



Introduction to thinking differently about dementia

dementia
adventure[®]

Vision

A more active and fulfilled life for everyone living with dementia.

Mission

Supporting people with dementia to get outdoors and experience the benefits of nature.



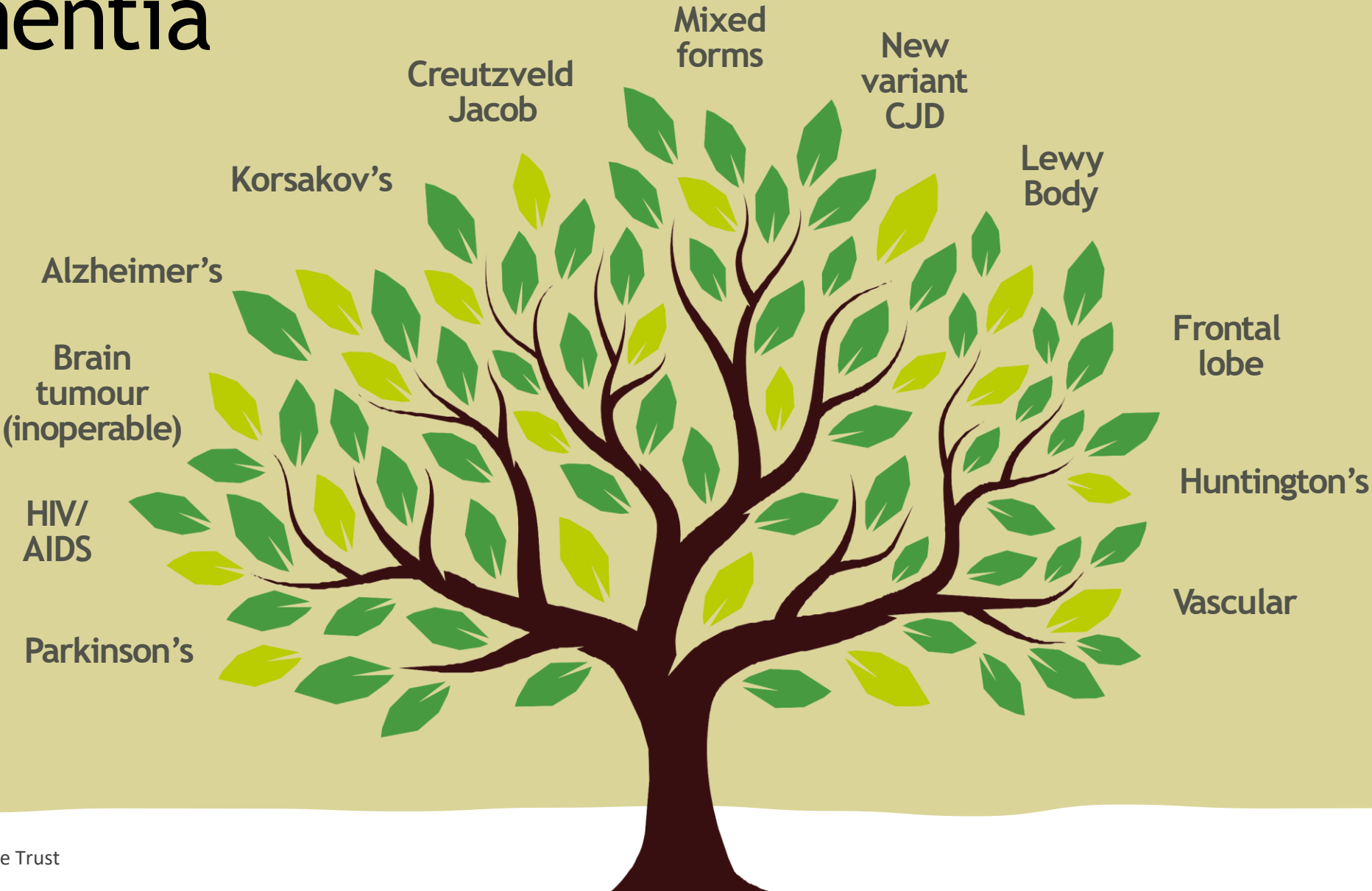
Some of our partners



