

TR TALK TUESDAY – Community-based TR & Dementia Care

Key Takeaways and Resources

Thank you to everyone who joined us for our TR Talk Tuesday – Community-based TR & Dementia Care video conference!

This document includes the key takeaways and all the great resources and ideas that were shared by our TR attendees.



TR Talk Tuesday – Apr 14, 2020

11:30 am: Children & Paediatrics

1 pm: Community-based TR & Dementia

Meeting login info at www.trontario.org

Link to video recording

<https://transcripts.gotomeeting.com/#/s/06435f923971ecb5404ebf5a9a34dba115b103ca3842c09200068666ea9da3c5>

You might also want to check out:

[TR Talk Tuesday Long Term Care – Tips and Resources](#)

[TR Talk Tuesday Mental Health – Tips and Resources](#)

More information about future TR Talk Tuesday sessions [here!](#)

#Weareallinthisogether #TRforAll #TRTalkTuesdayCommunityCare

KEY TAKEAWAYS

Adaptations during COVID-19

- Making and delivery packages to clients
 - Home recreation kit delivered to clients' door (includes exercise ball, exercise sheets, tracking sheet, word searches, crossword puzzles, healthy recipe ideas, [Boomer magazine](#), etc.)
 - Virtual recreation kit (see URL in Resources) (includes field trip section, recipes, cognitive components, etc.)
- Most seniors don't have an internet connection at home so connecting via phone is key
- Robotic cats are an enjoyable tool (some clients have their own, long term care homes have several that are shared and disinfected using Lysol and freezing between uses)

Video calls

- Online sharing platforms being used: Facebook Messenger, Facetime, Skype, Google Duo, Ontario Telemedicine Network (OTN), Zoom, Microsoft Teams (see links for each in resource section below)
 - Check with your workplace as some platforms such as Zoom are not permitted
- Virtual calls allow clients to engage with the families and see one another and play games
 - Some clients have experienced laughter and great delight in these experiences
 - Some clients are upset and confused by the technology but the connection is still beneficial
- Virtual calls can be conducted by TRs as well as volunteers

Challenges

- Assisting those in palliative care process
 - Gift cards allow staff to buy visitors food as they can't bring food in or visit cafeterias
- Connecting with caregivers to make sure they feel supported
 - Communicating with care coordinators and day programs to avoid any service duplication
 - Main goal is to make sure clients aren't visiting hospitals or calling 911. Geriatricians are taking urgent referrals to reduce hospital visits
- Personal Protective Equipment (PPE)
 - Crochet masks available (see resources below)

TR Self-Care

- Online yoga classes, gym sessions, walks
- Staying connected with friends and family (see "House Party" platform in resources below)

Closing thoughts

- To avoid disruptions, try to maintain the client's routine as much as possible
- Silver lining is that we are able to adapt to virtual services and use them in the future
- TR profession has grown to be flexible and adaptable to the field and service changes

RESOURCES

Activity ideas

[Boomer Magazine](#)

(as part of Home recreation kit described by Teresa Weicker of Alzheimer Society Perth County. For more info, contact Teresa at: tweicker@alzheimersocietyperthcounty.com)

[Virtual social recreation activities](#)

(from Alzheimer Society Perth County)

Online games

[Playing Cards](#)

card game website

Virtual fitness programs

[Senior Fitness with Meredith](#)

[Eldergym](#)

Video conferencing apps

[Facebook Messenger](#)

[Facetime](#)

[Skype](#)

[Google Duo](#)

[Ontario Telemedicine Network](#)

[Zoom](#)

[Microsoft Teams](#)

[HouseParty](#)

(for social meetings, not work-related)

Tech support resource

[Techboomers](#)

An outreach program that helps bridge the tech gap. If a person in the community tells what device they have (e.g. iPad, android, computer, etc.) and what programs or apps they are interested in (e.g. Skype, card games, etc.) they send personalized instruction based on a person's needs

Inspiration!

[CBC news story](#) – Lyndsey Charles' program coordinating virtual visits with volunteers

Self-care

[Self-Care During COVID-19 Pandemic](#)

(from BSO)

More COVID-19 links

[TRO's page of COVID-19 resources](#)

[DementiAbility's COVID-19 Resources](#)

[brainXchange COVID-19 resources](#)

(collected in collaboration with BSO)

Join TRO's Aging Community of Practice

Send an email to aging.cop@trontario.org