

Leadership Lessons from the Lockdown

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Caladenia Dementia Care

Who is Caladenia?

- Dementia specific provider since 1893
- Based in Outer eastern Melbourne
- Not for Profit registered Charity
- 20 staff
- 55 volunteers
- 80 clients PW

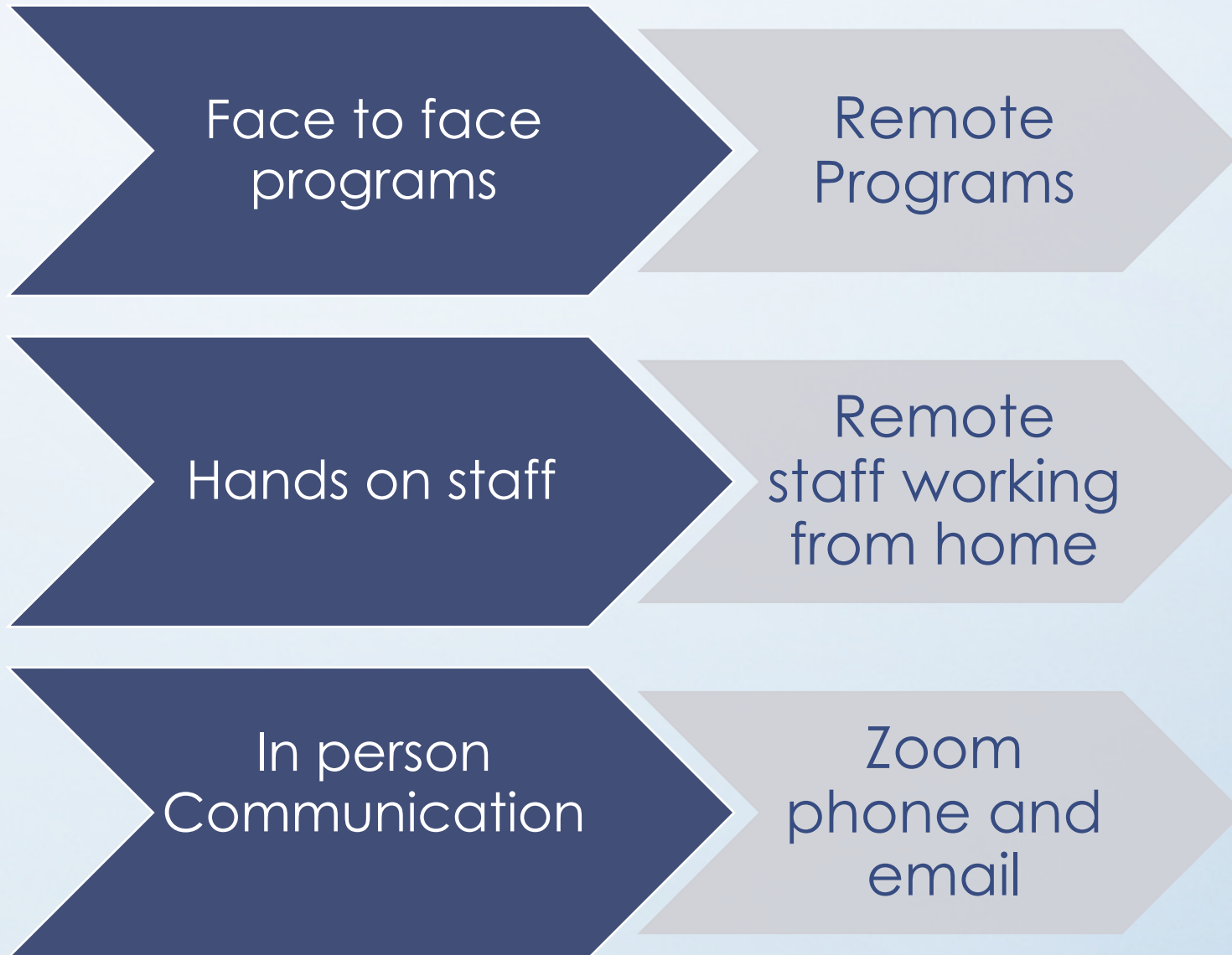


The lockdowns

How change happened



So what changed?



