

A photograph of a pair of hands, palms up, holding several small white daisies with yellow centers. The hands are positioned in the center of the frame, with the fingers slightly curled. The background is a dark, textured surface, possibly wood, with some light reflecting off it. The entire image is framed by a solid magenta border.

DALE BRAIN INJURY SERVICES CAREGIVER TIPS



Overview

Purpose

Keep Informed

Virtual Conversations

Online Entertainment

Engagement Strategies

Games and Activities



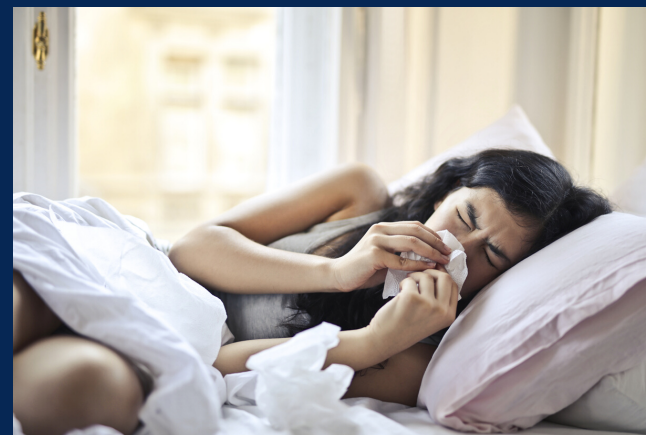


Introduction

The purpose of these tips is to support you – a caregiver - and the individual in your care - during this time of physical distancing and isolation. Our goal is to address the needs of your family member while also keeping you safe - focusing on being positive to promote everyone's well-being.

Think about what has to happen to make it more likely that they will stay home?

- Consider regular communication with family and friends
- Engage them in one of the activities provided
- Go with them to purchase items that cannot be ordered online (this will allow you to provide reminders about social distancing and sanitizing)
- Consider making a schedule that incorporates activities they enjoy, walks in the immediate neighbourhood, playing games, etc.
- Consider providing an incentive for them to remain in the home
- Appeal to the person's kindness and good nature. Ask them to help you feel safe and comfortable by staying home.



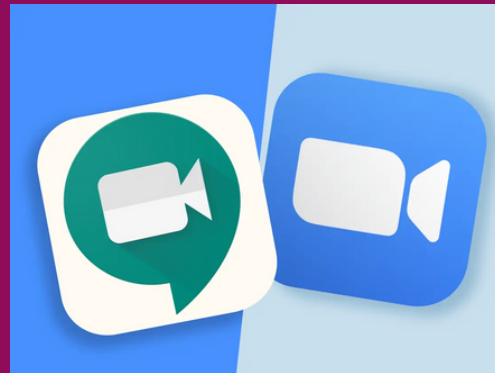
If your family member insists on leaving the home during this pandemic:

- Try to avoid arguing or showing frustration
- Provide them with the education and resources surrounding protecting themselves and others.
- Wash your hands frequently and carefully.
- Avoid touching your face.
- Keep 6 feet of physical distance.
- Don't share personal items (phone, hairbrush, utensils)
- Cover your mouth and nose when you cough or sneeze
- Clean and disinfect surfaces (at home – doorknobs, furniture, counters, and in the community – shopping carts)
- Do not gather in groups
- Avoid eating and drinking in public places.
- Wash purchases before using them (especially food)
- If you have access to a mask and/or gloves, wear them when out in public.

Virtual Conversations!

Host a Zoom party!

Zoom is online video conferencing where multiple people can share live. You can host a conversation, play a game, host a sing a long.

