

# Maintaining Activities for Older Adults During COVID19 -

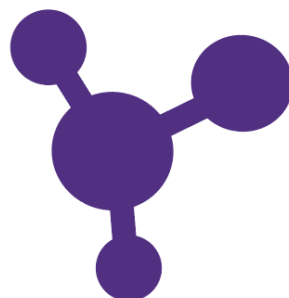
A guide to online resources for staff in older adult mental health wards and care homes and any other relevant setting

April 2020

# About

The Health Innovation Network is the Academic Health Science Network (AHSN) for south London, one of 15 AHSNs across England. As the only bodies that connect NHS and academic organisations, local authorities, the third sector and industry, we are catalysts that create the right conditions to facilitate change across whole health and social care economies, with a clear focus on improving outcomes for patients.

This means we are uniquely placed to identify and spread health innovation at pace and scale; driving the adoption and spread of innovative ideas and technologies across large populations.



# About this guide

This resource has been compiled by the Health Innovation Network (HIN), the Academic Health Science Network for south London, to support the provision of activities in older adult's mental health inpatient settings and Care Homes during the national response to Covid 19. Many of the resources included are dementia friendly.

With staff likely to be in significantly reduced numbers and residents/patients unable to receive visitors, the challenge was to create a list of options predominantly using online, low/zero cost resources for staff to use for activities in their setting.

The HIN have assumed that not all patients/residents will have access to their own online device (tablet, laptop, smart phone), so this guide includes a selection of activities that can be enjoyed by groups congregating around a screen.

Whilst care has been taken to only include resources from reputable sources and recommendations, it has not been possible to check and review all items. It is recommended that links are checked in advance of using them with a participant. This document does not recommend any activities over others and is not an exhaustive list of activities. Various issues are outside of our control (such as 'next up' sequencing on YouTube or planned events not going ahead).

Organisations using this information are advised to conduct their own risk assessments based on their organisational/patients/residents own needs and requirements.

The HIN would like to acknowledge the Contact Help Advice and Information Network (CHAIN) dementia subgroup members who rapidly provided a large number of recommendations and links. The website can be found [here](#).

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# ACTIVITIES ON TABLETS

These activities are predominantly for individual users to engage with on a tablet connected to WiFi. Support will be needed to download and install apps/navigate to webpages and many activities will benefit from some discussion with the resident/patient.

## BBC Reminiscence Archive

This archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy.

A number of reminiscence systems have been developed for people with dementia, based on photographs, photo books, boxes of objects and materials and interactive computer applications. The BBC wants to contribute to this growing set of supports for people with dementia and their carers by drawing on the enormous fund of photos, videos, and sound clips in its archives.

To begin, simply select a Theme (such as Sport, Events etc.) or a Decade (1930s, 1940s etc.) and choose whether you wish to have Image, Audio or Video content. The results are randomised each visit; however, items can be 'favourited' to return to later. You can access BBC Reminiscence Archive [here](#).

## My Reef 3D Aquarium

[My Reef 3D](#) is a great app for people with advanced dementia. Within the app users get to interact with around 14 different types of virtual fish. Activities within the app include stocking the aquarium with fish and interacting with the tank. Users can, like a real tank, also just sit back and enjoy the show.

## Online jigsaw puzzles of all sizes

*This activity is best done alone or with a carer.*

[Jigidi](#) is a website containing a variety of online jigsaw puzzles of different sizes depending on ability. If you join Jigidi you can save your progress, create your own puzzles and much more. It's free and no personal info is required.

## Retro Fish Game

[Retro Fish Game](#) is an app to help keep your brain active, leading to a healthier lifestyle and the first game is a great way to help with hand/eye coordination. This app is for people of all ages.

## Colouring websites

*This activity is best done alone or with a carer.*

Online colouring works well on tablets and touchscreen devices, where it's easy to tap and fill the white spaces. This is particularly true for people in the later stages of dementia, when using a pen, pencil or computer mouse may no longer be possible.

[The Color](#) website offers a wonderful choice of colourings, from animals and flowers to vehicles, circus and trains.

Or try a [collection of free colouring pages](#)/ images from libraries, archives and cultural institutions from around the world.

## Armchair Gallery

*May need supervision to help set this up and enjoy with patient/resident.*

With special features for people living with dementia, [Armchair Gallery](#) is an app that brings world-class art & culture to users. [Armchair Gallery](#) includes instructions for tried-and-tested creative activities to explore with people with dementia.

## Music Mirrors

*May need supervision to help set this up and enjoy with patient/resident.*

'[Music Mirrors](#)' is a brief life story in the person with dementia's own words, with sounds and music embedded to spark memories later. Not a playlist but a memory toolkit. Please visit the site for more information on how to create a [Music Mirror](#). Participants will need to be assisted in registering to the site if they wish to store the information securely on the website.

