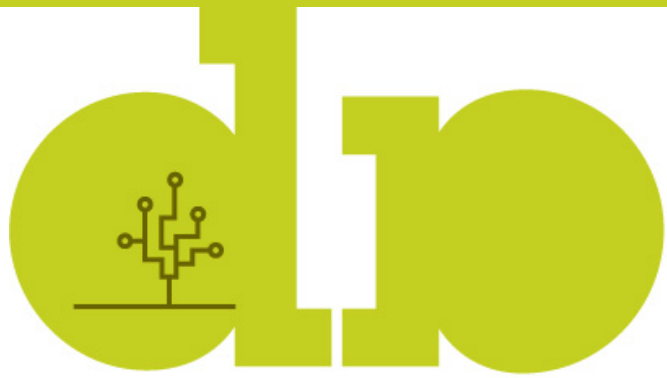


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# Looking at the benefits of dementia-inclusive walks and outdoor experiences





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Supported by players of



*Enabling people living with dementia to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives.*



# Holidays



# Sensory Walks

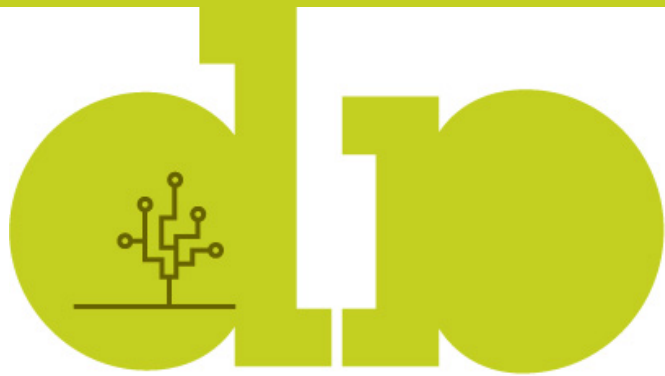


# Training



# Consultancy & Research





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## Choices

Write down six things somebody you really care about could not do without in their life?

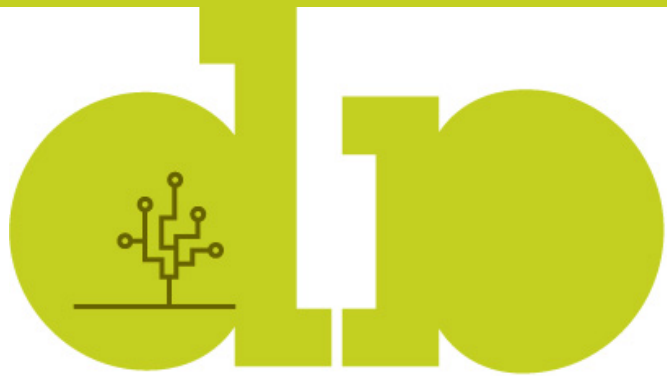




*'The sooner that people recognise that the self remains intact throughout the course of dementia the better. Failure to do so leads to low expectations of the person with dementia. If people have low expectations of us then that's what they will get. There are dark moments but having the right people supporting us is a beacon of bright light'*

**Tommy Dunne via Twitter @TommyTommytee18**





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Symptoms of dementia may include changes in:

Memory

Attention and concentration

Language

Visual or spatial perception

Senses

Mood & responses





**Hippocampus**  
(Factual memory-  
impaired)



**Amygdala**  
(Emotional memory  
and connections –  
intact)



# *Dementia & Sensory Challenges*

*Dementia can be more than memory*

hallucinations

seeing

smell

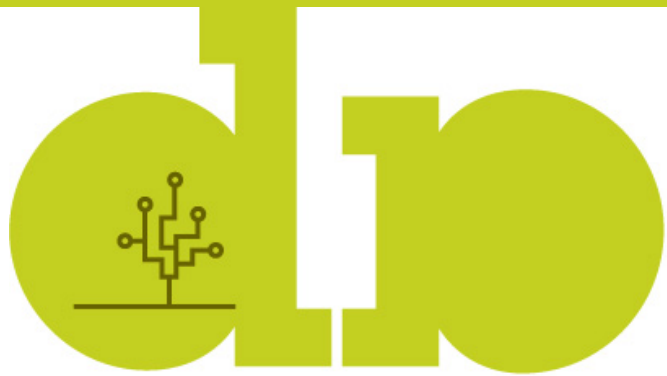
taste

hearing

touch

Inspired by and created with the words of people with dementia





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## Challenging the pre- conceptions, attitudes and language about dementia

