



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

October 2021



The nights are drawing in, and we are once again faced with a change in the temperature and the darker evenings. For our Carers this is a particularly difficult time, and also for people living on their own, the evenings can be so long and drawn out. At the MASE we encourage our Carers to form friendships with others in a similar situation. Exchanging telephone numbers and being able to call someone during a long evening is a bonus, and can help to ease loneliness.

Turning the clocks back in 2021

This year the clocks will be turning back at Halloween in the early hours of Sunday 31 October, giving everyone an extra hour in bed.

The changing of the clocks gives us one extra hour of daylight in the darkness of autumn and winter. GMT is the standard time zone against all others in the world are referenced, and will remain in place until spring, when we will revert back to British Summer Time (BST) once again.



That leap forward will take place on the final Sunday of March so British Summer Time will officially start on **27 March 2022**. (Hoorah!)

People with dementia may not always recognise friends and family

People living with dementia often regress in their mind to an earlier time in their life. Sometimes they might only remember you the way you looked decades ago and not recognise you now, or they may not recognise you at all. As dementia can cause difficulty with time and perception, they may even confuse you for somebody else, for example, you may be their daughter but they consistently think you are their sister.

Dementia can also affect the brain's ability to recognise faces and so, in some cases, the person can no longer look at a person's face and be able to translate what they are seeing into an understanding of who the person is.

It's a good habit to get into to always introduce yourself when you walk back into the room where your loved one is. Even if you've just nipped out for a minute, saying, **'Hello xxxx, it's only me again, xxxx'** can be a great help to them. If you burst into a room and launch into a conversation they can be overwhelmed and find it harder to place you, so always remember to walk in slowly and try to maintain eye contact.

Please make sure you get your Flu injections

The Flu season has come around again so it's time to book your annual flu vaccination. It is as important as ever to get vaccinated against flu this Autumn. Flu makes many people very unwell and causes thousands of deaths each year. We're still living with COVID-19 too – getting vaccinated against both flu and COVID-19 reduces your risk of becoming seriously ill from either (or both) viruses, as well as avoiding putting unnecessary pressure on NHS services. Getting vaccinated is a quick, easy and safe way to look after yourself and others this Autumn.

Getting the flu vaccination:

- * Protects you against this year's strain of flu
- * Means if you do get the flu after you've been vaccinated your symptoms will be milder
- * Helps protect those around you who may not be able to get the jab
- * Lowers the risk of serious complications for those who are more prone to catching flu
- * Will prevent you from being seriously ill, should you also get coronavirus at the same time



TRUSTEES: Daphne or Richard: ☎07939 505455 Mike Creek: ☎01785 663596 Dave Degg: ☎07974 983459 Dave Godden: ☎07968 848120

Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

General Update on Covid

As so many of our people are still confused by what is happening with Covid, we have tried to simplify things for you below

Just What is COVID-19?

COVID-19 is a highly contagious respiratory virus; common symptoms include a high temperature, dry cough, loss of smell or taste, fatigue, and it may cause shortness of breath. For someone with dementia, delirium can also be a common symptom.

Vulnerable people such as those living with dementia, respiratory disorders, high blood pressure or diabetes, and everyone over the age of 70 are at an increased risk of developing severe symptoms. The roll out of the vaccine program has however reduced the risk of severe infection in those who have had two doses of the vaccine.

If you, or someone you care for develops symptoms, is contacted directly by telephone/or get a message on your mobile phone from the NHS test and trace system then you **must self-isolate for 10 days**. This is a vital measure that will help to contain the virus and not spread it to others.

COVID-19 and dementia

If you are the primary care giver for someone living with dementia that you don't live with you are able to do this under current guidelines. Most restrictions on visiting care homes have been lifted too, however each devolved nation has different rules on number of visitors, and number of visit a week. Further to this, each facility will have its own regulations on who can visit and when, and it's likely you'll be asked to wear personal protective equipment (PPE) when you visit.

It can be difficult to explain self-isolation, social distancing and hand washing to someone with dementia, as they can struggle with complex information. Make sure any instructions are clear and repeated often so they do not get agitated and know how to keep themselves safe. Sometimes leaving notes for people in places around their homes can serve as a reminder.

People with dementia in their own homes may already feel isolated, and further self-isolation may make this worse. Make sure care plans are in place, and anyone providing care or support is doing so safely and within Government guidelines. Stay connected by calling often or writing letters and try to encourage exercise and hobbies within the person's home.

COVID-19 and vaccines

Thanks to the hard work of scientists and doctors across the globe, vaccines to protect us from COVID-19 have been developed at extraordinary pace. Despite the speed at which they were developed, these vaccines have been tested in hundreds of thousands of people and have gone through rigorous trials to ensure they are safe and effective.

There are 4 approved vaccines for COVID-19 in the UK. All have been found to be effective at preventing severe symptoms and that they offer a high level of protection for people at higher risk of getting seriously ill from COVID-19. Results have also found that they work to reduce transmission of COVID-19 from one person to another, which can help to stop the spread of infection.

COVID-19 and caring

Trustees of MASE are very impressed with the way Carers have coped so admirably during the past few difficult years. Looking after, and caring for someone with dementia is challenging enough without things being made more difficult during a pandemic. Remember, if you are caring for someone and need advice or support, the Alzheimer's Society have a support line on:

Telephone: 0333 150 3456

This line is open seven days a week. Dementia advisers will listen and give you the support and advice you need

Days Open & Times: Mon to Wed 9am to 8 pm : Thur and Fri 9am to 5 pm : Sat and Sun 10am to 4pm

If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

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