## RemindMecare (aka ReMe)

*Free subscription to dementia friendly platform. May need supervision to help set this up.*

Provides unlimited activities and remote connectivity. Importantly, the remote family can create activities that are bespoke to the person being cared for, such as making music playlists, uploading photo albums, streaming photos and videos... and, well it's a long list.

ReMe's great for the grandkids and great for carers. At this time, more than ever, we need to better know the person that we're caring for. Finding a common interest is simply good for the soul.

As person centred care is more important now than ever before, ReMe are providing ReMe for FREE (if you sign up before the end of April). Simply click [here](#) to get ReMe.

### A Better Visit

*May need supervision to help set this up and enjoy with patient/resident.*

[A Better Visit](#) has games to play with a care giver on a tablet.

### My House of Memories

*May need supervision to help set this up and enjoy with patient/resident*

The [My House of Memories app](#) (found on NHS app library) allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

You can browse the objects, which include everyday things such as cinema tickets, a Singer sewing machine and a 10-shilling note. You can save your favourite objects to a digital memory tree, digital memory box or timeline.

The My House of Memories app now has a brand new 'My Memories' feature, which enables users to upload their own photos to share precious personal memories with the people they care for living with dementia.

# ACCESS TO ONLINE NEWSPAPERS AND MAGAZINES

Free online access to newspapers and magazines will require individual access to tablets whilst the Daily Sparkle can be printed within the care home for residents (as well as be downloaded to tablets).

## PressReader

People in care and nursing homes, feeling isolated due to coronavirus, can now get free access to an online version of their favourite newspaper or magazine. Digital news provider, PressReader, is offering care and nursing homes free access to thousands of online newspapers and magazines for the next two months. Mike Padgham, a care provider from Scarborough and Chair of the Independent Care Group, is working with his daughter Chantel to bring this access to news to care and nursing home residents. Chantel is Business Development Manager with PressReader. Mr Padgham said: "We understand that during these challenging times, when visits are curtailed, and older and vulnerable people might be feeling isolated it could be useful for them to access a favourite newspaper or magazine. This very kind gesture from PressReader could prove very, very useful to a lot of people in care and nursing homes and we are really grateful for the offer." Any care or nursing homes who would like to take advantage of PressReader's offer should contact [chantelp@pressreader.com](mailto:chantelp@pressreader.com) or 07904 838038.

## The Daily Sparkle

An 8 week free subscription is available to the Daily Sparkle [here](#).

The Daily Sparkle have been making plans to enhance levels of stimulation in several ways, all of which are focused on residents who stay in their rooms. As a gesture of support, these additional resources are provided free of charge to subscribers:

- an Activity Bank of quizzes, games, puzzles, etc for those who are capable of doing activities by themselves
- a collection of 1-2-1 activities suitable for enjoying in a small space (bedroom)
- a library of 1-2-1 activities specifically created for people living with late-stage dementia



- besides the hard copy sent in the post, we will be giving you the monthly magazine as a pdf so you can print them for residents who stay in their rooms
- providing permission for the home to forward The Daily Sparkles to residents' relatives so as to encourage enjoyable phone or video calls with loved ones
- providing permission for residents' relatives to install the Daily Sparkle app, again to encourage enjoyable phone or video calls with loved ones

One certain way of providing stimulation for all residents which takes up very little time:

**Print off copies of The Daily Sparkle and provide them to each resident in their rooms.** Some residents will be able to read the articles, some will simply enjoy the reminiscence photos, and many will benefit from happy memories of days gone by.

## Sporting Memories

**Tackling dementia, depression and loneliness through the power of sport.**

Sporting Pink is a weekly printed publication that Sporting Memories use at their Clubs to introduce fun activities and help stimulate sporting memories. It contains articles, quizzes, a sports diary and more.

Now that all the Clubs have been suspended for the time being, they have made the Sporting Pink available to use – by anyone – at home. It's time for everyone to get the conversation flowing, remember those sporting moments.

### How do I register?

To receive your weekly digital edition, [please complete our Sporting Pink registration form.](#)

# PHYSICAL ACTIVITY AND EXERCISE

Please ensure these activities are assessed and participants are supervised.

## NHS Live Well

The NHS has an excellent [Live Well](#) service with lots of advice, tips and tools to help you make the best choices about your health and wellbeing. The [exercise](#) pages have lots of tips and videos to get you started.

Try the workout videos in the [NHS Fitness Studio](#). Take your pick from 24 instructor-led videos across their aerobics exercise, strength and resistance, and pilates and yoga categories. These workouts have been created by fitness experts InstructorLive and range from 10 to 45 minutes.

