



### **Tips for nursing home restrictions**

For the protection of nursing home residents, Nursing Homes Ireland have confirmed that visiting restrictions are now in place in nursing homes nationwide due to the Coronavirus (COVID-19). NHI has informed restrictions are in place but that does not constitute a 'ban' but each individual nursing home will have the procedure it deems appropriate in the best interests of its residents.

All visitors are asked to contact the local nursing home prior to attending. Visitors should only seek to attend in urgent circumstances and the management reserves the right to impose full restrictions where necessary. **Restrictions are in place for the personal safety and protection of the residents in the nursing home** as it is likely they are more at risk of serious illness if they catch the coronavirus

Below are some tips for you and your family if you are not able to visit your loved one with dementia in the nursing home:

- **Put together and send in a Life story book** - Life Story books are tools that gather specific personal information about past life stories, important relationships and present and future needs of persons who experience memory loss from conditions such as dementia or a brain injury. Life Stories are a small “snap-shot” of the person’s life put into mini-photo albums or picture frames and the information contained is used by health care providers to give more person centered care. Call the Alzheimer National Helpline on **1800 341 341** for an information sheet on putting together a Life Story book
- **Put together and send in a Memory Box** - Putting together a memory box is a good way of stimulating and drawing out memories. Put favorite objects, old photos, and items from the person’s work in the box to be examined.
- **Send in pictures/photos** - Pictures and photos can be used as tools in multiple ways: to provide a focus for engaging the person with dementia in meaningful conversations or story-telling about themselves; and to distract a person, or to provide them with comfort
- **Audio recordings of messages** – Ask the local nursing staff if it is possible to send audio recordings to the staff so they can play it for your loved one
- **Video/Skype conversations** - Ask the local nursing staff if it is possible to set up a time to have a video/skype conversation with your loved one with the help of staff in the Nursing Home.