

Coronavirus (Covid-19) Activities and Action Pack for Teachers, Parents, Guardians and Youth Leaders

How young people can help people with dementia during the Covid-19 crisis

We're all going to be spending a lot more time at home in the coming weeks and months due to the Coronavirus (Covid-19) crisis. This is a lonely and scary time for many of us, but especially for people with dementia.

With schools, colleges, universities and youth groups being closed, we are asking teachers, youth leaders, parents/guardians and young people to take this opportunity to **learn and take action in order to support people affected by dementia.**

We want young people to:

1. **Learn and gain awareness about dementia** – let's create a dementia friendly generation
2. **Take real action** - to help people with dementia get through these challenging times and feel less isolated

Alzheimer's Society have several **free resources** to help young people learn about dementia in a fun and engaging way and they are a great tool to educate children whilst they are not in school. All of our resources can be downloaded at alzheimers.org.uk/youngpeople. Whilst they have been designed for use by schools and youth groups, parents and guardians can also adapt activities to use at home.

Below is a list of some of the top activities and important actions chosen by us that you can do today. Please remember to share these activities with others and any actions you take on social media. Tag @alzheimerssoc and @dementiafriends to help spread the word and **to help support people with dementia during these challenging times.**

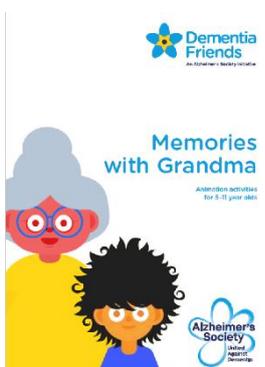
For further enquires, ideas or support, email youngpeople@alzheimers.org.uk

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Activities for ages 5 -11

***Memories with grandma (60 – 90 minutes)**

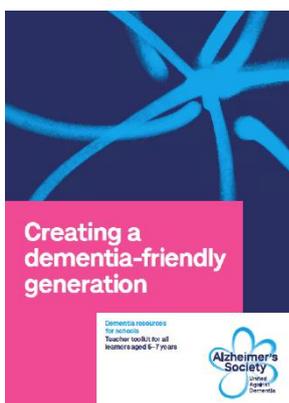


Follow Mo, as he learns how to support his grandma who is living with dementia. A fun animation and activity pack for 5–11 year olds which creates Dementia Friends.

Help young people learn about how dementia affects someone’s ability to do day-to-day tasks. This is a great activity for young people to do at home.

Download here alzheimers.org.uk/youngpeople

***Understanding memory and an introduction to dementia (45 minutes)**



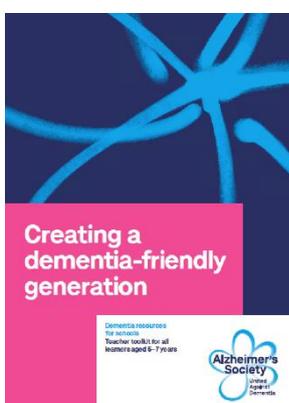
Get young people thinking about how memory is used every day

- How do we need our memory for our daily lives?
- How is the brain used in our day-to-day lives for different tasks?
- How is memory affected by dementia?



This activity can be found on **page 8** of our **Key stage 1** resource for 5 – 7 year olds. Download here: Alzheimers.org.uk/youngpeople

***Dementia in the community (30 – 45 minutes)**



Get creative and make a memory box! An engaging way for young people to understand how dementia can affect people each day.

- What types of difficulties can people with dementia experience?
- How does dementia affect the whole family?
- What ways can support people living with dementia?



Watch a short story then start crafting your memory box.

This activity can be found on **page 16** of our **Key Stage 1** resource for 5 – 7 year olds. Download here: Alzheimers.org.uk/youngpeople

***How dementia-friendly is your house?**

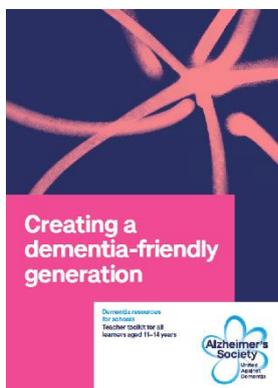


Apply the ideas from our [Dementia Friendly Environment Checklist](#) and have a race around your home or even garden and see how dementia friendly it is. Help young people to understand what changes could be made to be more friendly. Once you've finished why not encourage your child to draw a picture of a dementia-friendly room, or house, and think of other places such as school or the park - what could the challenges be in that environment cause for people with dementia?