Getting it right



Dementia



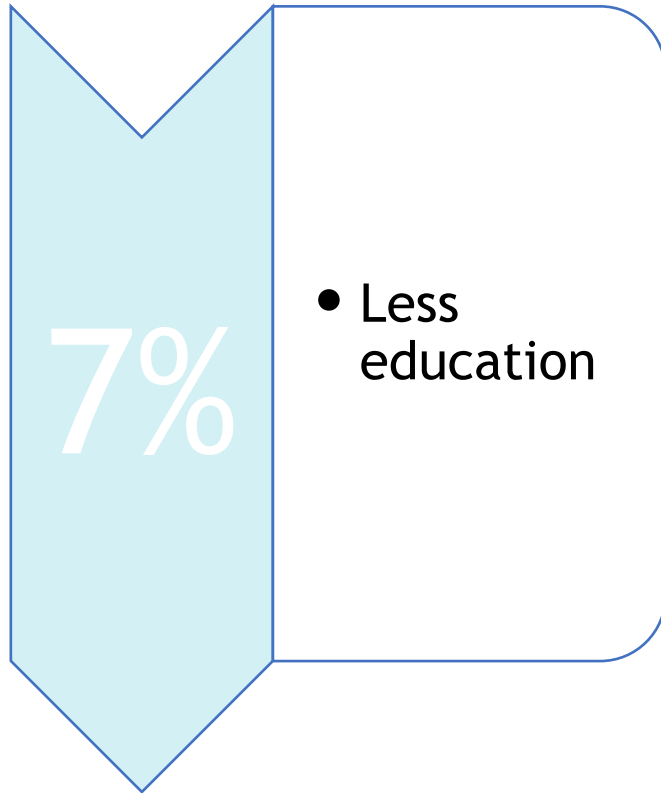
Europe

The estimated number of people living with dementia

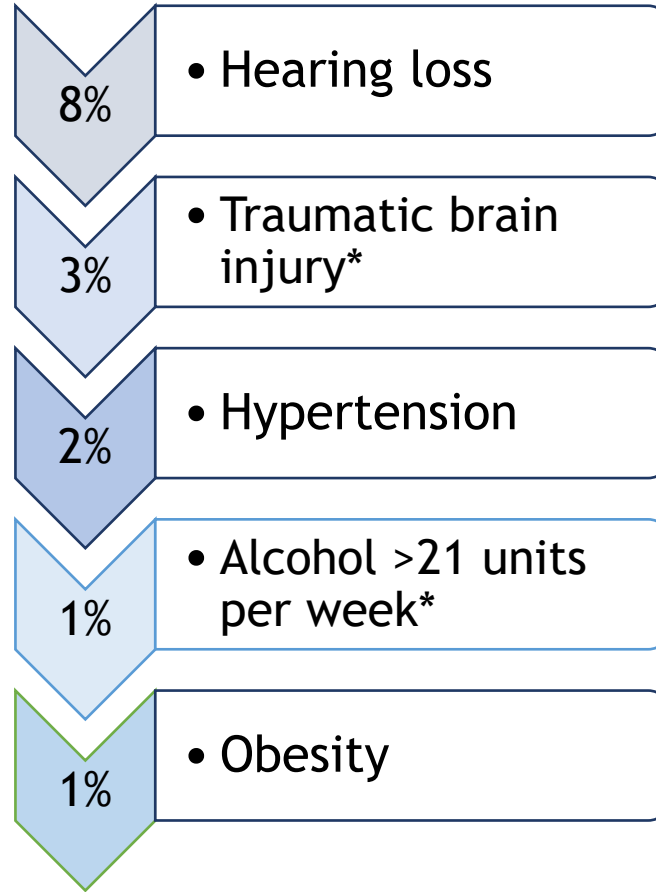
	<u>2019</u>	<u>2050</u>
European Union (EU27)	7,853,705	14,298,671
European countries represented by Alzheimer's Europe	9,780,678	18,846,286