Challenges

Isolation



**Lack of
computer
skills**



**Lack of IT
equipment**



111 Days of Lockdown - Lessons Learned



Activity packs for people living with dementia

The chicken dance – a lady who literally stands there and does the chicken dance.
<https://www.youtube.com/watch?v=15slsp1fmXM>

Royal palaces – choose from one of 6 palaces
https://www.hrp.org.uk/#as_0sgtpj

Check out the live stream of animals at the zoo – giraffe, penguins, snow leopards, zebra and lions
<https://www.zoo.org.au/animal-house/>

Earthcam – web cameras from all over the world. Check out Abbey Road, Fifth Avenue and the Maldives – all sorts of places
<https://www.earthcam.com>

For all things art and culture
<https://artsandculture.google.com>

NGV Melbourne
<https://www.ngv.vic.gov.au/explore/collection/>

San diego zoo – live cameras for baboons, pandas, apes, koalas
<https://zoo.sandiegozoo.org/live-cams>

The Metropolitan museum of art - a wealth of arty farty stuff
<https://www.metmuseum.org>

The V & A Museum – this page will show collections (includes images and short videos)
<https://www.vam.ac.uk/collections?type=featured>

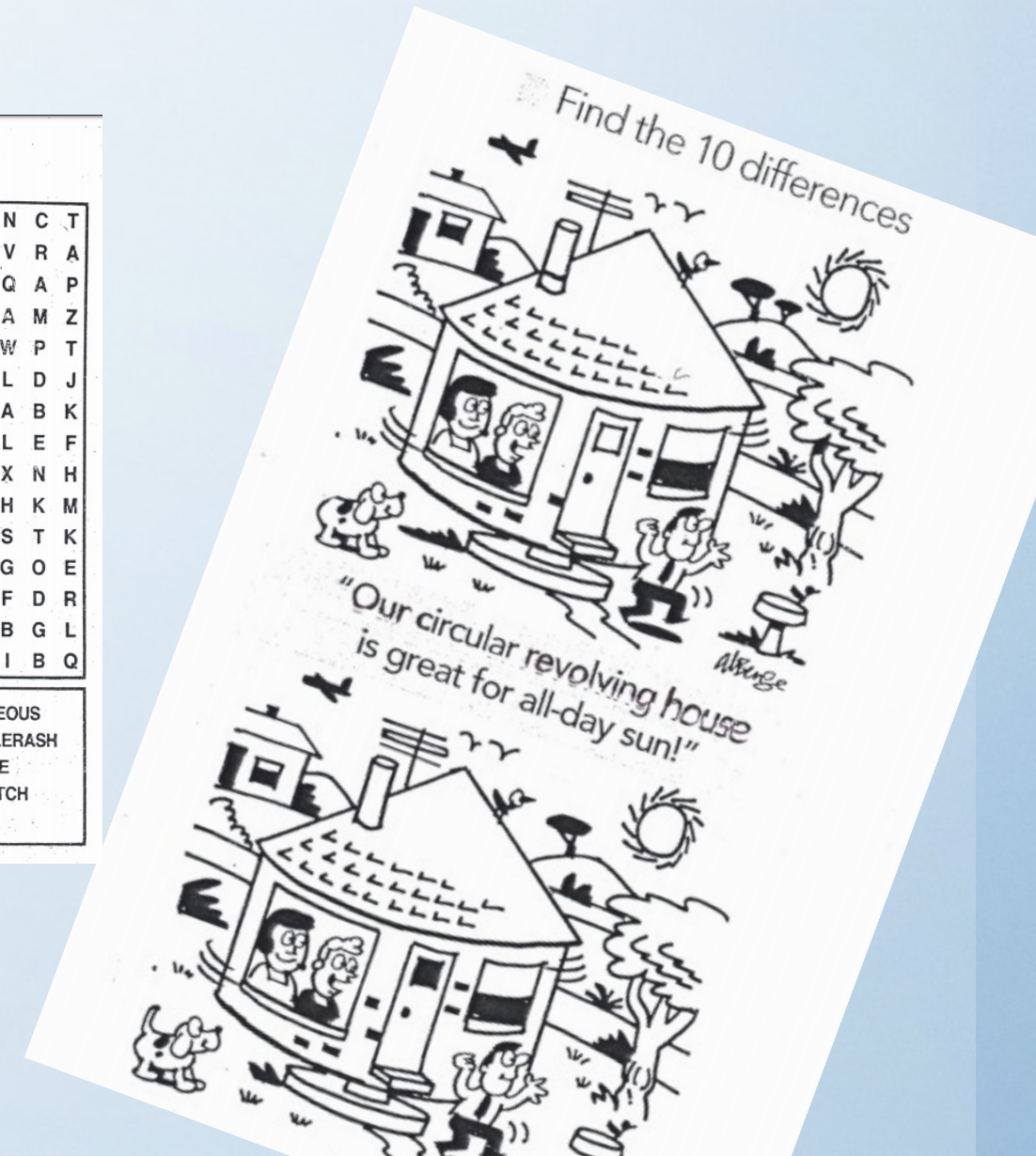
Exercises for seniors – does require a resistance band for some of the exercises
<https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors>