Download other activities and resources here: [Alzheimers.org.uk/youngpeople](https://www.alzheimers.org.uk/youngpeople)

Activities for ages 11 – 18

*Supporting those in the community (1 hour)



Delve into creative writing. Understand how dementia affects family members and explore the role of carers.

- How does dementia affect members of the family?
- What role do carers play?
- Why do we need empathy?
- Why is communication important?
- How can we think about helping people cope?

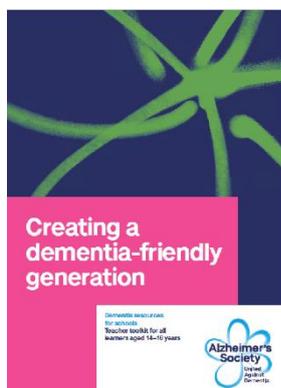
Watch the video and complete the main activity.



This can be found on **page 26** of our **Key Stage 3 resource for 11 – 14 year olds**.

Download here: Alzheimers.org.uk/youngpeople

*Creating a dementia-friendly community (30 minutes)



Young people can get creative and share their understanding of dementia by making a poster or leaflet.

- What types of difficulties do people with dementia experience?
- What support is support available for someone with dementia?
- Be able to communicate a sensitive topic to others

Research dementia and create your own poster or leaflet. How about displaying the finished poster in a window or on social media to share learning with others?

This **Activity (Activity 2)** can be found on **page 25** of our **Key Stage 4 resource for 14 – 16 year olds**.

Download here Alzheimers.org.uk/youngpeople

*Dementia Bingo

This is a fun game an older household can play indoors whilst isolating, to learn about dementia.

This will require more than 3 people, and one person will need to be the reader.

You can find this on **Page 3** of the **Girlguiding activity pack for Rangers** and printing is required.

Download here: Alzheimers.org.uk/youngpeople

B	I	N	G	O
progressive	ageing	diseases		fourteen
communicate	action	losing your memory	perception	
live well		more	short term memory	Alzheimer's

***Who's right?**

A fun and immersive game that can be played with the household or family indoors whilst isolating, to learn what it means to have dementia.

This will require more than 3 people, and one person will need to be the reader.

You can find this on **Page 4** of the **Girlguiding activity pack for Guides** and printing is required.

Download here: Alzheimers.org.uk/youngpeople

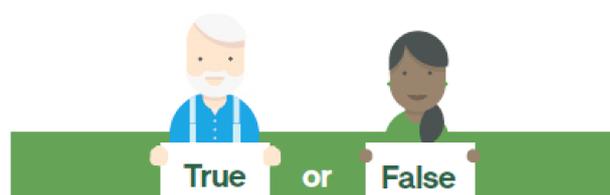


***True or False**

Challenge your family to see who can spot common misconceptions about dementia using the True and False worksheet.

Can be found in **page 15** of the **Teacher toolkit for 11-14 year olds**.

Download here: Alzheimers.org.uk/youngpeople



***Other activity inspiration**

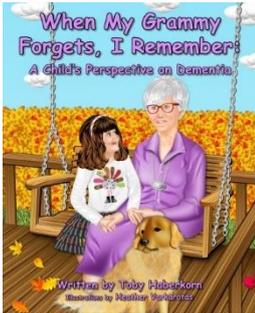
Use the ideas sheet from **page 6** of our **Teacher toolkit for 11-14 year olds** to use with young people. Some examples include:

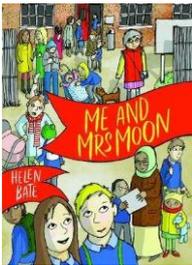
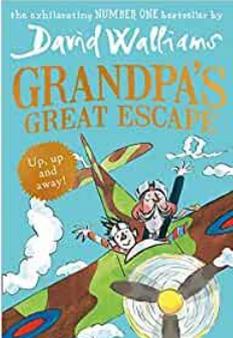
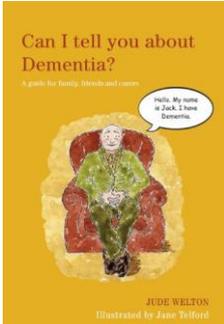
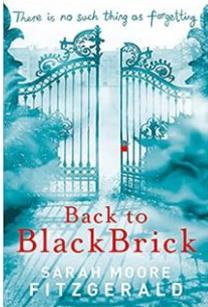
- Designing posters to advertise a dementia friendly community.
- Creating a short story or poem about dementia.
- Creating Memory books and collages for and with people with dementia.
- Consider how people living with dementia have been treated throughout the years and design a modern dementia friendly community.

