



Norwood News

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County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

Managers Dementia Corner

Subject of the moment is clearlyHoarding!!!

As we are all aware, the instinct to hoard is ingrained in our genetic makeup from the earliest days of our ancestor's the "Hunter and Gatherers" so it should be of little surprise to any of us that the thought of not having essential items is too daunting for us to ignore as has been seen with the fuel situation.

I can almost guarantee that many of the drivers queueing for hours at petrol stations already have plenty of fuel in their vehicles but the thought of running out is too powerful to ignore.

As human beings we should have the "insight" to show more restraint but we do not. Why?.....because we have evolved to such an extent that we cannot abide not having things we need. As the 21st century progresses with such pace, away from the restraint that many of our residents endured after the 2nd World war, we have now extended from "gathering" what we need, to gathering what we "want" and as our children and grandchildren are showing us all to vividly this has even extended to the need to "gather" immediate recognition. An example of this is posting a comment on social media and waiting patiently for "validation" but getting a like or comment of appreciation. This, unfortunately, had gone so far as to render many of our youth to be incapable of leading what our, and our parents, generation would regard as a "normal life" and being totally consumed with living their life in cyberspace and endlessly seeking validation. Is this the next level of "Hunting and Gathering" and where will it end.

What, you ask, has this got to do with dementia?

As we have evolved we have learned, filters, from our parents and continue to do so.

Our generation was taught, restraint, which appears to be a dying trend in some modern parenting, (our grandchildren having the latest i-phone every 6 months) which is somewhat understandable when we are so well off that we can almost get whatever we want without any perceived sacrifice . How this generation will fair when living with dementia in their later years does not bear thinking about, and may well be unmanageable.

We, and our parents, and certainly our residents at Norwood House, would have not lived in a "throw away society" and would have appreciated what they had because they had learned to appreciate the sacrifice endured to live the lifestyle they had achieved.

Sadly these filters are lost when dementia takes hold and we revert to hoarding unnecessarily, but there is a very good reason for this. When living with dementia as we have discussed before, short term memory loss effects the ability to retain immediate information. Added to this people living with dementia cannot tolerate feelings of unhappiness.

Put these two conditions together and they will hoard.

A good example of this is toilet roll. Not having toilet roll or tissues will bring on a subconscious feeling of unhappiness and will lead to the hoarding of such items. Soon the sufferer will have a house full of toilet rolls and boxes of tissues with no concept of why this should be.

Residents in care homes have a knack of hoarding napkins and cutlery and this is often brought on by "hidden" feelings of when they did not have these items. The **ONLY** way to deal with these situations is to (if safe to do so) ignore them or, if necessary, remove the majority of the items but **ALWAYS** leave a small number or the problem will become greater.

Last example is Mr. Smith and his Fish Fingers!! Every day he would take his obligatory trip to the local store as he had done every day of his adult life for his morning paper. However, (as his dementia progressed) he would unnecessarily purchase a box of fish fingers every single day when he already had a freezer full of them. His short term memory did not allow him to remember that he had a plentiful stock already. His wife became so irritated at this that they would endlessly row about it until Mr Smith became aggressive towards her and the relationship deteriorated beyond repair and Mr. Smith was admitted into a residential care home where the problem stopped overnight. Had Mrs. Smith, ignored the problem of a house full of fish fingers she may well have lived happily for many more years with her husband. Food for thought ??



The Monthly Residents Quiz



Once a month The Manager will hold a quiz for the staff (with able assistance from the residents) which will focus the care planning of our residents and their life history.

Every resident has a "This is My Life" document which is completed by family members and the resident if able to do so and becomes a focus of many parts of their care planning.



Our staff may be asked how many sugars a resident has for instance (and often get confirmation from that resident who is helping with the quiz)

Where they were born or what their favorite colour is.

A question which is often asked and nearly always greeted with a correct answer is the contents of a residents memory box outside their bedroom.

Risk assessments are mentioned (only room numbers are quoted for these) and the staff enjoy pitting their whits against the managers knowledge of these matters.

Power of Attorney, Mental Capacity Act and Deprivation of Liberty Safeguarding questions are also asked.

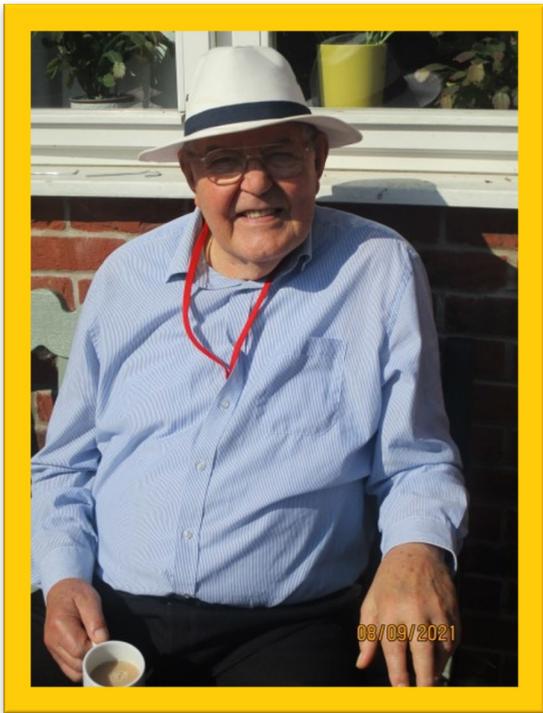
Dietary requirements and questions about types of dementia are also regularly features and the staff always display sound knowledge.



Dog Therapy



The residents were honored with a visit from Rocco the dalmatian puppy. Dogs can help reduce the effects of dementia—*anxiety, agitation, irritability, depression, and loneliness*. By their friendliness and non-threatening way, pets can help a dementia patient be more interactive, when sometimes they are not able to do so in social settings with other adults.