You tube
 By searching sing-a-long songs with lyrics eg sing a long songs with lyrics 50's and 60's
<https://www.youtube.com>

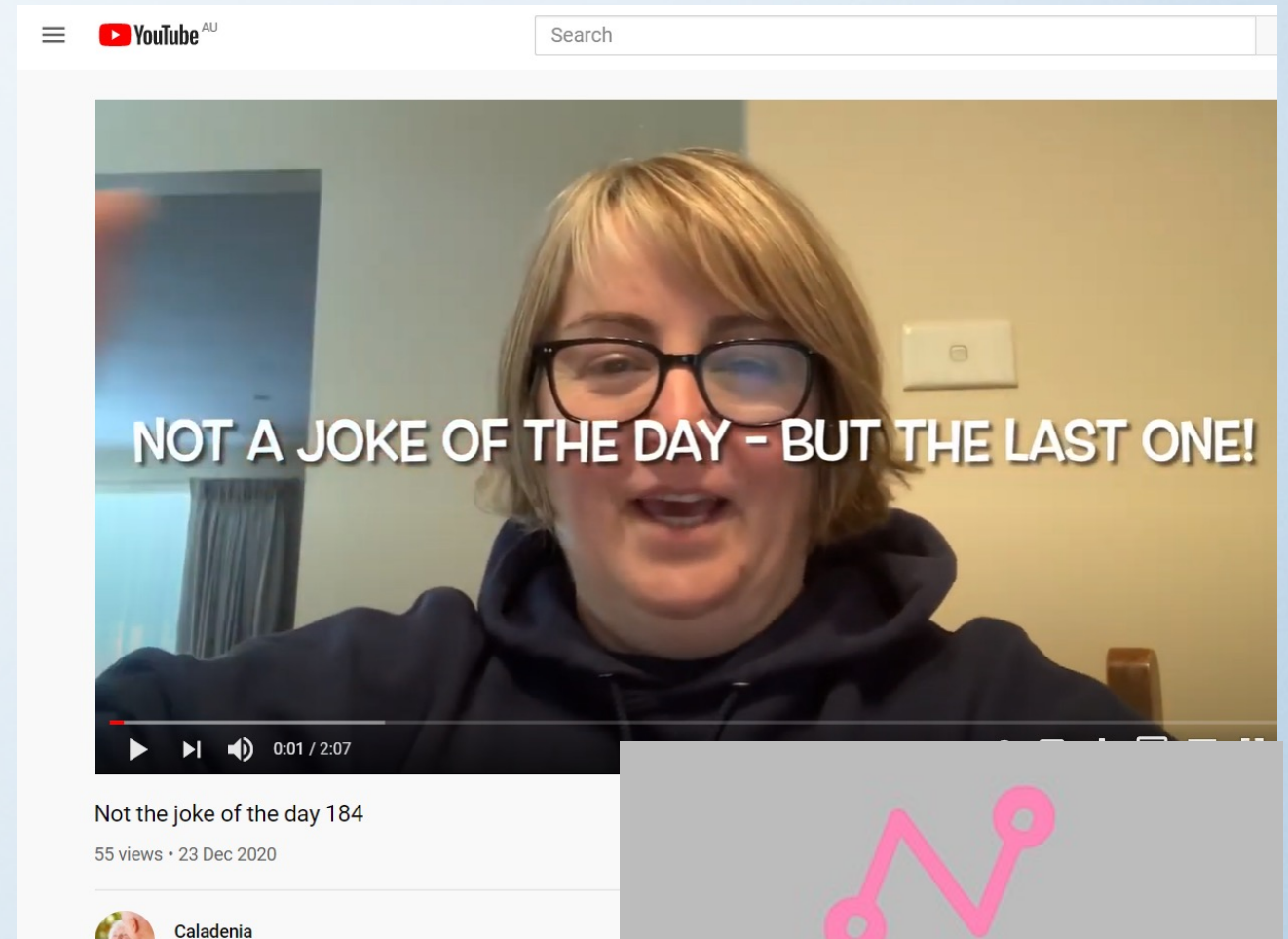
Puzzle 62
OUCH...!

