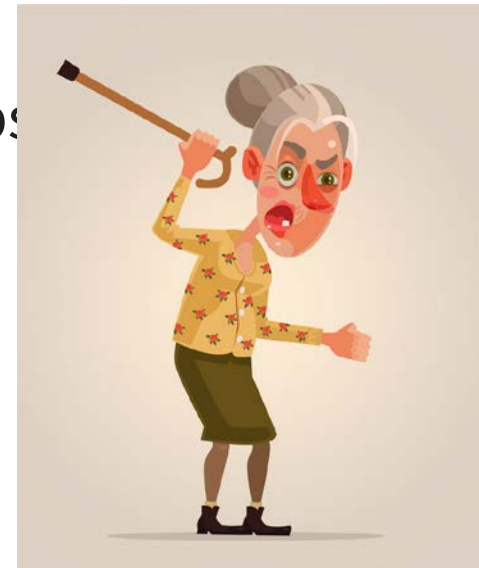




Tips for Dementia care during COVID-19

Do not panic if you have visitors:

- If you have attenders, home helps, cleaning or food delivery persons coming, keep hand sanitizers available for everyone to use before or after the visit.
- Use disinfectant on exchange of packages, disinfect your door knobs
- Maintain physical distance on contact





Tips for Dementia care during COVID-19

- ❑ **As much as possible, try to maintain your daily routine.** Remain active, physically and mentally.

For caregivers

For Persons with dementia

For rest of the family

- ❑ Switch and rotate caregiving – **Get respite**

- ❑ **Continue dementia loved ones routine!**





Tips for Dementia care during COVID-19

Continue dementia loved ones routine! Try not to make changes in their activities if their daily living

- Try to keep meal times and sleeping time as before,
- Do **NOT** make changes in their environment

Try to understand what they like and would like to do

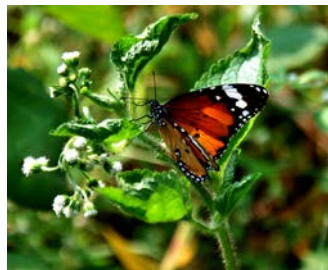
- Involve them in meaningful activities – To support cognitive stimulation
 - Eg. Play their favorite music, old movies, gardening, board games, daily chores, anything that they are interested in and have done all the time
 - Sensory stimulation, calendar events etc





Purpose of meaningful activities

- To delay the progression of Dementia
- To elicit positive emotions and cut down challenging behavior and psychological symptoms in dementia (BPSD)
- To foster verbal as well as non verbal communication among person with dementia
- Maintain abilities & independence
- To Improve confidence
- To Improves quality of life and social well-being

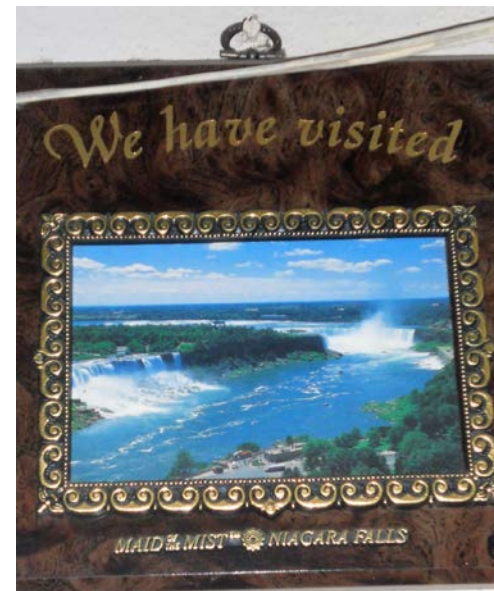
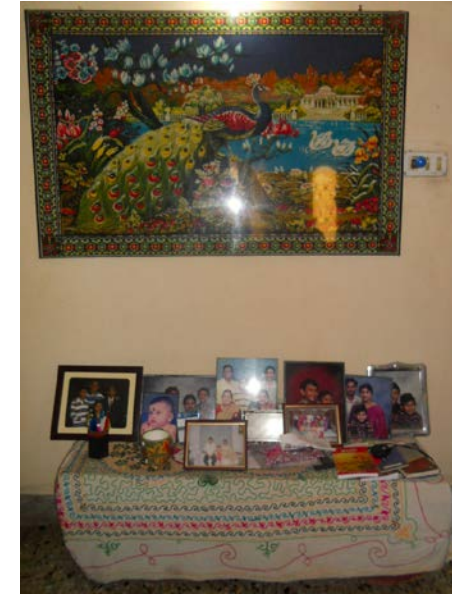




Purpose of meaningful activities

Reminiscence therapy works well

- Memory Boxes
- Old photo albums
- Recollection of life events , places lived or visited
- Listening old songs & watching old movies
- Group talks and discussions etc.