12 Identified Risk Factors for Dementia

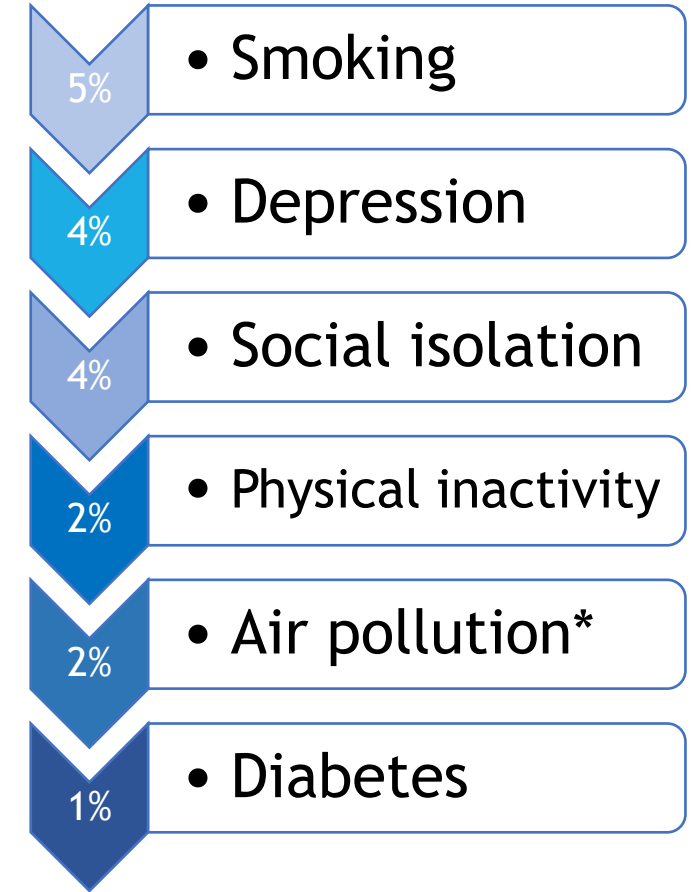
Early life



Midlife



Later life



Potentially modifiable 40% **Risk Unknown 60%**

Barriers to getting outdoors

Most common issues:

69% lack of confidence

68% being worried about becoming confused

60% worried about getting lost

59% mobility issues & physical health

44% not wanting to be a burden on others



40%

of people living with dementia will experience depression at some point in their journey

(Source: Alzheimer's Association)

Keeping meaning and purpose to a persons day can help support mental well-being.