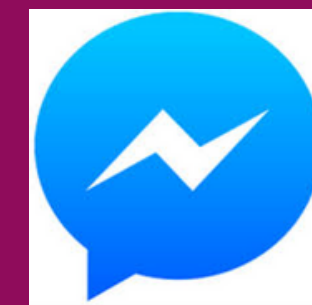


You can interact with friends and family members using:

Zoom, Google Meet, FaceTime, Facebook Messenger, Skype, or a phone call

Facebook

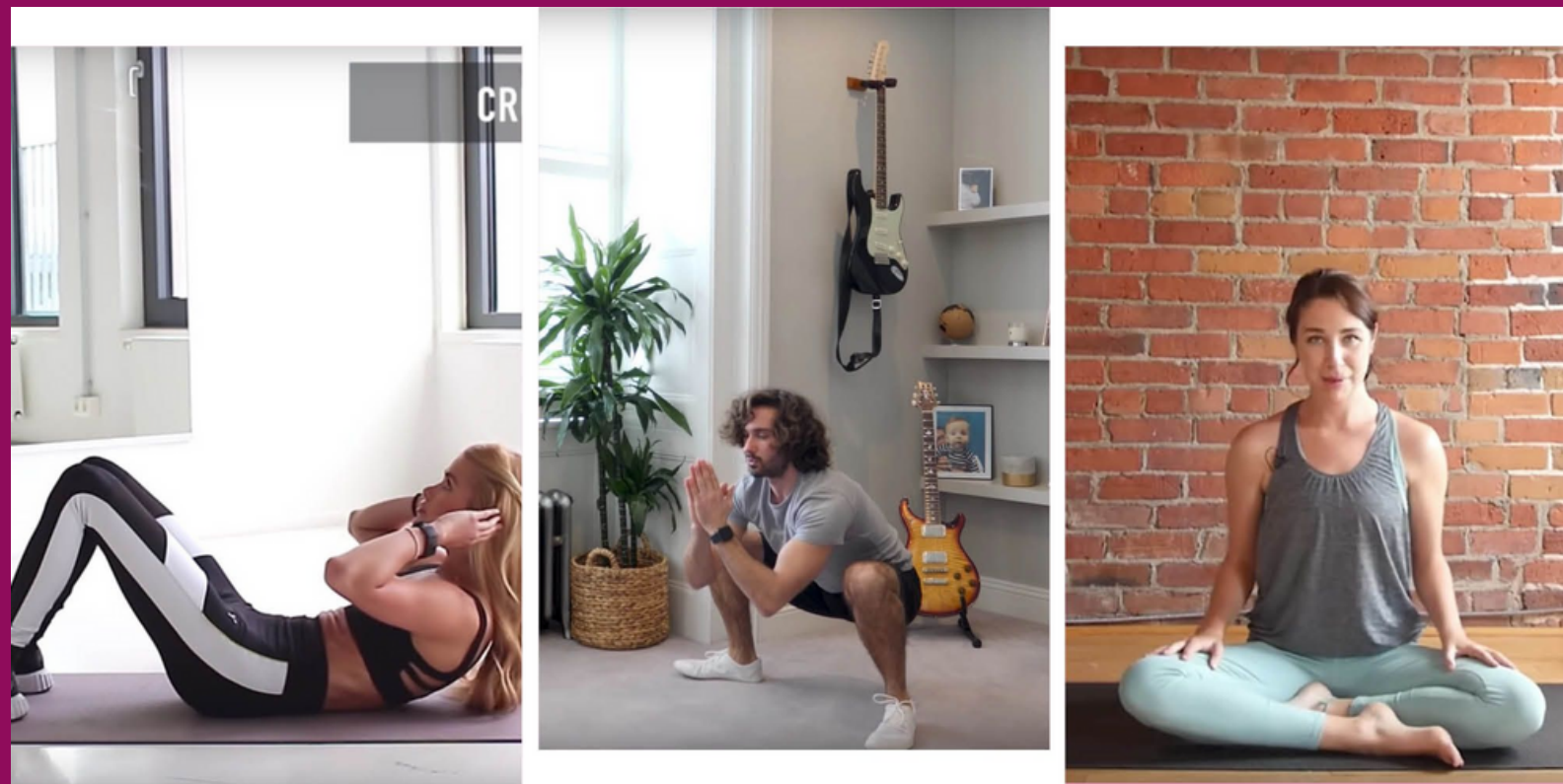
- Support your family member to create a Facebook Account to connect with others online including family and friends.
- Client Connections is a Facebook group for DBIS clients only to connect with each other and with staff. There are interactive activities and groups taking place daily.
- Caregiver Group is a Facebook group for ALL caregivers to connect with each other and participate in online learning opportunities.
- Facebook Messenger can be used for text messaging, voice calls and video chats.