The residents enjoyed the September sunshine

Coffee AND Sunshine

Soaking up sun rays while having their morning coffee





ARTS & CRAFTS



Dementia patients can suffer difficulty in expressing their feelings, Art gives them freedom of expression, where they can draw based on their moods, and communicate feelings and thoughts.



FLOWER ARRANGING

Flower arranging is a great group activity. It is a relaxed, enjoyable activity which involves both mental and physical aspects as well as hand/eye coordination.



It involves the sense of smell and touch so is a sensory experience. Helps to keep the brain working in pattern recognition, prediction and comparison.



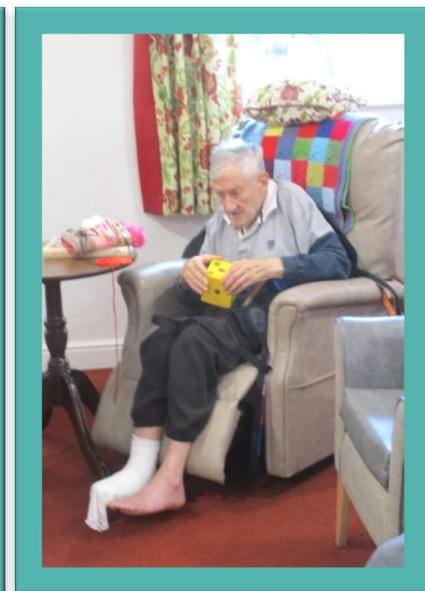
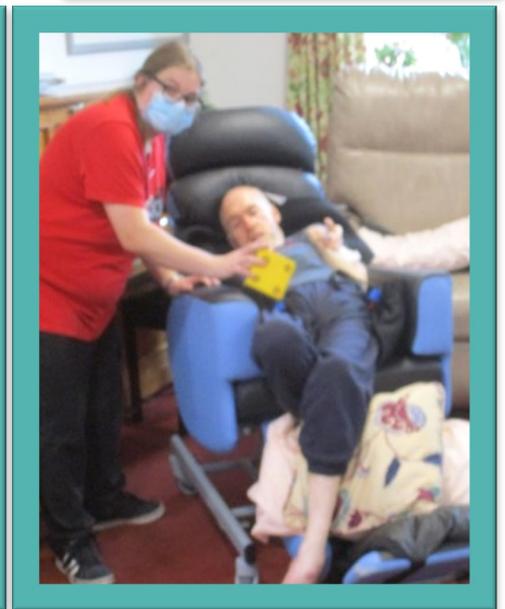


SKITTLES



Throughout the month the residents play games like skittles and snakes and ladders which can provide the mental stimulation dementia sufferers need to stay engaged and alert.

Snakes & Ladders





The parachute game allows the residents to practice movement, especially in their arms and increases mobility in the upper body.

As this is a group activity, the parachute game also encourages teamwork and interaction as well.



Dog Breed Word Search



BASENJI
BASSET HOUND
BEAGLE
BLOODHOUND
BULL TERRIER

CHIHUAHUA
DACHSHUND
DALMATIAN
GREAT DANE
IRISH SETTER

KEESHOND
MASTIFF
NEWFOUNDLAND
OTTERHOUND
PEKINGESE

POMERANIAN
SAINT BERNARD
SCHIPPERKE
WEIMARANER
WHIPPET

The BIG Answers

1. How much does 'a stitch in time' save? **9**
2. What were commuters urged to go to work on in the 1960's? **An Egg**
3. If you had 'tinnitus' what would you be suffering from? **A ringing in the ears**
4. What is the world's best selling perfume? **Chanel No. 5**
5. Scorpions are immune to their own poison. True or False? **False**
6. What colour is a Harrods carrier bag? **Green**
7. Dietary deficiency of vitamin C gives rise to which disease? **Scurvy**
8. What is the most mentioned animal in the Bible? **Sheep**
9. If an egg floats in water is it fresh or stale? **Stale**
10. The monument in London commemorates what? **The place where the Great Fire of London Started**
11. What product was originally marketed as 'liquid beef'? **Bovril**
12. Who or what is 'the old lady of Threadneedle Street'? **The Bank of England**
13. Who was known as the 'lady of the lamp'? **Florence Nightingale**
14. According to the Bible, who did God give the ten commandments to? **Moses**
15. What colour is the Spanish post box? **Yellow**
16. According to the proverb, what should you not wash in public? **Your dirty linen**
17. What is the maximum number of times a piece of paper can be folded in half? **7**
18. In which year did the pound note stop being legal tender? **1988**
19. How many legs has a 'Bombay duck' got? **None, it's a fish**
20. In which musical would you hear the song 'supercalifragilisticexpialidocious'? **Mary Poppins**
21. What did Cinderella lose at the ball? **Her glass slipper**

A Little Reminder

We would just like to remind you all that we still have restrictions in place in regards to visiting.

We are still operating a restriction of **5 designated visitors** per resident, and only two visitors per visit slot (unless exceptional circumstances e.g. birthday). Each designated visitor can come a maximum of twice per week, this is to allow enough slots for each resident.

We have 4 timeslots each day, 10am, 11am, 2pm and 3pm and can accommodate 2-3 visits at one time. To enable us to manage the visits effectively, we require a minimum of 24 hours notice to book a visiting slot.

Please remember to arrive 20-30 minutes prior to the visiting slot for a Lateral Flow test to be completed prior to entering the home.

Face masks **MUST** be worn throughout the visit. It is still mandatory for masks to be worn in health care settings.

We appreciate your support and co-operation.

thank you

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We look forward to assisting you



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