Chris & Jayne - Garden

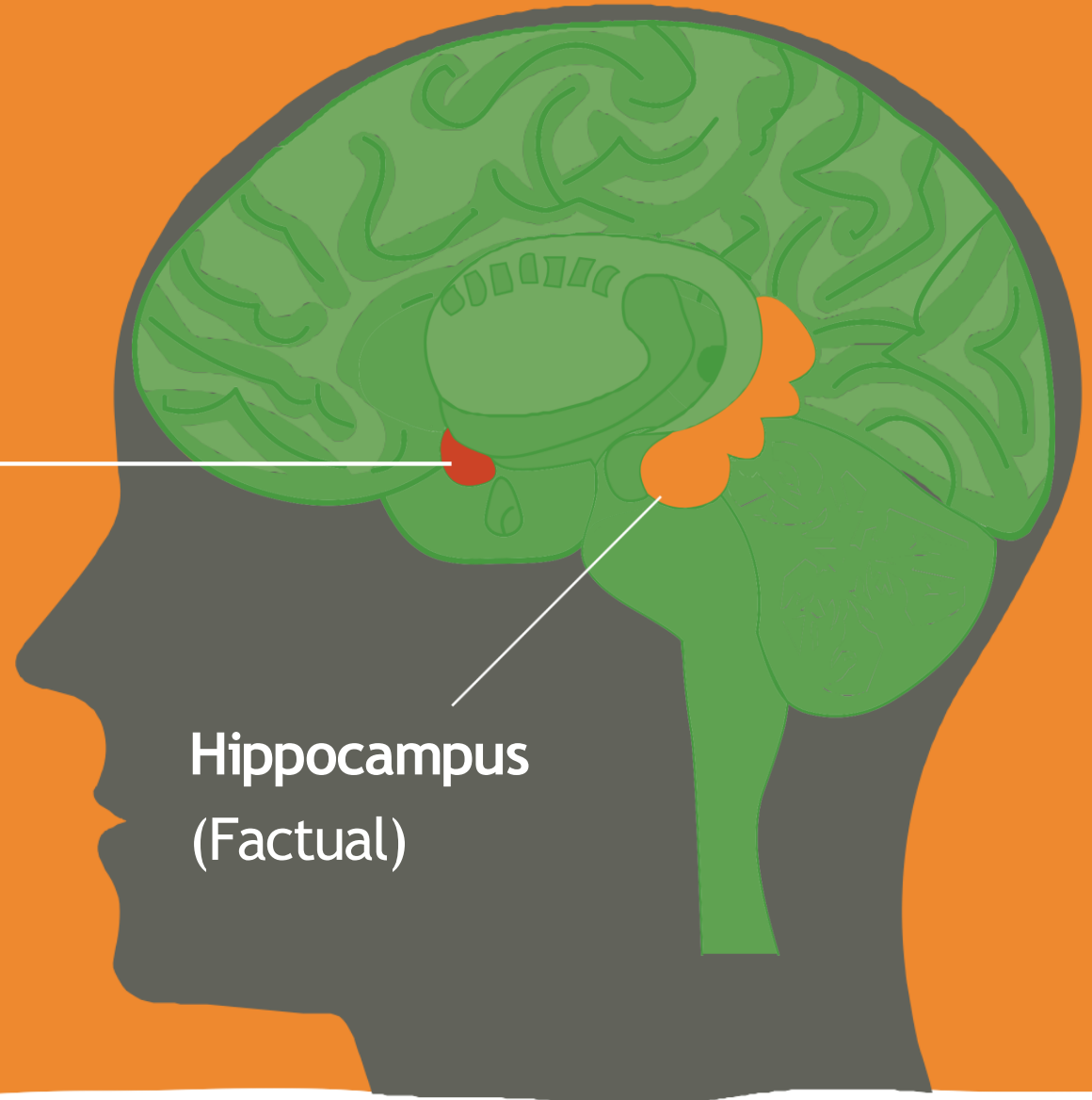
dementia

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The human brain

Amygdala
(Emotional)

Hippocampus
(Factual)



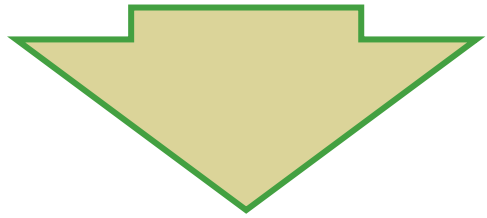
Benefits of contact with nature



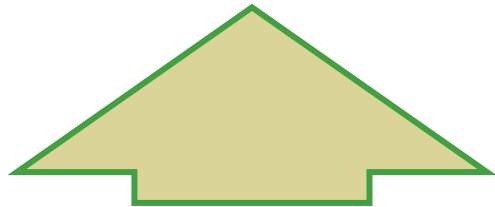
What happens to your body during time in nature?