Download here: Alzheimers.org.uk/youngpeople

Book recommendations

Here is a list of recommended books to raise awareness about dementia for children and young people:

<p>Grandma by Jessica Shepherd ISBN 13: 9781846436024</p> 	<p>Ages 5+. Written from the child's perspective about Grandma going into a home. Q and A from child's perspective.</p>
<p>Grandmas box of memories Helping Grandma to remember by Jean Demetris ISBN: 9781849055178</p> 	<p>Ages 5+. Well-illustrated book about creating a box of memories.</p>
<p>When my Granny forgets, I remember: A child's perspective on Dementia by Tony Haberkorn ISBN: 9780991623600</p> 	<p>Ages 5+. Outlines the journey for the person affected by dementia and their family.</p>

<p>Me and Mrs Moon by Helen Bate ISBN 978-1-910959-94-7</p> 	<p>Ages 7+. Cartoon style. Written from children's perspective, who realise that a dear friend is living with dementia. Outlines their journey in getting help.</p>
<p>Grandpa's great escape by David Walliams. ISBN: 9780007494019</p> 	<p>Ages 7+. In this humorous tale, a former spitfire pilot escapes from his care home, which is run by evil Matron Swine.</p>
<p>Can I tell you about dementia? By Jude Welton ISBN: 9781849052979</p> 	<p>Ages 7+. Written from a person with dementia's perspective, includes some facts and challenges of dementia.</p>
<p>Back to Black Brick by Sarah Moore Fitzgerald. ISBN: 9781444006599</p> 	<p>Ages 11+. Story about a boy living with his grandfather who has Alzheimer's disease.</p>

Actions young people can take

Adaptable for all ages

Please share these ideas with the learner and find out what they might like to do and remember to contact youngpeople@alzheimers.org.uk or tweet @dementiafriends and @alzheimerssoc to share your stories.

**PLEASE ENSURE ALL ACTIVITIES ARE IN LINE WITH THE
GOVERNMENT'S SOCIAL DISTANCING GUIDELINES.**

***Become a pen pal**

Whilst you may not be able to visit someone in person, young people are encouraged to write letters to people with dementia. This is a fun way to stay in contact for both parties and can help to prevent people from feeling lonely. Phone up your nearest care home or assisted living facility and let them know that you want to be a pen pal.

What you could write about:

- Favourite hobbies.
- Funny stories.
- Ask them about their life: What they used to do, their hobbies and interests, their likes and dislikes.
- Favourite food

***Befriend an isolated person by telephone**

Loneliness is already a serious issue for people with dementia. If you know someone with dementia in your community: a family member, friend or neighbour, offer your friendship over the phone. If you don't know anyone, you could contact your nearest care home or assisted living facility. It's important to keep in contact with people who have dementia during these times. You could create a rota for how many times a week you will call them.

What you could talk about:

- What did they used to do?
- What are their likes/dislikes?
- What are their favourite hobbies?
- What is their favourite food?
- How old are they?

What you could do after your conversation:

- Make a card – draw them a picture of something they like and send it to them.

***Offer to do grocery shopping for someone in the community.**

This is a stressful time for people with dementia and their loved ones. If you have a family member, friend or neighbour who has dementia, offer your support by offering to get some groceries or essential items for them – ensure that you are following the [government's social distancing guidelines](#).

***Make and drop off care packages.**

Receiving a care package of essentials, such as toilet paper and tinned foods, could really brighten up the day of someone who is self-isolating. You could use spare items you have at home or pick up a few extra things when you next go shopping. To bring an extra smile you could decorate a box to put the items in and even include a letter or picture. Ensure that you are following the [government's social distancing guidelines](#).

***Share the need to support people with dementia on social media**

Please share these activities to your networks and any fantastic actions that you have been doing at home on social media and tag @alzheimersSoc and @dementiafriends; Help spread the word far and wide so we can help as many people with and affected by dementia as possible.

For further enquires, ideas or support, email youngpeople@alzheimers.org.uk

***Bake some cakes for Cupcake Day**

Cupcake Day is all about baking a difference for people affected by dementia - many of which are facing isolation during this difficult time. Take a break, learn a new skill, dust off your grandparent's favourite recipe and cook up some magic in the kitchen to help people affected by dementia. Get the whole family involved and get creative with your cupboard essentials – you could even connect with relatives online.

Head to alzheimers.org.uk/cupcakeday to sign up for your free pack.

Useful publications

Tips - communicating with someone with dementia - Online at alzheimers.org.uk

Explaining dementia to children and young people. Online at alzheimers.org.uk