P	G	C	W	O	D	S	U	O	E	S	U	A	N	C	T
M	P	I	M	P	L	E	V	E	H	F	C	P	V	R	A
U	Z	C	Z	L	O	B	M	S	H	F	T	I	Q	A	P
B	N	J	C	F	P	U	A	D	M	C	V	P	A	M	Z
I	U	W	A	R	T	R	R	K	K	D	A	N	W	P	T
V	M	N	K	M	E	I	L	W	L	P	Z	D	L	D	J
H	C	H	I	L	B	L	A	I	N	D	D	H	A	B	K
L	J	S	T	O	H	H	Z	H	G	V	T	B	L	E	F
G	Z	T	C	P	N	M	C	Y	S	T	J	I	X	N	H
A	E	Y	U	C	Q	R	P	T	J	S	S	H	H	K	M
N	J	W	O	J	D	B	F	A	A	T	E	G	S	T	K
Q	Q	R	O	T	G	A	X	T	E	R	L	O	G	O	E
G	N	H	A	Q	A	E	Y	R	N	R	C	Z	F	D	R
A	Q	K	G	S	Z	N	Z	I	L	A	E	S	B	G	L
B	I	P	I	Z	A	J	A	B	F	H	C	T	I	B	Q

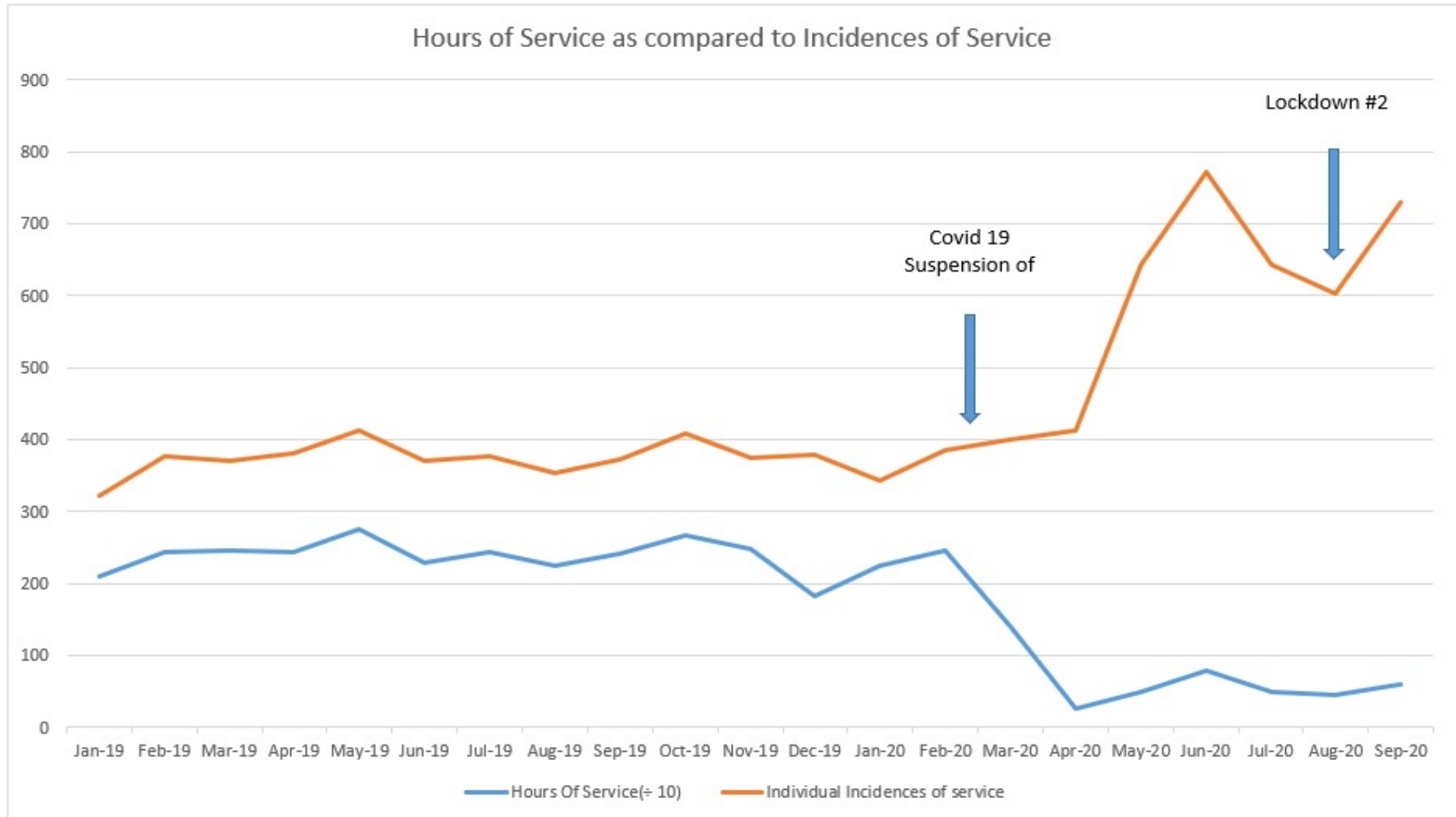
BLISTER	CRAMP	NAUSEOUS
BUMP	CYST	NETTLERASH
BUNION	HEADACHE	PIMPLE
CHILBLAIN	HERNIA	SCRATCH
CORN	ITCH	WART