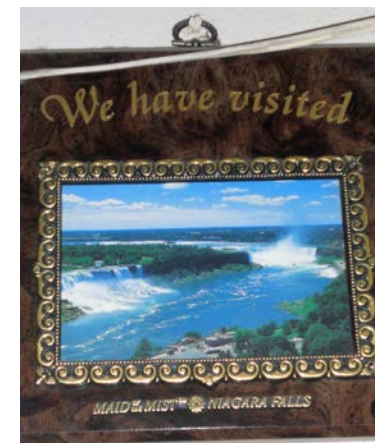




Purpose of meaningful activities

Reminiscence therapy works well

- It can help to increase self-esteem, especially where there is an ethos of respectful and attentive listening
- It gives an opportunity to deal with painful memories in a supportive environment with people who will understand
- Friendship through Reminiscence: especially
- important for people whose long-term
- relationships and friendships may have faded away





Tips for Dementia care during COVID-19

Try to understand unmet needs

Non verbal communication

Caregivers :
Remember
communication
is the key !!





Tips for Dementia care during COVID-19

Trying to do everything by yourself will leave you exhausted. Seek the support of family, friends and caregivers going through similar experiences. Tell others exactly what they can do to help.

- Speak up
- Spread the responsibility
- Set up a regular check-in
- Say “yes” when someone offers assistance
- Be willing to relinquish some control





Tips for Dementia care during COVID-19

- Stay connected with support groups,
- Watch your diet and exercise
- Get plenty of rest
- Learn to Laugh
- Meditation, breathing exercise
- Do an activity you love, such as gardening / Music/ dancing. Relive your hobbies and interests
- Making sure that you stay healthy will help you be a better caregiver

**Caregivers:
Control the
Stress!**





Tips for Dementia care during COVID-19

Write down instructions for care:

- Make a list of available services in case of emergency for eg doctors, clinics and pharmacies and their contact information
- Keep handy the medical files and history
- Post and keep emergency contact numbers handy for all





Dementia care during COVID-19

ADI offers advice and support during COVID-19:

<https://www.alz.co.uk/news/adi-offers-advice-and-support-during-covid-19>

COVID-19 India <https://www.mohfw.gov.in/>

Tata trust toll free number for Senior citizen – 14567

Looking for someone to speak to?!
Counselling help for children & family during this lockdown?

**FREE SUPPORT CALL / CHAT SERVICE FROM
PROFESSIONAL PSYCHIATRISTS AND
PSYCHOLOGISTS**

Handling children during isolation/lockdown
Handling fears and mood swings
Addressing issues of physical abuse
Use of Internet by children
Facing loneliness/boredom
Languages : Telugu, English, Hindi

CONTACT

Dr. I. Bharat Kumar Reddy	9701699200 - 10 am to 12 noon
Dr. O. Jyothi	8297157343 - 9 am to 11 am
Dr. K. Anil Reddy	9160468595 - 4 pm to 8 pm
Dr. Aparna Badagala	8185920034 - 11 am to 1 pm
Dr. Prachi Chaturvedi	9948893076 - 11 am to 1 pm
Siva Shankar Avula	9182084495 - 6 pm to 8 pm
Clelia Kiran	9742814301 - 3 pm to 7 pm
Shifra Natalia Lodi	8332810883 - 1 pm to 4 pm & 6 pm to 8 pm
Shreya Mondal	9432113319 - 2 pm to 4 pm

SUPPORT ENABLED IN PARTNERSHIP WITH ASHA HOSPITAL
& UNICEF HYDERABAD





Thank you

Reach out us on ardsihyd@gmail.com
www.ardsihyd.org



ARSI. REMEMBER THOSE WHO CANNOT REMEMBER
HYDERABAD DECCAN CHAPTER

DEMENTIA CARE DURING COVID-19

Dementia Caregivers Support Meeting

Conducted by

Alzheimer's and Related Disorders Society of India (ARSI)
Hyderabad Deccan Chapter (ARSI HYD)

ARSI Hyd is inviting you to a scheduled Zoom meeting.

Topic: Dementia care during COVID-19

Time: Apr 5, 2020, 04:00 PM IST

OPEN TO ALL

Join **Zoom** Meeting: <https://us04web.zoom.us/j/3933005221>

Meeting ID: 393 300 5221

Reach out to us:

Bala Tripura Sundari: 9849548977

Saadiya Hurzuk: 9004528557

www.ardsihyd.org

Email: ardsihyd@gmail.com



@ardsihyd



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