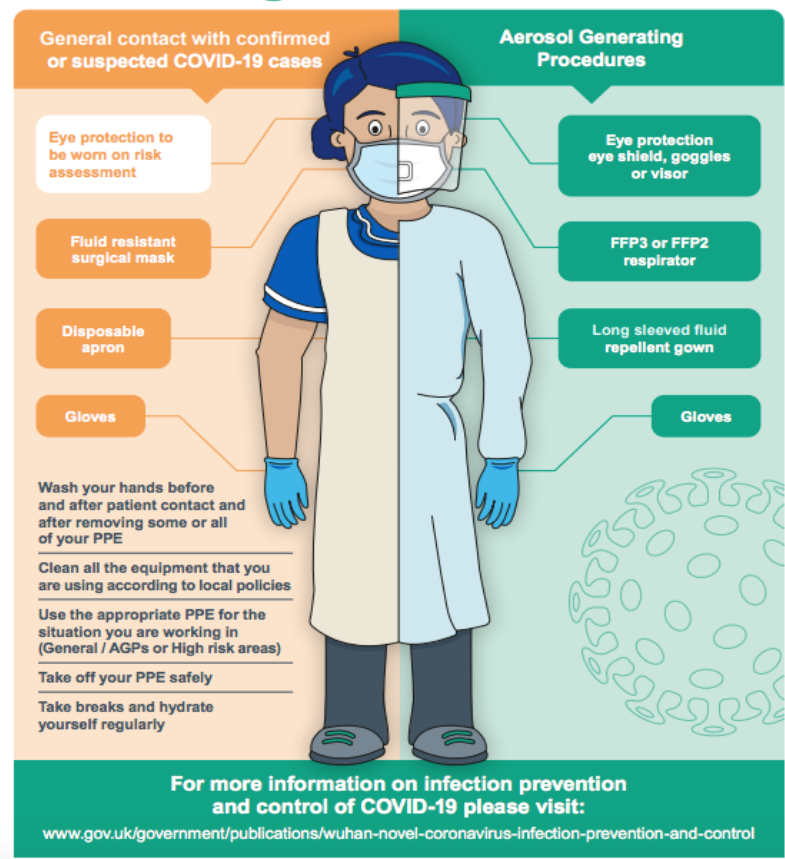




Guidance and PPE considerations when supporting people living with dementia #CovidCareWales

COVID-19 Safe ways of working

A visual guide to safe PPE



- Staff should know what PPE they should wear for each setting and context. Guidance can be found at : <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe>
- Staff should prepare themselves before interactions / engagements and where possible use names badges that comply with infection control guidelines. Examples of these can be found at : www.aphasiafriendly.co/covid-19-accessible-information.html. You may need to bring attention to these names badges frequently for the person living with dementia.
- Staff should familiarise themselves with care plans and completed biographical tools of the people they are caring for / supporting. Tools like READ ABOUT ME or THIS IS ME will support care delivery and enable personal connections. <https://www.alzheimers.org.uk/getsupport/publications-factsheets/this-is-me>
- Staff can 'buddy up' or partner together. A combination of experienced and new staff can be helpful, not only to the work areas but also to the person with whom you are supporting and caring for.
- The skills you use to put someone at ease are as usual: use gentle touch, talk about their family, likes and interests, notice and comment on things in the environment. All these things can provide comfort and reassurance to the person living with dementia.
- Staff should be encouraged to take regular breaks and rest periods.
- Staff should be encouraged to notice and share how they are feeling, People living with dementia will pick up on non- verbal communication such as body language. Take a deep breath and try to be calm. This resource may help you explain PPE: <https://www.getcheckedoutleeds.nhs.uk/wp-content/uploads/2020/04/Personal-Protective-Equipment-PPE-poster-2020-1.pdf>

Product / Situation	Barrier	Considerations
<p>1. Social distancing</p> 	<ul style="list-style-type: none"> • Reduced connections with others. • The person you are supporting may not understand or remember the need for social distancing? 	<ul style="list-style-type: none"> • Follow core public health advice • Remain 2 meters apart (3 steps away). Adapt an open and support stance (side on) • Be positive and reassuring in manner, expressions, and speech. • Use the environment around you as an engagement tool / prompt. Notice and comment on things like colours and shapes for example. Be curious about the person's likes and dislikes in their response. • Speak clearly <p>General information can be found at: https://www.alzheimers.org.uk/get-support/coronavirus-covid-19</p>
<p>2. Stay at home</p> 	<ul style="list-style-type: none"> • Reduced physical activity and the practise of daily skills. • Covid -19 has changed routines for everyone including those living with dementia. 	<ul style="list-style-type: none"> • Ensure carers and people coming into the home of a person with care needs should follows hygiene and infection control guidelines. • Make the most of technology that can keep you in touch and connected with family and others. Set reminder just before to inform you that their message or call will be coming soon. • Try and make the most of virtual networks / groups in your local community or national support organisations. Occupation and activity ideas can be found at : https://healthinnovationnetwork.com/wp-content/uploads/2020/04/Maintaining-Activities-for-Older-Adults-during-COVID19.pdf