Innovation and inclusion



Efforts not reflected in reporting





Remote Programs will continue

Zoom Meeting



Activity Packs will continue



Hi Everyone and Happy New Year!

We hope you had a wonderful Christmas and New Year, and got to spend some quality time with your families and friends.



To start 2021 we have an erudite Activity Pack full of info about JRR Tolkien, the Author of The Hobbit and The Lord of The Rings, and Elvis Presley!

We want to reassure you that we are back in the office planning out our next programs in a way that keeps us all safe!

We should be seeing your faces with our faces soon.

Have a great week – we are thinking of you!

The Caladenia team



ACTIVITY PACKS

During Covid-19 one of the first things that staff put together for our members was collated and personalised paper based activity packs that could be done at home. Caladenia has made these activity packs available to anyone looking for activities to do at home.

Downloads

[Chinese New Year Activity Pack](#)
[Buddy Holly and Elvis Activity pack](#)
[Australian Open Activity pack](#)
[Australia Day Activity Pack](#)
[Christmas Bumper Share Pack](#)
[Christmas Activity Pack 2](#)
[Christmas Activity Pack 1](#)
[Butterflies Activity pack](#)
[Tonga Activity pack](#)
[International Men's Day](#)
[Animals Activity pack](#)
[Hats Activity pack](#)
[Horses Activity Pack](#)
[Keys Activity pack](#)
[Footy Activity pack](#)
[Borneo Activity pack](#)
[Keys Activity pack](#)
[Comedy Pack October \(1\)](#)
[Comedy Pack October \(2\)](#)

The benefits of proactive communication rather than reactive

To all the wonderful
People at Caladenia

Thankyou for your
Support throughout
the year

Wishing you a
Merry Aussie Christmas

Love Sharon

TO YOU AND YOUR FAMILY

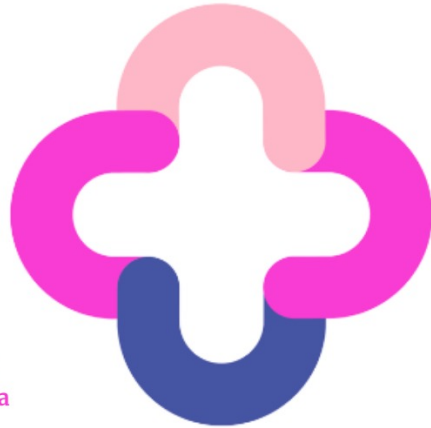
Thank you so much for
all your generosity
during a fragile year
from Karl and Marianne

Partnerships and Networks

“

Our network brings together anyone with a passion and drive to improve outcomes for people living with dementia

The Dementia Knowledge Network is supported by Caladenia Dementia Care and VMCH



LOGO Caladenia & VMCH



Home Transport ▾ Training ▾ Consulting Volunteering ▾ All

Eastern Volunteers

Empowering Victorian Communities Through Active Engagement

HOW TO GET INVOLVED

Final thoughts





Thank you