

# Supporting Residents During COVID-19

There are lots of resources available online to support residents during the pandemic. Check out our other crib sheets to learn the basics of how to use your device and access search engines to explore the internet. This will help you to unlock a huge range of activities and ideas out there.

## *Fun Things to Do*

You can use technology to access a huge variety of things to do. The internet has millions of pages with ideas on that are suitable for all ages, and lots of these are available for free. Use your search engine to search for ideas and resources.

There are also apps available for most devices that let you do puzzles, listen to music, watch videos, and much more

**The National Activity Providers Association (NAPA)** have some great resources online activity resources and ideas: <http://napa-activities.co.uk/membership/free-resources>

**NAPA** also have an Arts in Care Homes Project with guides and top-tips to make it easy to run arts projects in care homes: <https://artsincarehomes.org.uk/>

**The Alzheimer's Society** has some helpful tips for people with dementia to keep active and purposeful: <https://www.alzheimers.org.uk/get-support/coronavirus/activity-ideas-dementia>

If you're interested in a pen pal project have a look at Postcards of Kindness which encourages people to write and send postcards to residents in care homes: <https://www.ageuk.org.uk/discover/2019/october/postcards-of-kindness/>



## *Exercise*

During lockdown many people who would normally be able to go out and exercise have found that they have been unable to do so.

**The NHS** has a web page with sitting exercises: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>

**Oomph! Wellness** have simple and fun at-home exercise programmes for the over-60s: <https://oomph-wellness.org/2020/03/26/at-home-exercise-programmes-for-the-over-60s/>



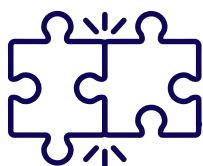
## *Music*

You can use the internet to listen to music through apps such as **Spotify**, **Amazon music** or even **YouTube**. These can be used to create playlists of a person's favourite music.

There are also other resources based around music. Here are a few of our suggestions:

The **BBC** has a website called **Music Memories** which lets you find different types of music across the decades to help people reconnect with their most powerful memories: <https://musicmemories.bbcrewind.co.uk/>

**Live Music Now** has produced videos of live musical performances which can you can use to bring a concert into your care home: <https://www.livemusicnow.org.uk/lmnathomecare>



## *Puzzles & Quizzes*

There are lots of apps available for tablets and smartphones that offer puzzles such as jigsaws, crosswords, and Sudoku. Lots of websites also offer printable puzzles if you don't have a device of your own to use.

Another way to stimulate the mind is through quizzes. NAPA have produced a range of short quizzes in their Things to Do newsletters: <http://napa-activities.co.uk/membership/free-resources#things>

## Virtual Visits

Since the start of the coronavirus outbreak many stately homes, museums and art galleries have started to offer virtual tours and visits. You can access these by visiting their websites. Try using your search engine to find these or have a look at the following links.

Travel + Leisure magazine has selected 12 virtual tours of museums around the world:

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

House Beautiful Magazine has produced a list of 10 historic homes you can virtually tour:

<https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>

# Checklist ✓ ✗

Follow our simple Do and Don't checklist

## Do

- Spend some time getting to know what your residents would like to do.
- Try searching for the things your residents enjoy doing using your internet enabled device. There's a good chance there will be resources available.
- Try using technology devices to connect to the wider world beyond the care home, including staying in touch with family and friends.

## Don't

- Feel that social distancing has to mean boring. Although you might not be able to do all the things you'd usually do, it doesn't mean you can't try something new.
- Be afraid of using technology to deliver activities usually done in person.
- Submit personal details to access online quizzes, puzzles or activities.