### **Negative:**

Unable

Disabled

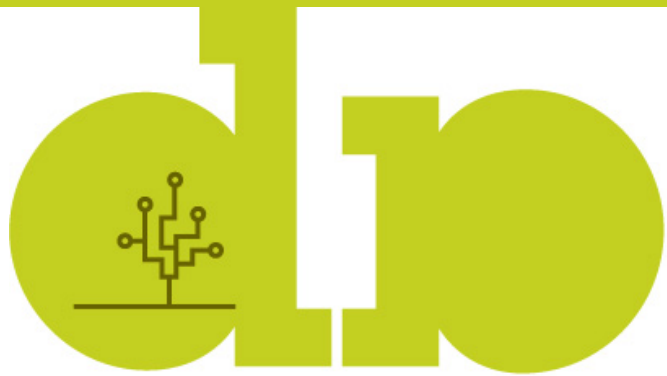
Dependent

Challenging, aggressive (fight response)

'Suffering'

Withdrawal (flight response)

Risk Averse attitudes



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**Positive:**

Inclusive – can do

Enable

Re-enable

Empower

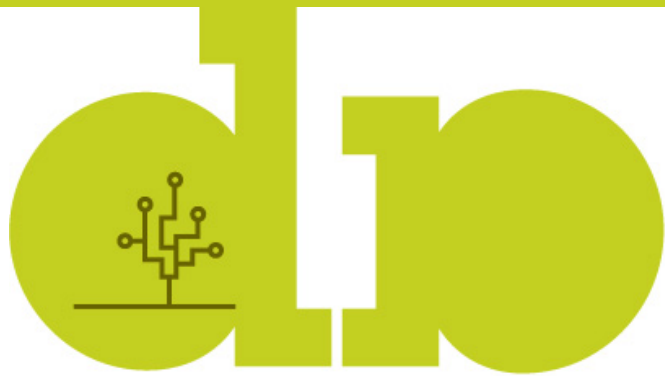
Live well/better with dementia

Focus on the benefits

Know the individual – life history as well as hopes & dreams

**Challenging the pre-  
conceptions, attitudes and  
language about dementia**

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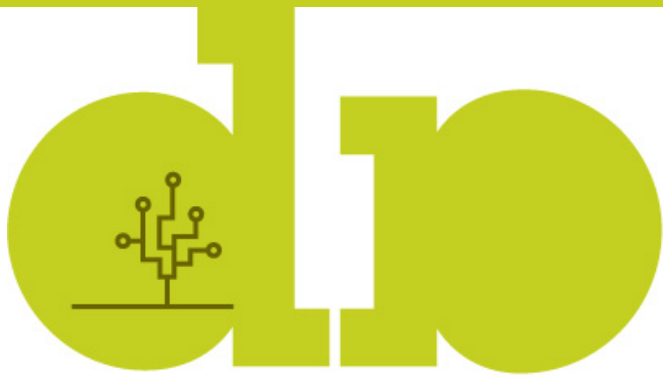
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# Dementia Adventure & The Woodland Trust for Scotland Film- Locheil Meadows





# Dementia-Inclusive Walks



Not about:  
distance covered, or the  
amount of things you can  
squeeze into the time



It is about engaging with the senses  
and safe being in the moment







Lincolnshire  
Dementia friendly sensory strolls

The Walking for Health schemes support people to get active and stay active. These organised walks can improve health and allow people to explore the local area and make new friends.



However, what is not widely known are the benefits that green space, a gentle stroll, a social experience and sensory stimulation with things to look at, touch and smell can bring to people living with dementia.



walking for health  
cld  
Lincolnshire COUNTY COUNCIL  
Working for a better future





Yorkshire Dales Millenium Trust



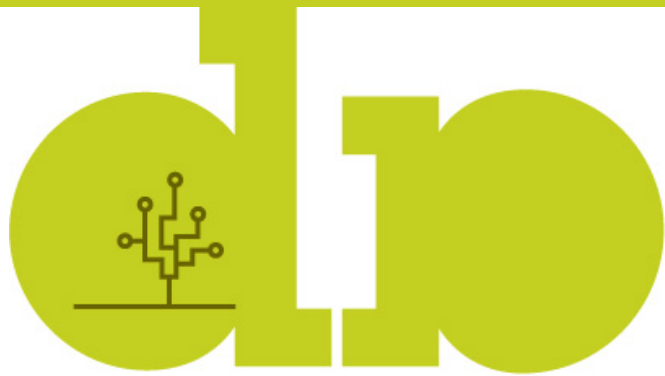
Sustrans - Leicester



THRIVE – [www.thrive.org.uk](http://www.thrive.org.uk)



[www.carefarminguk.org](http://www.carefarminguk.org)

