



**JULY 2020**

Alzheimer's SA NPC South Cape renders services to all people living with Dementia, from Heidelberg to Plettenberg Bay and Beaufort-West

We strive to enhance quality of life for patients and loved ones, do stigma reduction, give a high standard of support and care to patients and families, and to eradicate the abuse of Dementia patients and the elderly in general.

Good day everyone,

I hope this letter finds you all well and battling the Covid-19 enemy. Yes, we live in strange times indeed! People wear masks, wash their hands all the time, we try to avoid coming near someone else, we don't smell smoke on the sidewalks and liquor shops are closed.

We try to cope as well as we can, we read about the virus, boost our immune systems and don't

visit friends or family. We can still call or whatsapp them, even zoom and webinars have taken on a whole new meaning! We go to work, some do business as usual and life goes on.

But what about the people living with dementia or Alzheimer's disease? Those loved ones who can't recognise a caregiver because of a mask, who don't understand why family and friends have stopped visiting, who are not allowed outside the boundaries of the care facility or home? Do we even begin to understand their confusion, fear and worry?

This is the time when the importance of caregivers and loved ones is really pushed to the front again. A real caregiver realises the patient's feelings and

### **Southern Cape Region**

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tries to reassure, to help and comfort, often just to be there for the patient. I had the privilege to train a few such people a while ago:



At Millennium Park in Oudtshoorn is fltr: Japie Festus, Nina Dreyer, Belinda Terblanch, myself, Kurty Mpisane, Deidrè Loff and Sharron van der

Home based caregivers in George: Yours's truly, Lee-Ann Saayman, Yvette Brown, Heidemarie Myburgh, Lynn Blignaut and Karin Erasmus



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So, what to do about caring for our patients and battling C-19 as well? I will try and give a few tips:

- Our patient's needs are still the same, try to adjust our approach to still meet these needs, be caring, loving and reassure often
- Engage in conversation about family and loved ones, look at pictures and try video calls where possible
- Train staff on the most current disease information and practice strategies
- Inform and include the patient and family in new interventions as appropriate
- Create a safe and supportive environment with lots of mementoes of patient and family

To all caregivers out there: I salute you!

Take care of yourself, you are precious and very much needed.

I would also like to hear from you, how are you coping, what new measures are in place to safeguard yourself and your patients from getting infected?

**Alzheimer's SA is a non-profit company and we  
are dependent on donations from the public.**

**Banking details**

**Alzheimer's SA**

**ABSA Bank**

**No 925 609 5672**

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