Coronavirus (COVID-19)

A collection of online resources for people with dementia, families and carers
INTRODUCTION

The outbreak of Coronavirus (Covid-19) is heightening our awareness of the challenges an illness, viral or otherwise, may cause for older adults and those who struggle with health conditions, loneliness, and isolation.

With changes now occurring on a daily basis, staff in healthcare settings are finding new, more flexible ways of working and we are starting to see how these positive changes are impacting on how we deliver the most appropriate, coordinated and compassionate care for those who are most vulnerable.

As far as we know dementia itself does not increase the risk for Covid-19, the respiratory illness caused by the new coronavirus, however, dementia-related behaviours, increased age and common health conditions that often accompany dementia may do so.

There is lots of publicly available information on Covid-19 provided by many organisations. We would recommend that people with dementia, carers and family members follow the guidelines provided by the HSE.

This list is by no means exhaustive, and will be updated regularly in time with new developments. If you have a trusted resource that has been helpful to you, do let us know by emailing dementia.office@hse.ie and we can update this information.

We have separated the information into three themes – Medical, Practical and Emotional – and included helplines and links to other helpful organisations.

We hope this guide can help you to stay safe, well and connected during this time of crisis.
Covid-19 is a new disease and therefore questions around how it affects our health, how we can avoid it spreading and how to protect each other may arise. Recommendations such as hand washing, self-isolation and cocooning may be difficult to understand or remember for a person with dementia and practical guides, posters and videos can help people to retain the information. In addition it can be helpful to plan for any emergency that may arise.

GENERAL COVID-19

HSE Coronavirus information

Plain English terminology of Covid19 NALA

World Health Organisation information

PREVENT THE SPREAD

HSE Hand Hygiene Video

Wash your hands – Cheeverstown

Cough and sneeze – Cheeverstown
SELF ISOLATION

- HSE self isolation information
- Social Distancing explained—Enable Ireland

COCOONING

- HSE Cocooning information
- DSiDC Cocooning factsheet

EMERGENCY CARE PLAN

- Family Carers Ireland care plan
- Care Alliance Backup Plan
- My care passport

INFORMATION FOR MINORITY AND ETHNIC GROUPS

- HSE Covid 19 translated resources
- Alzheimer Europe Information for Minority and Ethnic groups
When following the government’s advice on how to reduce the risk of Covid – 19, supporting a person with dementia in the home or from a distance may be challenging. At the same time keeping up activities, staying physically and emotionally well is especially important and keeping up healthy routines and conducting meaningful activities together can be helpful.

**PRACTICAL**

**DAILY ACTIVITIES FOR PEOPLE WITH DEMENTIA AND CARERS**

- Alzheimer Society of Ireland factsheets
- DSiDC factsheets
- Living well with Dementia South Tipperary
- Engaging Dementia resources

**USE OF TECHNOLOGY FOR VIDEO CALLS**

- DSiDC video calls factsheet
SUPPORTING...

A PERSON WITH DEMENTIA AT HOME

Tallaght University Hospital support tips
Alzheimer Society of Ireland
Alzheimer's Association
INDI - Eat well, stay well

A PERSON WITH DEMENTIA LIVING ALONE

Tallaght University Hosp support tips 1
Alzheimer Society of Ireland vulnerable people
Alzheimer UK support info

A PERSON WITH DEMENTIA LIVING IN A NURSING HOME

Alzheimer Society of Ireland
Nursing Homes Ireland advice
Infectious disease outbreaks, like the current Covid-19, can be worrying and can affect your mental health. While you may be anxious there are things you can do to help stay healthy and support the person you care for during this time.

LOOKING AFTER YOUR MENTAL HEALTH

- HSE mental health advice
- HSE supports and services guide
- Mental Health Ireland advice

MINDFULNESS PRACTICE

- Short guide to mindfulness
- Beaumont hospital resources on mindfulness
- Headspace mindfulness app
MANAGING CHANGING BEHAVIOUR

Alzheimer Society of Ireland

Changing behaviour UCSF

MANAGING ANXIETY AND FEAR

Spunout anxiety advice

Health anxiety CCI Australia

COMMUNICATION

Alzheimer Society of Ireland

HSC Northern Ireland
In times of crisis, it is important to notice that there are several organisations providing helplines with practical and emotional supports.

- Alzheimer Society of Ireland 1800 341 341
- Alone 0818 222 024
- HSE Live 1850 24 1850
- Senior Help Line 1800 80 45 91
- Aware Support Line 1800 80 48 48
- Samaritans 116 123
OTHER USEFUL ORGANISATIONS AND INFORMATION

There are a number of organisations across the country who are working to support vulnerable people, including people with dementia during Covid-19.

Age Action & Irish Red Cross COVID-19 Hardship Fund

An Garda Síochána

An Post

County Council Community Response Forums

COVID-19 Community Outreach (CCO), The wheel & Irish Rural Link

Western Alzheimer