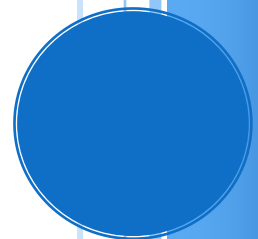




# SELF ISOLATION

## *Wellbeing Pack*

Created by the The Meadows Therapy Team and Memory Assessment Service.



## WELLBEING PACK

We have put together 'Well-being' packs for you as we know this is a difficult time for many and we recognise people may need a little more help and support than usual.

We are here for you, to support as much as we can.

We know self-isolating can be difficult and we hope that this pack with advice and information will help you to stay well at home.

We know you may be home but please remember you are not alone.

Best wishes,  
All at The Meadows.

## Contents

- ✓ Helpful advice for keeping well at home
  - ✓ Activity Menu
  - ✓ Relaxation Tips
  - ✓ Deep Breathing Exercises
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    - ✓ Grounding Techniques
    - ✓ Diet and Fluid Advice
  - ✓ Regular Exercise Suggestions
    - ✓ Top Tips for Sleeping Well
- ✓ Dementia UK – Advice for people with Dementia and their families during Coronavirus
- ✓ Groups and Charitable organisations to support you

## Helpful Advice for Keeping Well at home

1. **Establish a daily routine.** Routines provide structure and purpose.
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
5. **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
6. **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance? This might be a good opportunity to re-connect on the phone with old friends, people you haven't spoken to in a while and to give you a sense of purpose by helping others who may be feeling lonely and anxious.
7. **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water, to help boost your immune system and energy levels.
8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence.

Sourced from the Royal College of Occupational Therapists

# ACTIVITY MENU

This activity menu presents example activities that can help keep you occupied and can provide a sense of achievement, pleasure or connection to others.



## Animals

Play with your pet if you have one  
Bird watching from your window or garden  
Listen to the birds



## Mind

Daydream  
Meditate  
Pray  
Practise yoga  
Try relaxation exercises  
Sit by the window where you can look out over a view of trees or the sky



## Be active

Home workouts  
Online exercises  
Cleaning your home  
Dancing to music  
Going up and down the stairs



## Cook

Cook a meal for yourself  
Cook a meal for someone else  
Bake a cake / cookies  
Find a new recipe



## Self Care

Take a bath/shower  
Wash your hair  
Give yourself a facial  
Take a short nap  
Trim your nails



## Shop

Shop online for groceries (if permitted)  
Shop online for clothes (if permitted)  
Plan what you want to purchase



## Creative

- Draw a picture
- Paint a portrait
- Take a photograph
- Doodle / sketch
- Organise photographs
- Make a photograph album
- Start a scrapbook
- Finish a project
- Do some sewing / knitting
- Colouring



## Clean

- Clean the house: each day focus on one room
- Clean the fridge and oven
- Clean your shoes
- Do laundry
- Do some chores
- Organise your wardrobes
- Clean cupboards



## Watch

- Watch a movie
- Watch a TV show
- Watch a YouTube video



## Music

- Listen to music you like
- Find some new music to listen to
- Turn on the radio
- Make some music
- Sing a song
- Play an instrument
- Listen to a podcast



## Kindness

- Help a friend online or over the telephone
- Make a gift for someone
- Make a list of your good points
- Make a list of things or people you are grateful for



## Plan

- Set a goal
- Create a budget
- Make a 5 year plan
- Make a 'to do' list
- Make a 'bucket list'



## Connect with people

- Contact a friend
- Join a new group
- Join a political party
- Join a dating website
- Send a message to a friend
- Write a letter to a friend
- Reconnect with an old friend



## Mend

- Repair something in the house
- Repair your bike
- Make something new
- Change a lightbulb
- Decorate a room



## Try something new

- Try a new food
- Listen to some new music
- Watch a new TV show or movie
- Read a new book



## Learn something new

- Learn a new skill
- Learn a new fact
- Watch a tutorial video
- Learn a new language



## Read

- Read a favourite book
- Read your favourite website
- Buy an Ebook



## Schedule

Get up extra early

Plan your day

Stay up late

Sleep in late

Tick something off your 'to do' list



## Write

Write a letter with compliments

Write an angry letter

Write a grateful letter

Write a 'thank you' card

Write a journal / diary

Write your CV

Start writing a book

The key is ROUTINE...  
Establish a daily routine which  
will provide you with structure  
and purpose.



