

# Keeping safe in residential care settings during the Pandemic 2020

**August 2020**





## **Keeping safe in residential care settings during the Pandemic 2020**

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.

**Acknowledgement:** The author is grateful to the staff and residents of Ashbourne Lodge, Milford Care for reviewing and testing the book.

**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 at the Dementia Care Book Club or if the book is used after Public Health guidance has altered.

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Adapted for England with permission.

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This book must not be altered, but can be photocopied to be used in care homes in England.  
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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 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:**

- No family visits inside the care home**
- 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 or sanitize hands very regularly**

Next  
Reader,  
Please



## 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”.

“These droplets land on objects and surfaces around the person. Other people then catch Coronavirus (COVID-19) by touching these objects or surfaces, then touching their eyes, nose or mouth”.

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Reader,  
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## 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.

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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 March 2020, and for many weeks no one could leave home. As the virus is getting under control, the rules are changing, and the country is slowly coming out of 'lockdown'.

This has been a difficult time for everyone.

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Reader,  
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## 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.

People are allowed to meet outside in groups of up to 6 people, but they must stay 6 feet apart.

Two families can now visit each other indoors but they must still stay apart and be very careful about washing their hands. People must also take their own cups and plates if they are going to eat at the house.

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Reader,  
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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 to stop the spread of the virus.

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There are many new rules in place across the whole of the UK but some rules are different in England, Scotland, Wales and Northern Ireland.

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.

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Reader,  
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Everyone is having to adopt new daily routines. Pubs, restaurants, and cinemas have opened, but theatres remain closed.

Schools are starting to open but children have to stay 6 feet apart, so not all children can be in school at the same time.

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Reader,  
Please



Team sports have started to be played after a gap of 100 days, but there are no spectators, so the atmosphere is very different!

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

What do you think it would be like watching sports with nobody cheering on the teams?

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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.

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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.

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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 any visitors indoors. So many care homes are finding other ways to help families keep in touch.

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Please



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. Shopping takes longer as people must queue and sometimes this is outside in the rain!

Next  
Reader,  
Please



Health and Social care workers are the among the greatest heroes during these difficult days. 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.

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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.

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

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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.

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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**

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