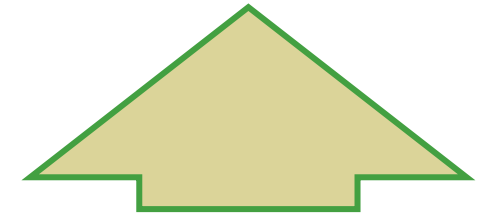
Cortisol



**Light &
Vitamin D
(Serotonin)**



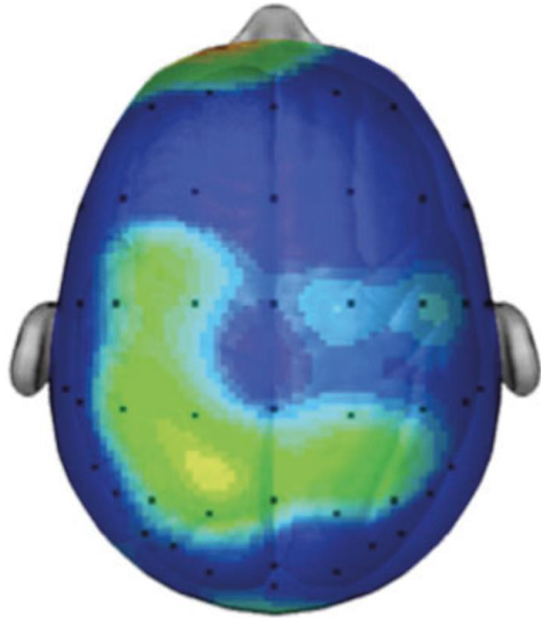
**Endorphines
Dopamine**



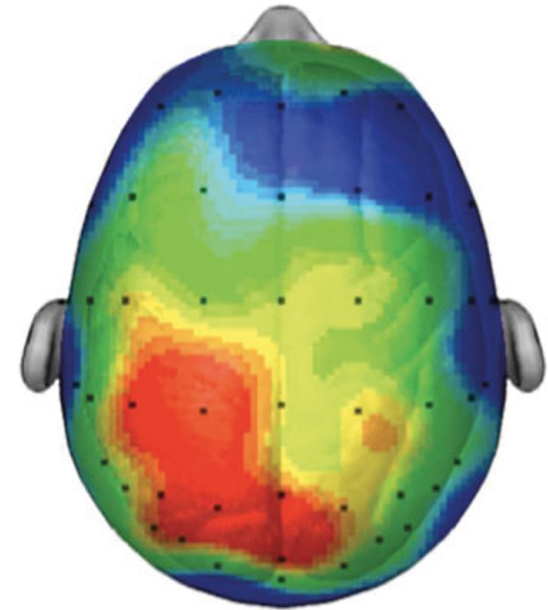
**Immune
system**



Keeping the brain active



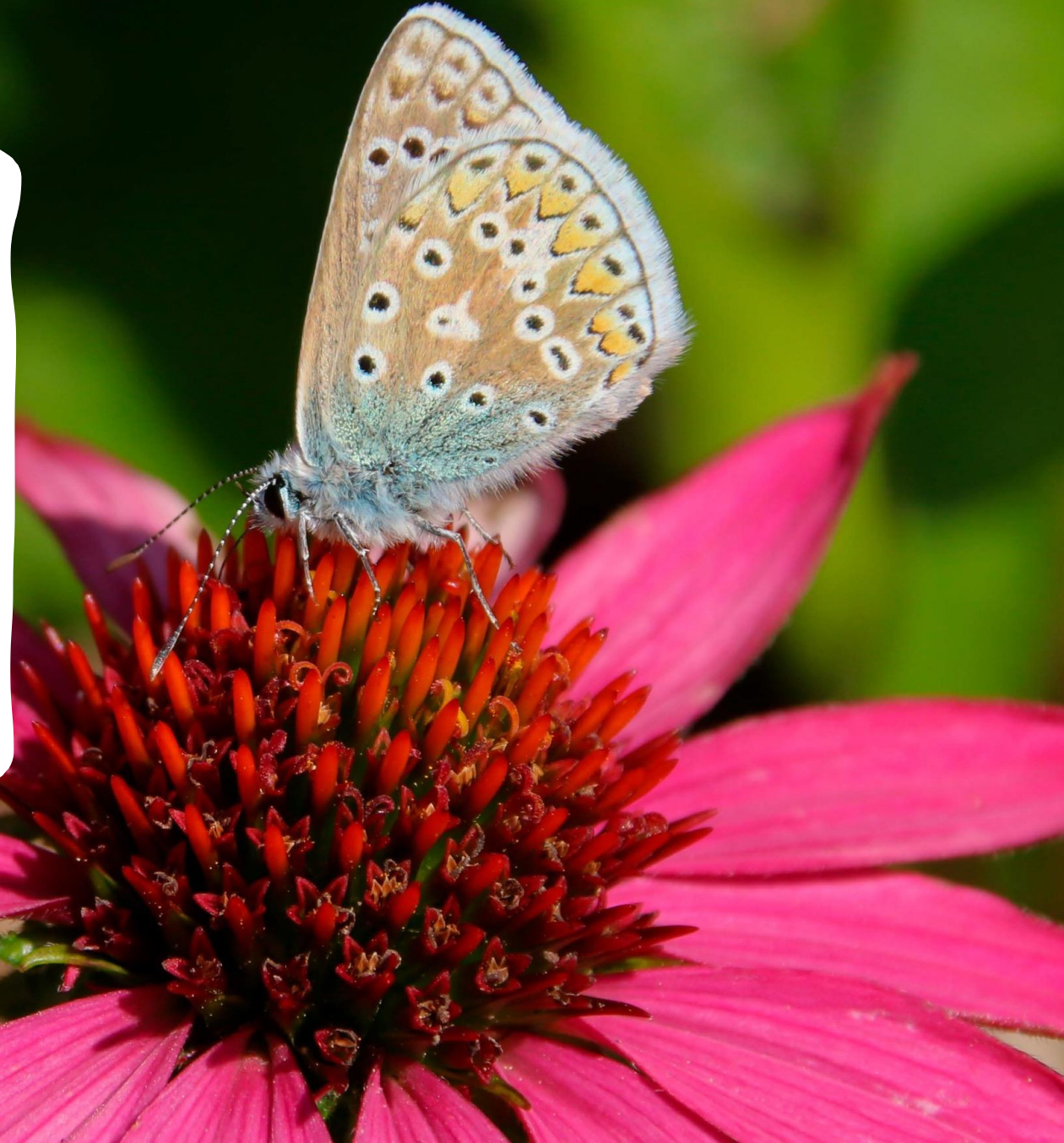
**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