3. Approaching the person



- PPE equipment can be frightening for people living with dementia as they may not recall the situation or even the need for it after explanation.

- When needing to approach because you need to go into a person's personal space, ensure you STOP 3 meters away. This area is referred to as public space and allows for the person living with dementia time to take in visual cues.
- Allow the person time, do not approach too quickly as to avoid a startle reflex.
- Knock on the person's door or on an object within the environment. Give the verbal prompt of 'knock, knock' at the same time. This provides a familiar statement and verbally would indicate to the person that you wish to engage, enter / approach them.
- Use the person's preferred name and introduce yourself by name and role. When supporting PLWD be ready and flexible to provide this introduction again if needed.
- After your introduction, acknowledge any PPE equipment that you are wearing and provide a comfort statement for this. For example, 'I'm sorry I look silly today, I'm here to help'. Gesture to your name badge, giving a thumbs up and smile with your eyes – YES you can see this! And it's important.
- Depending on the person you could make a joke about any PPE equipment you are wearing it to help the interaction.

4. Washing hands



- Dementia kills brain cells in the part of the brain that is responsible for processing logic, fact, and reasoning. It can also impair the person's ability to see things from another person's point of view. Therefore,
 - The person living with dementia may forget the current recommendations of handwashing practises.
 - The person living with dementia may not understand why handwashing is so important to others currently and struggle to see things from your point of view.
- Teepa Video <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
 - People living with dementia may need reminders and/or written reminders and support to remember important hygienic practices - Consider placing signs (picture and words) in bathroom and kitchen areas.
 - Hand washing could be encouraged by using a familiar hand wash with a pleasant - familiar smell. If appropriate, moisturise hands afterwards and bring attention to the actions, motion, and scent.
 - Demonstrate and allow the person living with dementia to participate in handwashing at the same time. This could be a 'together activity'. Talk about what is happening during this activity, for example the smell of the soap, notice the bubbles and the warmth of the water etc. This same method can also be used to applying alcohol hand gel.
 - Set reminders on digital devices to inform that its now time to wash our hands. This can be done with a 'how to' audio prompt. You could also set a 20 second timer if that is helpful for you.
 - How to wash your hands : <https://www.getcheckedoutleeds.nhs.uk/wp-content/uploads/2020/04/How-to-wash-your-hands-1.pdf>

5. Gloves



6. Aprons, faceguards, and face masks.



7. Surgical long-sleeved gown



- The person may be frightened or suspicious of the equipment.

- Teepa video : <https://www.youtube.com/watch?v=T9Fgbr0oEw8>
- Slow your movements down, trying not to move your hands around too much as this can be distracting and confusing.
- If necessary, offer a pair of gloves to the person you are supporting. Demonstrate and talk the person through putting the gloves on themselves if this is what they want to do and it helps reduce the anxiety of the situation.
- SLOW DOWN - Use rhythm in your voice, your expressions are now coming from the speed, pitch, and tone of your voice. People living with dementia will pick up on it.
- Gesture frequently by pointing, demonstrating or bring attention to things that support what you are saying.
- Use visual aids to re-enforce the meaning behind your purpose or actions. Picture cards can be a helpful tool.
- Give additional reassurance in different forms, writing this down for example may be helpful.
- Personalise as much as possible. If you can have a picture of yourself on the gown. If you do not have pictures, then a sticker with your name and role would give the person some visual cues.
- Have rhythm in your movements, this will give an indication of what is expect is happening next. This can be done by gently rocking to and fro in the desired direction.
- Keep an open posture
- Mirror behaviours, (be side by side with the person) this indicates active listening and that you are in the moment with the person. It can also provide a sense on reassurance.

8. Environment



- Be aware of what looks and feels different in the environment due to Covid precautions.
- Think about the senses, what is familiar/calming/reassuring? smells, tastes etc?
- Use familiar music if appropriate to either calm or engage the person.
- Try to reduce unnecessary noise as this can be distressing.