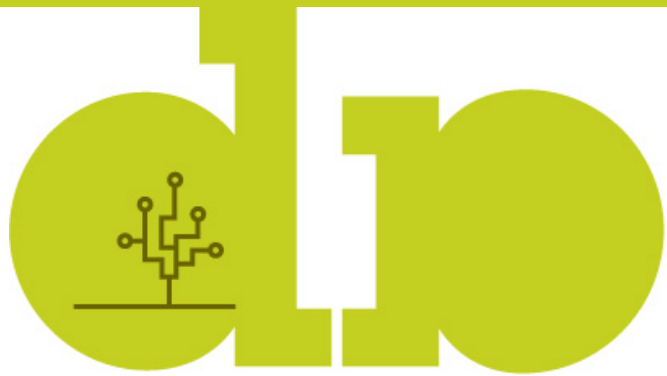


## RESULTS FROM NATURAL ENGLAND'S GREENING DEMENTIA PROJECT. Outcomes of people with dementia experiencing the natural environment

### dementia adventure

- Improved emotional state
- Improved physical health
- Improved verbal expression
- Improved memory and attention
- Improved awareness
- Improved sense of well-being, independence, self-esteem and control
- Improved social interaction and a sense of belonging
- Prevention of co-morbidities (other health conditions)
- Delaying progression
- Dampening down of symptoms

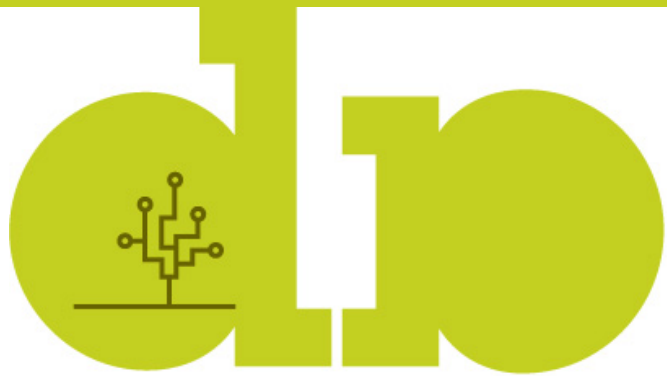




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# Ingredients for success – Lincolnshire Model

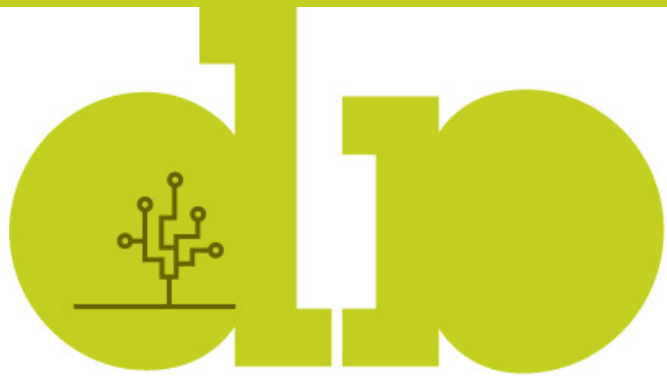
- Appropriate funding (through Public Health)
- The right training for co-ordinators and walk leaders – (DA trained 2015 at nature based venue)
- Planning & preparation (audits, risk benefit assessment etc.)
- The right walk coordinators and walk leaders
- The frequency of the walks (fortnightly & monthly)
- Promoting the walks
- Working with partners
- Regularly review & risk/benefit assessments (individuals and seasonal)



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## LINCOLNSHIRE – The Delivery Model

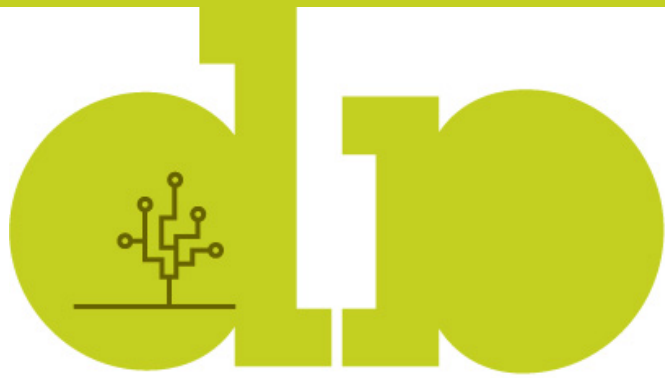
- District councils Walking for Health co-ordinators
- Volunteer Walking for Health Walk Leaders
- Volunteer walk leaders from Age UK and Alzheimer's Society volunteers
- Other volunteer walk leaders
- Eleven walk now taking place in five areas of Lincolnshire



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## Questions/Taking Ideas Forward

- \* What's going on in your area?
- \* Have you heard of any interest ?
- \* What would you like to see?
- \* What would be a next step.....?



## **Thinking Differently About Dementia Event**

**Education Centre, Ryton Organic  
Gardens, Coventry CV8 3LG**

**Wednesday 18<sup>th</sup> May 2016**

**9.30 – 4.00**

**Book tickets via**

**[www.eventbrite.co.uk](http://www.eventbrite.co.uk)**



Supported by players of



Tel: **01245 237548**  
[www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)