“If I’m stuck inside, I’ve only got my dementia for company, and it’s not a very good house guest. But being outside seems to dilute dementia”

Wendy Mitchell





**Case Study: Improving accessibility
and expanding learning & engagement
opportunities at Bradgate Park**

Environment

- 830 acres
- Mixed accessible and wild & rugged landscapes
- Site of Special Scientific Interest
- Protected Ancient Monument
- Deer park dating from 1241
(550 Red & Fallow deer)





Charwood



Issue

IMPROVE ACCESSIBILITY:

Bradgate Park Trust proactively seeks to improve accessibility and expand opportunities for learning & engagement

LACK OF CONFIDENCE:

Staff & volunteers lacked confidence in how to support people living with dementia

MULTI SENSORY:

How to make outdoor experiences more engaging and sensory

NEXT STEP PLANNING:

To make the learning opportunities more inclusive & sustainable



THE NATIONAL
FOREST

dementia
adventure[®]

Training

STEP 1 Co-production - What do people want?

What makes a dementia friendly or inclusive location?

STEP 2 Health & wellbeing benefits from connection with nature

Engaging people on walks - communication tips & strategies

STEP 3 Creating different sensory experiences and connection with nature

Health & safety considerations including dynamic risk assessment

STEP 4 Practical venue specific outdoor exercises

How to reach people living with dementia in the community

Feedback

“Excellent at explaining how to negotiate setting up a dementia friendly walk, including things I wouldn’t have considered like terminology and paperwork, etc.”

“I wouldn’t have known how to work with people (with dementia) before. I feel I have the confidence to take projects forward.”

IMPACT

“This has definitely been a catalyst for the Trust to begin exploring dementia friendly activities at Bradgate Park”

1. It inspired two park volunteers to create opportunities for people with dementia to have more sensory and engaging experiences in the different outdoor programmes they ran across the park.



Fancy a walk and a chat? Join us for a free **Wellbeing Walk**

Open to all our visitors, these walks are a chance to get outdoors, meet new people, and enjoy all the benefits of stretching your legs!

Easy Access Walk, 10-11am every Monday*
Meet at Newtown Linford. Duration: 2 miles

Moderate Walk, 10-11.30am every Monday*
Meet at Newtown Linford. Duration: 4 miles.

Find out more via our website, by scanning the QR code, or by calling 0116 236 2713.



*Cancellations may occur. Please check our website before travelling.



IMPACT

2. Obtained a grant to develop a woodland workshop to:

- i/ run creative opportunities in nature
- ii/ learn about caring for the environment
- iii/ soak up the wellbeing benefits of time in the great outdoors
- iv/ embrace the calming, sensory nature of the woodland for the benefit of a broad range of community groups including inclusive activities that are dementia friendly.

“The Trust will look to implement accessible activities in the future and make links with local partners to guide them in achieving this.”



IMPACT

3. The Trust are continuing to consider how they include people with dementia at the park. They feel much more confident to reach out to local groups that provide services for people living with dementia and invite them to co-produce activities and projects.

“Dementia Adventure was the right fit. They made the process easy. It was great to have the initial (free) phone call consultation to run through everything first.”



Learning to take away

1. Train staff & volunteers
2. What do people really want? Design experiences together using co-production
3. Make things accessible
 - ✓ Assess routes for all abilities and sensory impairments
 - ✓ Provide multiple seating options
 - ✓ Identify quiet areas
 - ✓ Make things multisensory
 - ✓ Provide information in a range of formats
4. Broadening your partnerships with local dementia support organisations can support bid applications and build sustainability





“I feel I have
the confidence
to take
projects
forward.”



Thank you

To find out more, please contact:

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Awarded funds from

