

Dementia

Covid-19

[Visiting arrangements in care homes](#) Guidance updated in line with the national restrictions introduced on 6 January.

[Arrangements for visiting out of the care home](#) Guidance updated in line with the national restrictions introduced on 6 January.

[COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable](#) Updated guidance for the period of national lockdown and added large print version.

[Coronavirus \(COVID-19\): providing home care](#) Updated to reflect guidance on shielding: clinically extremely vulnerable people should now shield at home. Updated 'Coronavirus (COVID-19): provision of home care' to reflect the extension of free PPE until the end of June 2021.

[Informal dementia carers had to make difficult decisions about paid care during COVID-19](#) This research brings to the fore longstanding problems with care for people living with dementia. These issues include a lack of continuity of paid care, poor monitoring of care staff entering homes, and minimal support for unpaid carers.

Research

[Increased exercise in midlife linked with better brain health in later life](#) Scientists linked high levels of mid-life physical activity, over 150 minutes per week with better brain health in later life. This included fewer cerebrovascular lesions in late life.

Cochrane Review

[Remotely delivered information, training and support for informal caregivers of people with dementia](#) Remotely delivered interventions including support, training or both, with or without information, may slightly reduce caregiver burden and improve caregiver depressive symptoms when compared with provision of information alone, but not when compared with usual treatment, waiting list or attention control. The effectiveness of interventions may depend on the nature and availability of usual services.

Project

[Free online workshops with Memory Box Project from Wessex Heritage Trust](#) The Wessex Heritage Trust are currently offering free online workshops on how to photograph objects for reminiscence and how to use their new website www.memoryboxproject.co.uk - a digital catalogue of reminiscence objects and resources available for people to use for reminiscence activities, whether they are in a care home setting or living at home.

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