Or try one of their [10-minute workouts](#). These equipment-free fitness routines. There are 6 workouts, 1 for every day of the week if you include a rest day, each working on a different area of fitness.

## ESCAPE-pain app Exercise Videos

The exercise videos for the [ESCAPE-pain app](#) were designed so that the exercises could be done in a home setting using everyday household items like chairs or steps. They are simple and easy to follow with audio instructions. There are many exercises to choose from so you can pick which ones to try. Try do them at least twice a week but you can do them more often (several times a day) if you want.

## Chartered Society of Physiotherapy (CSP)

The [CSP](#) have designed a simple set of exercises, especially for older people, to help everyone stay active at home. Strengthening your muscles will improve your mood, help

your sleeping patterns, bring benefits for your overall health and wellbeing and importantly prevent deconditioning. Getting started is easy, try out the [strength and balance six exercises](#) and do them daily or twice a week!

## Sport England

[Sport England](#) have shared lots of information, tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and use [#StayInWorkOut](#) to share how you're getting active during this time.

[Get active at home](#) - if you scroll down the page there are links to free video resources and activities.

## Arthritis Action

[Arthritis Action](#) have collaborated with wellbeing organisation [Oomph!](#) to design a set of [chair-based exercises](#) you can do at home. This is part of a programme they developed to encourage people with arthritis and other musculoskeletal conditions to become more active.

Many people living with a long-term health condition also find exercising challenging. To support them, Arthritis Action launched an [Exercise and Activity Directory](#) signposting webpage in January 2020 to help people find the help and support they may need within their county to get active.

## 10 Today

[10 Today](#) is a set of fun 10-minute, audio and [video](#) workouts intended to easily fit into your day to help get you stretching and moving at home. It has been designed by and for older people to keep you physically active, boost your wellbeing, and help maintain your mobility and balance. Each routine provides engaging and easy to follow routines that are a great way of staying active within your own home. They can be done at any time, whether standing up or sitting down, and are adaptable to different fitness levels.

## Move it or Lose it

Exercise company [Move It or Lose It](#), which caters for older adults, is offering live workout sessions on its [Facebook page](#). The company has also created a [support pack](#) for older people providing guidance on how they can keep exercising at home.

## AgeUK exercise for the over 50s

Videos and information available [here](#). Livestream not available yet.

## Chair Yoga with Sherry

Chair Yoga with Sherry is available on [YouTube](#), not livestream.

## Love to Move (British Gymnastics)

The [Love to Move Programme](#) is an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia. You can download a booklet about the programme [here](#).

Love to move are currently trying to source a livestream or online video for this, watch this space.

# FILMS, MUSIC AND TV

Films can be watched on individual tablets or as part of a group setting via a Smart TV (if possible, with infection control processes in place). Please note that the films found within the collections have not been assessed and it is recommended that you check each resource before providing to a participant to ensure it is suitable for them.

## Open Culture

[Open Culture](#) links to a large collection of classic and world cinema.

## Laurel and Hardy

[Suggested by Dementia UK](#): “Many people diagnosed with dementia grew up with the slapstick routines of Laurel and Hardy allowing many to reminisce. Their comedic routines can bring enjoyment and distraction.” Here are some links to Laurel and Hardy films online:

- [The Flying Deuces](#)
- [Helpmates](#)
- [Our Relations](#)

## The BFI Free collection

The British Film Institute (BFI) has a large archive collection available [here](#) and includes shorts, historical, international, home video, feature films and more.

Collections include:

- [Musicals](#)
- [Family Films](#)
- [Home Movies](#)
- [The Home Front](#)
- [South Asian Britain on Film](#)
- [Jewish Britain on Film](#)
- [Chinese Britain on Film](#)
- [Black Britain on Film](#)
- [Railways](#)
- [Royal Geographical Society](#)
- [Football](#)

## Strictly Come Dancing collection **on YouTube**

Click [here](#) to view on YouTube and [here](#) to view available episodes on iPlayer.

## **BBC Music Memories**

[BBC Music Memories](#) is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and take part in their survey to help them discover the nation's favourite music memories.

## **Music Hall songs on YouTube**

A collection of Music Hall pieces on YouTube can be found [here](#).

## **Florrie Ford Music Hall collection:**

A collection of Florrie Ford Music Hall pieces can be found [here](#).

# LIVESTREAMS (CONCERTS, NATURE, MUSEUMS)

A care worker will need to set these activities up on individual tablets or through a Smart TV by navigating to the webpage. Please note that not all of these sources have been assessed but they have come from reputable information sources. As with all the activities, it is recommended that you check each resource to ensure it is suitable for the participant(s). The exercise and choir sections will also require adequate supervision for any participants and any risk assessment measures carried out as per policy.

