



Dementia Toolkit – Stay connected

Virtual connections



Dementia Toolkit
Living your life with hope



Stay connected

Virtual connections

There are more options than ever for how to stay in touch using technology. You may have discovered new ones during this time. We know that not everyone is confident in using new technology.

In this booklet we:

- hear from MAQ and The Zoomettes about the power of Zoom for people with dementia
- show you how to use QR codes
- link you to Innovations in Dementia's tips for using Zoom



Zoom is marvellous but some people can't use it – having people to help them develop these computer skills would be useful.

A person with dementia talking to our researchers



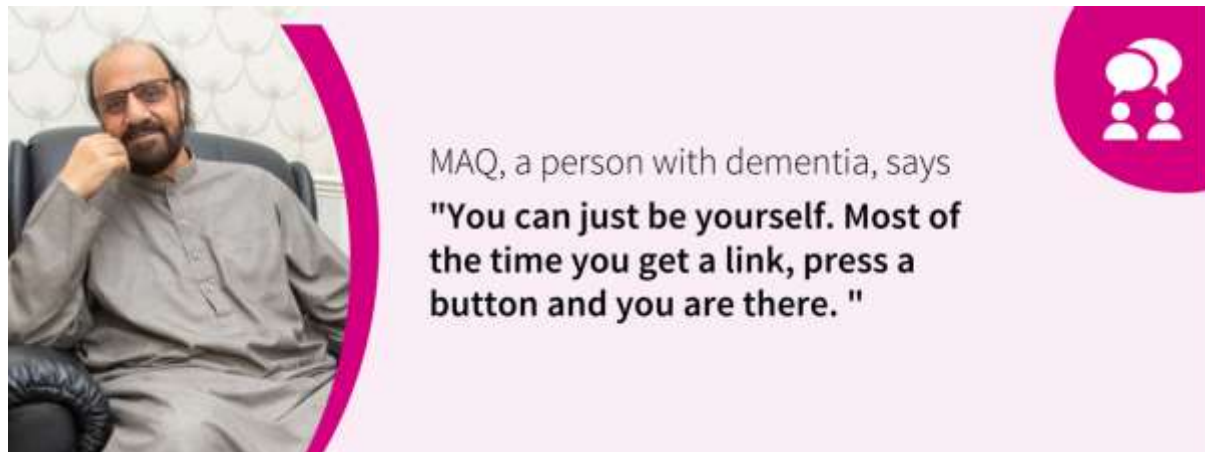
Zoom

Zoom has become the most popular platform for video calls and online events. If you haven't used Zoom before, or would like to brush up your skills, then there are some incredible resources to support you.

On our website you can watch a video in which MAQ, who lives with dementia, shares how Zoom opened up his world.

In the video he discusses:

- the confidence he's gained through Zoom
- the joy he gets from staying connected
- the importance of feeling comfortable and safe because you're calling from your home



The Zoomettes

The Zoomettes is a UK-wide virtual group for women living with dementia. They have shared their Zoom knowledge to help others gain confidence.

To watch the Zoomettes 'How to use ZOOM' video visit:

<https://bit.ly/zoomettes-zoom-video>



The Zoomettes have also created a written guide to using Zoom. This guide has screenshots with arrows so that you can follow the instructions on where to find different buttons.

To read the Zoomettes Guide to Zoom visit:

<https://bit.ly/zoomettes-zoom-guide>

To download the welsh version of the guide go to:

<https://bit.ly/zoomettes-welsh-guide>

How to use QR codes

We see more QR codes than ever before, but do you know how to use them?

On our website you can watch a video in which Steve Milton, from Innovations in Dementia, explains:

- what QR codes are used for
- how to use QR codes
- how to be safe with QR codes

Here are some of the key points from this video:

What is a QR code?

- It is a type of bar code, similar to those you scan at the supermarket.
- It can be scanned by the camera on your smart phone or tablet.
- It takes you quickly to on-line information, without the need to type in long internet addresses.

How do I use a QR code?

1. Click on the camera icon on your mobile phone or tablet
2. Point the camera at the QR code making sure all four edges of the QR code are on the screen
3. Hold it steady and wait for the QR code to scan.
4. Once the QR code has been detected an invitation to open the webpage will appear on your screen
5. Click on this invitation to open the webpage

Give it a try: there is a QR code at the end of this booklet. If you hold your smart phone camera over it, you will be taken to the online version of this booklet.

Innovations in Dementia

Innovations in Dementia do lots of incredible work with and for people with dementia. They are the team behind the DEEP network, Dementia Diaries, Dementia Craftivists, Dementia Enquirers, and almost certainly more!

Steve from Innovations in Dementia has created two short videos to help you use Zoom on an iPhone. The first video shows you how to install Zoom onto your phone. The second video shows you how to join a meeting.

To watch these videos go to: **<http://bit.ly/iD-how-to-use-zoom>**

The Innovations in Dementia website also has a helpful page of ideas to help Zoom meetings run smoothly. On this webpage you can

- download 'Guidance for meeting participants'
- download 'Guidance for meeting hosts'
- read a brief guide to Zoom etiquette

Visit: **<http://bit.ly/iD-zoom-guides>**

The yellow 'I want to speak please' cards produced by DEEP can be very helpful for Zoom meetings.

You can download a PDF version of the 'I want to speak please' card in English by visiting: **<https://bit.ly/I-want-to-speak-card-english>**

You can download a PDF version of the 'I want to speak please' card in Welsh, Scots Gaelic, Irish Gaelic or an editable version to insert your own language by visiting: **<https://bit.ly/I-want-to-speak-card-other>**



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My text chats are spread over variety of platforms and I would learn new platforms to accommodate what people prefer: Google Hangout, Facebook messenger, WhatsApp, Instagram, Snapchat, TikTok. If someone deems me worthy of having a chat with them, I'm not going to lose them because of the platform.

A person with dementia talking to our researchers

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This resource is on the internet. Scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
IDEAL@exeter.ac.uk

If you prefer to write to us, then please address your letter to:

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www.livingwithdementiatoolkit.org.uk