

The prospect of being isolated can be a daunting idea, and can lead to feelings of stress, anxiety and boredom for a lot of residents and carers. Consider the following options for virtual entertainment, giving us the option of getting involved in the outside world without having to leave the comfort of the care home! The following links can be streamed through a laptop and connected to a TV through HDMI or through chrome cast. Smart TVs have access to certain entertainment apps and internet browser where events can be streamed directly from the TV.

VIRTUAL TOURS

A number of museums and famous landmarks all over the world are offering free virtual tours. This consists of navigating your way around the museum online, and clicking on different artifacts or exhibitions to get an audio description. This could be accessed by a carer and cast onto the TV for residents to observe. This may be a more difficult option as it requires someone to control the navigation of the tour, which would require some caregiver time. Another option, should resources permit, would be to access these tours one-to-one with a resident on a tablet or laptop. This is a nice option for residents who have an interest in history, art, museums or travelling or who are confined to their rooms. There are lots of options for virtual tours, from art museum to natural history museums, and such a task may provide topics of reminiscence for some residents. Here are a couple of examples of virtual tours available:

Buckingham Palace

Explore Buckingham Palace on this virtual tour

<https://www.royal.uk/virtual-tours-buckingham-palace>

The Great Wall of China:

Take a virtual tour of one of the Seven Wonders of the World and explore its most visited sections <https://www.thechinaguide.com/destination/great-wall-of-china>

The British Museum

This museum offers a free virtual tour of the world's oldest national public museum. Check out ancient mummies, the Rosetta Stone and much more <https://britishmuseum.withgoogle.com/>

Smartify App

The Smartify app has partnered with many museums worldwide, including the Louvre, the Met and the Royal Academy. This can be accessed on the following link <https://smartify.org/venues> and the app can be downloaded on Google Play or the App store, and can be accessed on laptop, smart phone or tablet.

For more options, simply google 'virtual tours UK/virtual museum tours' to find a large array of option

MUSIC

Listening to music can relieve stress, anxiety and agitation and depression for many of us and people with dementia can also benefit. Musical memories are often preserved with people with dementia, as key brain areas linked to musical memory remain relatively undamaged by the disease. Think about people's musical preferences when choosing which music to play and monitor responses.

A number of different musical groups and concerts are now doing online concerts and performances which are available to stream online. While information on individual artists and acts can be found online by a quick Google search, here are some options for those who like classical music or opera.

Orchestra

The Melbourne symphony orchestra is live streaming their performances on YouTube while they are closed to the public. Performances are saved to the YouTube channel for later viewing and can be found on <https://www.youtube.com/user/TheMSOrchestra/videos>

Opera

Metropolitan Opera will be live streaming an opera performance every night, which will be available to view for up to 20 hours after on <https://www.metopera.org/>

Youtube

Live streaming of concerts can be found on the 'spotlight' tab. Music or artists can also be searched in the general YouTube search bar for music which isn't live.

MOVIES AND TV SHOWS

Netflix

This is a subscription video streaming service. You pay a monthly fee (roughly £8.99) and receive access to all series and movies on the platform. You can access Netflix on your laptop or some TVs have the option to install Netflix or have a Netflix channel. Netflix requires an internet connection but series and movies can be easily downloaded for offline access. This is a great app for movies, TV shows, documentaries and comedy acts.

Amazon Prime Video

This is another subscription video streaming service. Membership costs £5.99 a month and can be accessed online. Some smart TVs have applications which allow you to access prime video without using a laptop. Similarly to Netflix, TV shows, documentaries and movies can be watched on this.

Black and white movies

Classic black and white and old films can be streamed online for free at the following site <http://www.blackandwhitemovies.org/>. This may be especially good for older adults as it might remind them of their childhood.

Animals

Lots of aquariums and zoos are now live streaming their animals, to give the feel of being at the zoo. Some residents may find it enjoyable or relaxing to see the animals. Here are just some of the many options available:

Georgia Aquarium

Georgia aquarium are live streaming 'under the sea', with live cameras of beluga whales, african penguins, sea otters jellyfish and more! This can be accessed by the following link <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Houston Zoo

This zoo in Texas has webcams focused on gorillas, giraffes, rhinos, elephants, leafcutter ants and more. Webcams can be controlled and each animal has times which are most suitable for viewing, and can be located on <https://www.houstonzoo.org/explore/webcams/>

Monterey Bay Aquarium:

This aquarium is also live streaming sharks, sea otters, jellyfish and turtles. They also have a live camera of crashing waves in the Monterey Bay which residents may find particularly calming <https://www.montereybayaquarium.org/animals/live-cams>

Loggerhead Marinelife Center:

This marine centre are livestreaming the care of their sea turtles behind the scenes. Monday to Friday they live stream from the 'sea turtle hospital' and they teach viewers about ocean conservation.

<https://marinelife.org/homelearn/>

GENERAL

Youtube

Youtube has created a 'spotlight' feature, which was created specifically for entertainment while staying at home. This is an excellent resource for live streaming concerts and other activities such as cooking, crafts, drawing and exercise. While residents may not be able to engage with some of the activities, ones such as drawing or crafts may be an activity they can engage in. Those who have an interest in cooking may find enjoyment from watching cooking tutorials, regardless of whether or not they can engage in the activity themselves. To access this, go to <https://www.youtube.com>. The 'spotlight' tab is on the left hand side drop down list.

For more suggestions, support or if you have any questions about this information sheet please get in contact with the Edinburgh Behaviour Support Service on 0131 537 6044 or email us on EBSS@nhslothian.scot.nhs.uk