## Life Story (activity idea)

Life Story work is an activity in which you gather and review past life events and build a personal biography. It is used to help you understand and remember past experiences and capture important memories for reminiscence.

This Life story template is a guide. The idea is to use the topics relevant to you.

Things that could be included: Photos, post cards, poems, songs, programs, leaflets, newspaper cuttings, recipes, certificates and cards.

Topics:

- Childhood (Where you were born and about the place you grew up, school - teachers, subjects, friends. Experiences – childhood holidays, events you remember in the news at that time. Childhood hobbies)
- Family (Marriages and births, the people in your family and family tree, pets, family stories)
- Work (Jobs you have had, the training you did e.g. college, apprenticeships, university etc. Your feelings about work)
- Friends (Friends you have and how you know each other. Stories about friends and what you enjoy doing together)
- Hobbies and interests (Things you enjoy e.g. sport, gardening, art, music, cooking, baking, DIY, collecting, eating out, cars, fashion, dancing, animals etc. How you got into the hobby/interest, why you like the hobby/interest)
- Travel and Holidays (Places you have been, places you would like to go to, types of holidays you enjoy and why)
- Religion / Spiritual beliefs / Culture
- Information on things you like/dis-like
- Your personality (sense of humour, skills, what makes you laugh? What makes you happy? What makes you angry? What makes you sad? What makes you worry? What you are proud of?)

## Relaxation Tips

Relaxation doesn't have to take up lots of your time. Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.

### Try active relaxation

- Relaxation doesn't have to mean sitting still – gentle exercise can help you relax too.
- Take a walk, going at your own pace. You might choose to go for a longer walk, but even a few minutes of walking can help you feel relaxed.
- Read a book or a magazine, even if it's only for a few minutes.
- Run yourself a bath, watch a film, play with a pet or try out a new recipe.

### Get creative

- Getting in touch with your artistic side can help you feel more calm and relaxed.
- Try painting, drawing, making crafts, playing a musical instrument, dancing, baking or sewing.
- Try not to worry too much about the finished product – just focus on enjoying yourself.

### Focus on your breathing

- Learning to breathe more deeply can help you feel a lot calmer.
- Breathe in through your nose and out through your mouth. Try to keep your shoulders down and relaxed, and place your hand on your stomach – it should rise as you breathe in and fall as you breathe out.
- Count as you breathe. Start by counting 'one, two, three, four' as you breathe in and 'one, two, three, four' as you breathe out. Try to work out what's comfortable for you.

**(See Below)**

## Deep Breathing Exercises



Place one hand on your stomach.

Breathe in through your nose to the count of four,  
allowing your stomach to swell.

Hold for the count of two.

Breathe out gently through the mouth to the count of five,  
allowing your stomach to return to normal.

Count to two and inhale again.

At first this technique may feel uncomfortable; some  
people will have been breathing wrongly for so long it has  
become normal to breathe faster.



If you start to feel anxious or panicky, find something else to occupy your mind. We can only focus on one thing at a time, therefore if you focus on something else that is more pleasant or engaging it is harder to think of those negative thoughts.

Some examples of things you may find useful are...

- ✓ Engaging in some form of mentally stimulating activity such as writing out a plan for the next job you have to do, do a work search, Sudoku or reminisce about a nice event or keep a relaxing image in your head. Plan how you would decorate the room you are in, what you would make for a nice meal and maybe what you would do if you won the lottery...
- ✓ Focus on what is happening around you. Count the number of objects around you/that you pass on a journey beginning with a letter of the alphabet. Count the number of people on the TV, try and work out as much about them as possible from their appearances.
- ✓ Keep physically occupied, negative thoughts start entering your head when you are at home, as this is now going to be the case for many, try and make sure you go for that walk and do exercises were possible in the home or the garden. By doing this you are using some of your adrenalin that can make you feel tense and release some good endorphins.
- ✓ Practice breathing techniques (see above), when we get anxious our breathing can become quicker and shallower. Thus making us breathe in too much oxygen and lower the carbon dioxide in the bloodstream. This can cause us to feel unpleasant sensations such as dizziness, chest and stomach pain, tingling in the hands and face and trembling limbs. If this breathing becomes a habit, it increases the feelings on anxiety and discomfort.

# SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



## body

lay on the ground, press your toes into the floor, squeeze playdough



## 5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



## self-soothe

take a shower or bath, find a grounding object, light a candle



## observe

describe an object in detail: color, texture, shadow, light, shapes



## breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



## distract

find all the square or green objects in the room, count by 7s, say the date



THE GROWLERY

## Diet and Fluid Advice

**During this time, it is more important than ever to maintain good diet and fluid intake to help you stay as fit and healthy as possible.**

### Stop Infection, Drink More!

**Greater Manchester Nutrition & Hydration**

Please follow: @GMNandH



Aim for 6–8 drinks per day, unless advised otherwise by your GP



Choose drinks that you like and are likely to finish

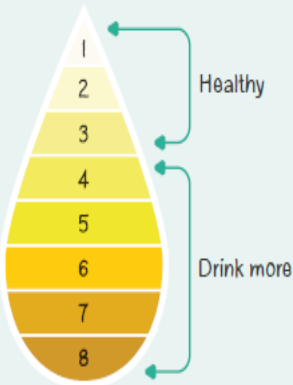
Drink more in the morning if you worry about getting up at night



Do not wait until you feel thirsty to have a drink



### What colour is your urine?



Healthy pee is 1 to 3, 4 to 8 you must hydrate

### Top tips to improve your food and drink intake:



Boost your food by adding extra cheese, butter or cream



Have snacks between meals



Aim to get plenty of variety in your diet

My favourite snack is malt loaf with butter and jam, it gives me extra energy



Eat with others

Use ready-meals



Eat little and often

Stay hydrated have 6–8 drinks per day

For more information call your local Age UK

Bolton: 01204 382411    Bury: 0161 763 9030    Oldham & Rochdale: 0161 633 0213  
 Manchester: 0161 833 3944    Salford: 0161 788 7300    Stockport: 0161 480 1211  
 Tameside: 0161 308 5000    Trafford: 0161 746 9754    Wigan Borough: 01942 241972



For more details visit: [www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)



To access a booklet with more tips visit [www.paperweightarmband.org.uk](http://www.paperweightarmband.org.uk)

# Regular Exercise

We all know moving more is good for us. But knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult.

Being more active isn't about working up a sweat. It's just about moving more each day in whatever way works for you. Below are some activities that could help.



Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.



Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
  - Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.
- Sitting on a chair with your feet on the floor, bend your knee as much as possible. Repeat for both legs.

- Sitting on a stool, let your back drop and get rounded, then use your back muscles to straighten your back and arch it (but not too much!).



### Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day.

Sourced from





## Top tips for sleeping well



Experts agree that practising good 'sleep hygiene' can make an important contribution to getting a good night's sleep. This is just another way of saying that you need to get into good habits:

- Go to bed and get up at the same time every day.
  - Avoid lying in.
- Establish a bedtime routine – relax by reading a book or having a bath.
  - Make sure that your bed and bedding are comfortable.
  - Avoid caffeine, nicotine and alcohol in the evening.
    - Don't eat a heavy meal late at night.
    - Avoid exercise in the evening.
- Keep your bedroom cool and dark – the ideal bedroom temperature is 18°C.
- Ban TV and computers from the bedroom – the bright light can make you more awake.
- Try to avoid napping during the day. If you do enjoy a daytime nap, schedule this for roughly the same time each day.

If you tend to wake up in the night and struggle to get back to sleep

After 15-20 minutes, get up and go into another room. Avoid doing anything too involved, such as work or housework, and resist the temptation to turn on the television.

Instead, try reading or listening to the radio. Try going back to bed 20-30 minutes later and, if you still have difficulties in getting to sleep or staying asleep try and do the same thing again.

## **DEMENTIA UK ADVICE FOR PEOPLE WITH DEMENTIA AND THEIR FAMILIES,** **REGARDING THE CORONAVIRUS**

We know that this is a worrying time for families looking after someone with dementia. The weeks ahead are going to be challenging. But there are a few things you can do to look after yourself, and the person with dementia, during this time.

Please remember that you never have to struggle on alone. If you have any concerns about caring for someone with dementia through the coronavirus (COVID-19) pandemic, please call the dementia specialist Admiral Nurses on our Helpline, on 0800 888 6678 or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

The Helpline is open seven days a week, 9am-9pm Monday to Friday, and 9am-5pm on weekends.

Here is the advice from our Admiral Nurses on looking after yourself and a person with dementia throughout this period of time.

### *Self-isolation or quarantine*

The current government advice is for everyone over age 70 or with other health conditions to stay at home for up to 16 weeks. This does not specifically include people with dementia; but if the person you care for has other health considerations, or is in any way vulnerable, you might decide to follow this advice.

Those with symptoms (a new, persistent cough or a high temperature) are advised to stay at home for seven days, if they live alone. If you have symptoms and live with someone else, or the person you live with has symptoms, you are all advised to stay at home for 14 days.

