

## COVID-19 DEMENTIA CARE STRATEGIES & TIPS

Non-Covid+ Dementia Care Resident's Characteristics	Strategies & Tips to Keep Engaged During Social Distancing & Stay-in-room restrictions	Things Family & Loved Ones Can Do Instead of Visiting
<b>Active, not able to stay in room.</b>	<ul style="list-style-type: none"> <li>• Provide facemask.</li> <li>• Keep family informed of activities that the resident can still participate in.</li> <li>• Attempt to find space for movement – provide cueing for social distancing.</li> <li>• If equipment is available, try virtual reality entertainment.</li> </ul>	<ul style="list-style-type: none"> <li>• Call by phone or video chat.</li> <li>• Send letters and emails.</li> <li>• Provide tools for staff that may engage resident.</li> <li>• Send “Care Packages” with family photos, favorite treats, puzzle books, etc.</li> <li>• Assist in compiling memory or rummaging boxes in areas of interest.</li> <li>• Assist staff in planning best activities and tools for their family member.</li> <li>• Send or drop off a DVD player with favorite movies. Or, a CD player with favorite music.</li> </ul>
<b>Able to stay in room and self-occupy</b>	<ul style="list-style-type: none"> <li>• More frequent check-ins by staff just to say Hi.</li> <li>• Aroma therapy.</li> <li>• Calming music.</li> <li>• If equipment is available, try virtual reality entertainment.</li> </ul>	
<b>Able to stay in room with activity provided, but needs assistance to initiate</b>	<ul style="list-style-type: none"> <li>• Determine individual activities and attention span.</li> <li>• Provide or initiate activity such as “<a href="#">memory box</a>”, video/TV show of interest, folding clothes, drawing, etc.</li> <li>• Check back and initiate new activity based on attention span.</li> <li>• If equipment is available, try virtual reality entertainment.</li> </ul>	
<b>Easily agitated by changes in routines</b>	<ul style="list-style-type: none"> <li>• Aroma therapy.</li> <li>• Calming music.</li> <li>• Robotic pets.</li> </ul>	<ul style="list-style-type: none"> <li>• Schedule a regular time with staff to call or video chat with your loved one.</li> </ul>
<b>Used to daily contact with family/Loved Ones</b>	<ul style="list-style-type: none"> <li>• Virtual pets if of interest.</li> <li>• Photo books of family.</li> <li>• Virtual family visits on facetime, skype, IN2L, phone.</li> <li>• Provide one-on-one activities.</li> <li>• Ask families what residents most enjoy during their visits and try to replicate.</li> <li>• Provide treats and snacks.</li> </ul>	<ul style="list-style-type: none"> <li>• Send “Care Packages” with family photos, favorite treats, puzzle books, etc.</li> <li>• Record voice message that can be played by staff for resident.</li> <li>• Create short video saying Hi, Good Morning, or Good Night that can be played.</li> </ul>
<b>Needs calming in evening</b>	<ul style="list-style-type: none"> <li>• Favorite movies or TV programs.</li> <li>• Radio shows.</li> <li>• Call/Video chat with family.</li> </ul>	<ul style="list-style-type: none"> <li>• Record a Good Night message that can be played by staff.</li> </ul>
<b>All Dementia Care Residents</b> <ul style="list-style-type: none"> <li>• <a href="#">Tips for Dementia Caregivers in Long-Term or Community-Based Settings (Alzheimer's Association)</a></li> <li>• <a href="#">Emergency Preparedness: Caring for persons living with dementia in a long-term or community-based setting (Alzheimer's Association)</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Get to Know Me worksheet</a> for new or temporary staff to understand the person, their interests, and level of ability.</li> <li>• Minnesota Historical Society tools <ul style="list-style-type: none"> <li>• <a href="#">Create-a-memory-tree</a></li> <li>• <a href="#">Create-a-memory-box</a></li> <li>• <a href="#">My-house-of-memories-app</a></li> </ul> </li> <li>• Virtual museum tools <ul style="list-style-type: none"> <li>• The <a href="#">Louvre</a> and <a href="#">Musee d'Orsay</a> in Paris</li> <li>• The <a href="#">British Museum</a> in London</li> <li>• The <a href="#">Rijksmuseum</a> in Amsterdam</li> <li>• The <a href="#">Guggenheim</a> in New York</li> <li>• The <a href="#">Vatican</a> and its <a href="#">Sistine Chapel</a> in Rome</li> <li>• <a href="#">Google Arts &amp; Culture</a>: 500 virtual museum tours</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Record voice message that can be played by staff for resident.</li> <li>• Create short video saying Hi, Good Morning, or Good Night that can be played.</li> <li>• Assist in completing a “Get to Know Me” sheet or poster for the resident's room.</li> </ul>