Online Exercise Programs

Exercise in the comfort of your home

- The YMCA (<https://ymca360.org>) is offering many free programs that are open to members and non-members. They have beginner to advanced variety.
- YouTube also has a number of exercise videos (yoga, aerobics, weightlifting, etc)



Online Entertainment

- **Google Arts & Culture** includes museums tours
- **IMAX movies**
- **Toronto Zoo** virtual tours and workshops
- **Stratford Theatre** plays are free online Thursdays
- **Cirque du Soleil** shows on YouTube
- **Online escape rooms**
- **Streaming services** - Netflix, Amazon Prime, Disney Plus, HBO Now, etc. Some are providing FREE content.
- **Visit the Library** - You can borrow eBooks and audiobooks free from your local library
- **Online games** - play with friends and family online (check out Scrabble, Yahtzee, Cribbage, etc). You can print word puzzles or find word games online. Check out the app store on your smartphone or tablet.
- **Online paint nite** by Yaymaker

Planning for Success

- Involve family member in developing daily routines
- Outline expectations ahead of time
- Break down tasks into smaller steps
- Use cues, guidance and repetition along with positive feedback to increase likelihood of success
- Pace the activities allowing for rest periods
- Use alarm clock, timer, organizer, etc. as reminders
- Always encourage engagement
- Be patient and empathetic – provide help to reduce frustration



- Provide structured and meaningful activities
- Provide meaningful activities that will help a person feel productive and helpful
 - Helping activities – e.g. responsible for setting the table, asking if others would like coffee or tea, getting the cards
 - Opportunities to socialize with others – e.g. playing cards, Zoom chat, etc.
- Engage in problem solving when needed
- Look for opportunities to provide positive feedback
- Work in partnership with your family member
- Engage family member in the decision making process
- Consult with your family member for any aspect of care including scheduled activities, strategies and interventions

Communication

Active listening (when challenges arise):

- Reflect back what you have heard
- Repeat important information
- Ask questions
- Summarize and acknowledge "I see..." "What you're saying is..." "It sounds like..."
- Listen instead of jumping in to solve the problem
- Listen openly, without judgment and without interrupting
- Recognize and interpret - words, body language and non-verbal cues
- Recognize underlying concerns, feelings, or interests in family member that may not be verbally expressed.

- **Compromise:** e.g. "You asked for 6 cookies, but do you think you could eat 3 cookies?"
- **Reframe:** e.g. "I know that you don't like to work out but remember how good you felt last time."
- **Offer Choices:** e.g. "If you don't want to play cards right now, you could watch Price is Right or check out Facebook."
- **Re-approach:** If the initial attempt to resolve the problem is unsuccessful, walk away and re-approach later.





Games



Activities



Other ideas

The next few pages will provide you with games and activities to try at home or online as well as some tips and tricks for managing long periods of time at home. Our hope is that you will find these ideas helpful in engaging your friends and/or family members in meaningful activities.

Games

- Wii Bowling or other video games
- BINGO
- Memory games
- Solitaire, Crazy Eights
- Board games
- I Spy
- Name that Tune
- Trivia
- Cribbage
- Shuffleboard
- Lawn Bowling
- Win Lose or Draw/Pictionary
- Hangman
- Would you rather?
- Indoor scavenger hunts



Activities

- Make a Vintage rummage box (place things in a box and reminisce and explore)
- Make a collage with old magazines
- Do some colouring
- Sand and paint an item such as a bird house
- Make a bird feeder and hang outside
- Bead a necklace
- Create a sculpture out of modeling clay
- Make birthday cards or get well cards
- Make a puzzle by laminating a photo and cutting into into small pieces
- Create a scrapbook with photos and journalling

Other ideas

- Create a gratitude journal
- Try a new recipe
- Learn to knit or crochet
- Read or listen to a new book
- Rearrange a room in your house
- Train your dog to do tricks
- Repair things around the house
- Do some yardwork and gardening
- Paint your fingernails and toenails
- Listen to podcasts



Skill building opportunities

- Folding laundry
- Making the bed
- Clean windows
- Counting money
- Washing and drying dishes
- Making coffee/tea
- Online banking
- Online grocery ordering
- Meal planning
- Meal preparation

