

Keeping safe in residential care settings during the Pandemic 2020 in England

October 2020



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This book is part of the UK Dementia Care Book Club series. The style, content and layout of this book has been inspired by the books written in the series 'Carry on Reading in Dementia' by Gail Elliot Gerontologist and Dementia Specialist, DementiAbility, Canada.

Writing books that enable people living with dementia to continue to enjoy reading and sharing a book is based on the research of Dr Alan B. Stevens and Dr Cameron Camp.

An important feature of the book is the size, type of font and layout of the material, which has been tested in individual and group settings by people living with dementia. Another key feature is the Montessori approach of how a person is invited to join the book club, the beauty of the book and ensuring the environment is carefully prepared.

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Factual accuracy: Every effort has been made to ensure the accuracy of this book is correct and in line with Public Health England guidance available at the time of publication. No responsibility can be taken if this book is used for anything other than reading and discussing or if the book is used after Public Health guidance has altered.

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Important Message

A serious virus is spreading in our community and around the world. It is called Coronavirus or COVID-19.

The symptoms include, but are not limited to, a cough, fever, difficulty breathing or loss of taste and smell.

We are doing all we can to prevent the spread of this virus. This includes:

- Only one visitor is allowed in a designated visitor area**
- Meals will be provided in your room if you are unwell**
- Staff will wear protective clothing to protect you and them**
- All residents and staff must wash and / or sanitize hands very regularly**
- Everyone must try to keep their distance from each other**

How does the virus spread?

The World Health Organization says that Coronavirus (COVID-19):

“Can spread from person to person through small droplets from the nose or mouth which are spread when a person with Coronavirus coughs or exhales.”

Next
Reader,
Please

Facts About COVID-19

Coronavirus (COVID-19) has been spreading around the globe. The virus has spread to many people, in all parts of the world, and is therefore referred to as a pandemic.

In today's world, many people travel, making it easier for a virus to spread to communities large and small. The virus has spread around the world affecting people as far away as Brazil, Italy and China. World health leaders are establishing action plans to help stop the virus from spreading.

Next
Reader,
Please

Our government was providing an update every day on television, about what the government is doing to help stop the spread of the virus and the plans to help the people of the UK.

The pandemic began in the UK in March 2020, and for many weeks no one could leave home. As the virus got under control, rules were relaxed and the country began to come out of being in 'lockdown'.

Sadly, as the autumn and winter has arrived, the virus is coming back and new restrictions are being put in place to try and keep everyone safe.

This has been a difficult time for everyone.

Next
Reader,
Please

What we all need to do.

The most important message from our Government is that everyone must stay alert and limit contact with others.

Staying at home is the easiest way to do this.

We must all remember three things.

- Wash our hands very regularly for 20 seconds and / or use hand sanitizer.
- Wear a face covering in shops, on public transport and when asked to.
- Keep space and stay 6 feet apart when possible.

Next
Reader,
Please

People can go abroad for holidays, but if people visit some countries, they must stay at home for 14 days when they come back, in case they have caught the virus.

Campsites, hotels and holiday parks have opened but people have to take special precautions.

Anyone using public transport must wear a face covering. The goal is to stop the spread of the virus.

Next
Reader,
Please

There are different rules across the UK and across different regions of England depending on how high the spread of the virus is. In England there are three levels of alert: Medium, High and Very high.

The level of alert has different restrictions and actions people and businesses must take.

These rules will continue to be in place until the health experts advise us it is safe to go back to normal.

Most shops have now reopened, but there are strict rules in place to try and stop the spread of the virus. Many shops only allow a few people inside at one time, and so shopping takes longer as people must queue.

Next
Reader,
Please

Everyone is having to adopt new daily routines. Pubs and restaurants are open in some parts of England. They must follow the rules which are decided by the level risk in the area.

In some places they must close at 10pm, while in other places they can only serve drinks outside until 6pm, or must remain closed.

Cinemas are open but theatres and open air music festivals are not allowed to happen.

Most shops have now reopened, but there are strict rules in place, to try and stop the spread of the virus. People must wear a mask in shops and many shops only allow a few people inside at one time.

Next
Reader,
Please

School children and university students have been allowed back to study. The schools, colleges and universities were closed for 5 months. Everyone had to learn at home using the internet.

Team sports have started to be played after many months. Most do not have spectators. The government has allowed a few sporting events to let a few spectators in, but the atmosphere is very different.

The Grand National, the Boat Race and Wimbledon were all cancelled!

Even the 2020 Olympic Games has been postponed until 2021.

Next
Reader,
Please

The rules have been put in place to keep people from coming into close contact with each other. Staying apart from people is called social distancing. Health experts recommend that people stay at least 2 metres (just over 6 feet or the length of a bed) away from each other, to ensure they do not spread the virus.

The biggest challenge is that people may not know they have the virus, because it can take up to 14 days before they have the symptoms.

If we all keep your distance, we can help to keep each other as safe as possible.

Next
Reader,
Please

Life in care homes has changed too.

You may find that where you are living, people who help you also wear protective clothing. This special protection is used to keep everyone – including you – as safe as possible.

Other changes may be that the chairs have been moved further apart and there are fewer cushions, ornaments, and other things around the home.

Next
Reader,
Please

In some homes, residents will be with the same group of people during the day and looked after by the same group of staff. This is called a household or 'bubble'.

All these changes are done to help stop the spread of the virus.

People living in care homes cannot have visitors like they normally do.

The government will only allow 1 visitor to come and see their loved one in a designated visitor area. This person must be the same person each time, if possible.

If a person needs help to visit the care home they can have the help of a friend or family member. Sadly, no one is allowed to touch each other, so no hugging, kissing or holding hands is allowed.

Next
Reader,
Please

Many people believe that Health and Social Care workers have been heroes during these difficult times.

They are doing their best to care for everyone who needs care and support but cannot do their job without other workers helping to keep things running.

The cleaning staff, catering staff and maintenance staff are all playing their part and as a society we should be very thankful to every one of them.

Next
Reader,
Please

We also need to thank those who continue to make sure we have food, and essential services in our community. Workers like supermarket workers, lorry drivers, electrical, water, telephone, and gas engineers, have been vital.

The country has also learned how we cannot live without unsung heroes like the refuse collectors and postal workers.

Next
Reader,
Please

If a person becomes infected with Coronavirus, they are asked to isolate so that the virus does not spread. This will mean staying in your room until you are better. Some people might have to be admitted to hospital, if the symptoms get worse.

Staff will wear protective clothing to ensure the virus does not pass from one person to another. Everyone must be incredibly careful as staff could catch it too and spread it to other residents and their own families.

Next
Reader,
Please

Infection control experts also say that social gestures such as shaking hands and hugging must stop during this time and we need to find other ways to let people know that we care. So, smile brightly or wave from afar and let everyone know you are happy to see them.

Next
Reader,
Please

No one knows how long these new rules will be in place. Let us all work together to keep our distance, wash our hands regularly and do our part to stop the virus from spreading.

Stay Alert

Stay Safe

Keep well

Next
Reader,
Please

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