

Preparing Residents for COVID

Dear Families,

As you may be aware it is likely that most aged care facilities will go into lock down at some stage. This will result in residents needing to stay in their room or wing, with group activities and events postponed, and unfortunately reduced family visits.

During this time we will move to virtual visiting. Our staff will assist you to remain in regular contact with your loved one via phone, mobile, FaceTime or Zoom. Please consider which will be the best method for your family.

Whilst our staff will continue to be dedicated to meet your loved one's healthcare needs, we would appreciate your help in providing some items to keep your loved one entertained should a lock down situation occur. We aim to create a little box of items to do with each resident, for staff to be able to help to set them up with activities to do throughout the day.

If possible, you might like to provide us with some items, depending on what your loved one likes to do.

- Books - favourite authors, short stories, poems, jokes, fun facts (large print if required)
- Word games - word search, crossword puzzles, sudoku, 9 letter word, quiz, true or false, spot the difference, trivia
- Simple Board Games - Jenga, scrabble, banagrams, Yahtzee
- Jigsaw puzzles - 24, 48, 100, 500 piece depending on ability with puzzle mat
- Construction - mechano, lego, duplo with tray
- Magazines - That's Life, Take 5, Readers Digest, Who, Women's Weekly, National Geographic
- Hobby Magazine Subscription - camping, fishing, flowers, cooking, craft, travel, horoscope
- Newspaper Subscription - daily news, culture specific (this can be organised with our receptionist)
- Cards - Solitaire
- Simple crafts - paint with water, paint by number, collage, tapestry, needle craft
- Wool crafts - knitting, crocheting, or mixed wool to roll into balls
- Wood work - simple wood items to sand, paint, varnish
- Adult colouring - images with large designs (eg not too fine as they can be hard to see / colour), with textas, pencils, sharpener
- Letter writing - paper, cards, notecards, postcards, envelopes, stamps, pens
- Music - CD player and CDs, iPod or iPad with favourite songs loaded eg classical, nature, relaxation, jazz, rock and roll, big band,
- Computer - iPad, laptop or desktop with simple games loaded eg Candy Crush Saga, Scrabble, Solitaire, Words with Friends, Casino Games
- Photo albums - photos of the early days, family, travel. Please provide copies of the photos rather than the original. If possible label the albums to include location and name of person in the image
- List of movies your loved one may like to watch on Foxtel 'On Demand'
- Religious and spiritual - songs of praise CD or DVD, bible, stories, prayers
- Nail care - nail clippers, nail file, nail polish, hand cream

Please label items with your loved one's name. If you would like advice as to the sorts of activities that may be suitable for your loved one please contact Reception.

Thank you very much for your special consideration.

The Oryx Team