## Care Home Concert

You can stream a live '[care home concert](#)' by logging into Facebook and searching for @getstrummingtutorials. There should be some upcoming dates in the events section of his Facebook page.

## National Theatre at Home

Live streamed every Thursday evening (7pm) and available to watch anytime for seven days after that. Click [here](#) for more information.

## Patrick Stewart – daily Shakespeare Sonnet

Recordings of Patrick Stewart reading a new sonnet every day can be found on his [Twitter page](#).

## Classical Music

The [Classic FM website](#) has a good list of classical music live streams and recordings to listen to and watch.

## Nature live streams

Select from a variety of options to see nature across the world (some are aquariums and zoos/sanctuaries). Watching these live nature cameras is completely free, doesn't require creating an account, and there are dozens of different animals and nature locations to choose from. For more information click [here](#).

## Zoos

Many zoos across the world are showing live footage at a variety of enclosures. A selection are listed here:

- [Penguins at Edinburgh Zoo](#)
- Various animals at [San Diego zoo](#)
- Various animals at the [Smithsonian](#)
- Various animals at [Paignton zoo](#)
- Various animals at [Marwell zoo](#)

## Interactive Safari

Live safari in Kruger National Park South Africa broadcast twice a day at 5am-8am BST and 2:30pm-5:30pm BST. safariLIVE is an award winning, expert hosted LIVE safari, broadcast directly from the African wilderness into your home. Available on both the internet and television, this show enables you to interact with an expert game ranger in real time. Safari vehicles, guides on foot, drones, balloons, rovers and remote cams are all searching for their favourite characters. Completely unscripted and unpredictable – this show is reality TV as it is supposed to be. It is authentic and real and has been piloted in an aged care facility.

You can access safariLIVE online [here](#) and via Facebook [here](#). You can view a clip of the footage you might see on [YouTube](#).

## Museums

**Note** – many of these may require a tablet to enable navigation around the site and not suitable for a Smart TV.

[Google Arts and Culture](#) - This online platform provides digital tours of more than 2,500 museums and galleries around the world, among them New York City's Metropolitan Museum of Art and Amsterdam's Rijksmuseum, both temporarily closed.

NASA offers free virtual tours of the [Langley Research Center](#) in Virginia, as well as of Ohio's [Glenn Research Center](#). The Space Center Houston also has an [app](#) that provides virtual tours, augmented reality experiences, and videos and audio stories about space exploration.



The Vatican Museums feature an extensive collection of important art and classical sculptures curated by the Popes over many centuries. You can take a [virtual tour](#) of the museum grounds and iconic exhibits, including Michelangelo's ceiling in the [Sistine Chapel](#).

## Choirs and group music

### The Aphasia Choir

The Aphasia Choir has gone [online](#) and is run by a speech therapist. A new video each week can be viewed any time.

### The Sofa Singers

You must download Zoom ([www.zoom.us](http://www.zoom.us)) to join. More information can be found [here](#).

### Gareth Malone

Gareth Malone is creating a choir. You must first register for more information. Click [here](#) to find out more.

### Singing for Health

Singing for Health has a selection of [YouTube videos](#) (not livestream).

This resource is designed to support those wishing to improve and maintain their health through singing. It may be used to complement membership of a singing for health group, or as a stand-alone resource. The Warm-Up Film guides you through a series of physical, vocal and breathing exercises to prepare body and mind for singing. The twelve songs gradually demand greater breath control and vocal stamina, and lyrics appear on screen. The singers you see and hear all belong to singing for health groups. Many live with long term health conditions, and they use singing as part of their self-management, as well as enjoying the social benefits.

# LINKS TO OTHER USEFUL RESOURCES

## More Activity ideas

These links provide details of other useful activities, some of which we have picked out and included above:

<http://napa-activities.co.uk/membership/free-resources>

<https://www.alzheimers.org.uk/get-support/coronavirus-activity-ideas-people-living-dementia#content-start>

<https://www.alzheimers.org.uk/blog/5-online-activity-ideas-people-living-dementia>

<https://www.alzheimers.org.uk/get-support/staying-independent/activity-ideas-dementia>

<https://idea.nottingham.ac.uk/resources>

Follow the **IDEAS Team** on Facebook: @IDEASTeamNHS

Online activity content is currently being created and will be added to [www.alzscot.org](http://www.alzscot.org) so check back soon.

**The 'D' word**, the UK's only dementia based radio show

<https://www.ukhealthradio.com/blog/program/the-d-word/>

Suggestions for the best **arts and crafts activities** for people with dementia:

<https://www.findreviews.com/arts-and-crafts-for-people-with-alzheimers>