Symptoms include a new, persistent cough or a high temperature. We advise everyone to read the government guidance for households with possible coronavirus infection, which includes specific information for those living with a vulnerable person and how long periods of self-isolation should last for.

Staying physically active during this time will help to keep you mentally and physically well. If you feel well enough, and have access to public spaces near your home where you will not come into close contact with other people, then try and get outside for some exercise.

It can be difficult to explain to a person with dementia why they should wash their hands more frequently, or why you are trying to avoid touching them. You will need to make the decision whether it is possible for you to sleep separately or stay two meters (three steps) away from each other. If it is not possible – try to not worry or feel guilty about this. You are doing your best under very difficult circumstances. If the person you care for is reassured by your presence and your touch, then that itself is very important.

During this time, while you are at home, make sure you have everything you need for the foreseeable future. Organise an online grocery delivery or ask friends and family to do this for you. Try and arrange repeat prescriptions to be delivered or again, to be picked up by family and friends. If this is not possible, check local website Next Door (or equivalent; you might have to register) for local support groups that have started operating to help people in self-isolation. These deliveries can be left at the front door for you.

#### *Coping without support groups or day centres*

As day centres close and support groups stop meeting, it is imperative that you find other ways to give yourself some respite. The best thing you can do during this time is try to both stay entertained and distracted. If possible, set up different areas around your home so that you can move from activity to activity: watch favourite films and musicals in the living room. Listen to the radio in the kitchen. Do jigsaw puzzles at the table. If you can, take walks around the garden.

Ask friends and relatives to bring you films, puzzles, music, games – anything you think the person with dementia might like to do. Again, they can leave these outside the front door for you.

Staying physically active during this time will help to keep you mentally and physically well. If you feel well enough, and have access to countryside where you will not come into close contact with other people, then try and get outside for a walk. This can become part of a new routine for you, as well as give you both something to talk about when you get back home.

If you have a garden, go outside when possible – especially now the weather is warming up. Finding things to do outside or simply sitting in whatever sunshine we may get over

the next few weeks will help. Fresh air and green space will help lift the spirits and also provide some stimulation. If you can, plant up a few plant pots with seeds or flowers that can be placed near the windows. If you have a garden shed, there may be some projects in there you can try – like making a bird feeder.

#### *Missing friends and family*

If you have other people you usually see or who visit you, make a point of keeping in contact. Set up a regular phone call or video conversation with them, so that you are staying connected to the world outside and still checking in on the people you care about.

#### *If you care for someone with dementia that you do not live with*

If you have a relative with dementia who lives with someone else, try and think about anything you can do to make this period of time easier for them. If possible, become their proxy so that you can speak to their GP on their behalf. You will need to register with the person's GP to do this. This is clearly a busy time for GP surgeries, so you might need to wait to speak to them.

Can you take, or help arrange, deliveries of groceries, or games and films? If they are not on the internet, can you keep up to date with the latest advice from the government and Public Health England, so that you can share it with them, or help them to follow it? Can you set them up on Skype or Facetime etc., so that you can check in with them every day? Keeping in regular contact not only reassures people and gives them a connection to the outside world, but it gives them something to look forward to and a structure for their day.

These are very unusual circumstances and the best way through them is for us to look out for each other as much as we can. If you have any questions about supporting someone with dementia during the coronavirus outbreak, please call the Admiral Nurse Dementia Helpline on 0800 888 6678 or email [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

## Groups and Charitable organisations to support you

Silverline Friendship Hotline 0800 460 7080

SPARC info@sparc4me.org.uk 0161 429 9744

AGE UK Stockport 0161 480 1211

CRUSE Bereavement Care 0800 477 9400

Samaritans 116 123

MIND Mental Health Charity 0300 123 3393

[www.mind.org.uk](http://www.mind.org.uk)

SANE Mental Health Charity 0845 767 8000

CALM – Campaign Against Living Miserably

17:00 – Midnight 0800 5858 58

Emergency Professional Support 111/999

Admiral Nurse Dementia Helpline 0800 888 6678

[Stockportsuicideprevention.org.uk](http://Stockportsuicideprevention.org.uk)

Facebook – Alzheimers Society/Age UK/

British Heart Foundation - <https://www.bhf.org.uk/>

Signpost Carer Support - 0161 442 0442

Alzheimer's Society Support Line 0333 150 3456

The Meadows, Stockport 0161 716 4505