



August 2021 - #5 Daughters caring for mothers

Tips for supporting a person with dementia through COVID-19 pandemic.

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This issue features stories from daughters caring for mothers. Creative daughters, finding new ways to be together, new ways to rejuvenate and to self-care.

We are all experiencing this time differently, for some of us there have been many positive moments and for some there have been many challenges. We are interested to keep hearing about your experiences, the positives and the challenges – call or email us with your stories. Or find other ways to share them, as we can all learn from each other at this time.

From Ann – things that are working for us

My Mum is lucky because I can help her connect with her friends and family via video chat. I have tried to help her connect with things she normally does - church, music therapy. I have more success with familiar faces of people she knows than from trying to do things she hasn't done before. For example - the links we were sent for online senior exercises, I thought were great but Mum wasn't so interested. But it has given me ideas of things to do and I can 'lead' a session with Mum using those ideas instead.

Getting outside into the fresh air has been important for us but instead of walking from the house (I don't want to give her ideas of wandering herself and getting lost), we drive around the corner and start our walk there.

I find I need a break each day. Sometimes I admit I hide myself away in a different room. If I'm out of sight my Mum has to think for herself more. She manages OK. Even if she's pottering around the kitchen doing slightly odd things, I feel I need some time out and she needs to have that independence. So, I let go a bit in terms of what she is doing.

Message from Alice-Ann who cares for her mum Sera - this is for a calming effect, very effective for time out...be kind to self!

Walking barefoot on grass, (I prefer wet grass), to feel grounded and be one with your environment. Then stand, with feet feeling grounded and balance, with knees unlocked, arms down by your side, with palms facing outward. Close your eyes, and gently breathe through your nose, down to your abdomen. Breathing out gently through your nose.

"Breathing in, I calm my body and mind. Breathing out, I smile" 😊

Pick one or two leaves, (lemon tree leaves have a refreshing, joyful effect)

Rub together in the palms of your hands. Then close your eyes and gently breathe in the aroma.

"Breathing in, I feel Joy, breathing out, I am grateful"

Namaste 🙏

From Ange – A couple of things that really help currently.

I moved mum to our place and recreated her bedroom and lounge. Brought everything from her lounge including tv, chair and photos on wall and everything from her bedroom including duvet, pillows, clock and personal items. While she doesn't really recognise the stuff is hers, she has transitioned way better than I expected.

Our dog has been invaluable looking out for mum and following her about. Whenever she starts to get stressed, he cuddles into her on the couch. Dogs are incredible, aren't they?

Another thing- when she starts to show anxiety and says she doesn't want to be here and wants to go home.... Well, I have organised her friends and family to call and chat, especially in the morning when she is most discombobulated.

Finally, I recognise that mum needs to be directed way more. But if I do that she can participate - we've made scones and cake so far;) recognise where your person is at and do what you need to so they can be involved and still feel useful.

A big thank you to Ann, Alice-Ann and Ange for taking the time to share a little of their life in Covid-19 under Level 4

The New Zealand Government's website for information regarding COVID-19 [covid19.govt.nz](https://www.covid19.govt.nz)

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