

Creating Outdoor Experiences for People Living With Dementia

Wednesday 29th May 2013, Battleby Conference Centre, Perth

Growing evidence suggests time spent in green spaces has a positive impact on people with dementia. Yet many people who develop dementia find that it becomes difficult for them to visit green spaces and take part in outdoor activities.

This one day training event will teach you more about helping people with dementia to access green spaces. You will gain an understanding of what dementia is, the barriers preventing people with dementia from accessing the outdoors, learn how to make your site better for people with dementia and their carers, and investigate the solutions to engaging people living with dementia in outdoor activities.

This event is aimed at Countryside Rangers and other Countryside and Green Space professionals who manage sites and work with the public.



Learning objectives

Every delegate will:

- Have a better understanding and awareness of dementia and the concept of dementia friendly communities
- Learn more about recognising and responding to dementia and how people can be supported to live well with dementia across the spectrum of the condition
- Identify benefits, barriers and solutions to engaging people with dementia in outdoor activities
- Gain ideas about how to make their site more dementia friendly
- Gain confidence about working with people with dementia in an outdoor setting
- Learn about partnership organisations, up to date research evidence and helpful resources to support future partnership working
- Develop and commit to a three point personal action plan to build this work into their organisation

For more information & to book a place

please email

sarahwiseman@woodlandtrust.org.uk

or phone 08452 935533.

VisitWoods.org.uk


Scottish Natural Heritage
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dementia adventure®

Connecting people living with dementia to nature

The event will be led by Neil Mapes, Director of Dementia Adventure. Dementia Adventure is a multi-award winning social enterprise, providing training, research and consultancy services - all with nature in mind. Income from these activities, donations and grant funding mean they can provide 'Dementia Adventures' for people living with dementia, their families and carers. Activities range from walks in the park to sailing holidays.



Some quotes from people who attended Woodland Celebration Days organised by Dementia Adventure and VisitWoods:

'She (Rosie) has not stopped smiling and talking about the day since she came home asking to go again she said "so much to see ducks , flowers , trees, so exciting and made me feel very happy."

"I don't care how cold it is, I like the fresh air"

'I loved feeling the sun on my skin for the first time in ages.'

"The delight on one lady's face who couldn't communicate much verbally was wonderful. She reached out and touched and for a short time was in control of what she wanted to do – she wanted to be amongst the flowers and delight in them..."



VisitWoods.org.uk


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Creating Outdoor Experiences for People Living With Dementia
SNH Battleby Conference Centre, near Perth, PH1 3EW
Wednesday 29th May, 2013
9.30 – 4.30

Booking Form

| | | | |
|--|--|----------------------------------|-----------------------------|
| First name | | Title (e.g. Mr/Ms/Dr etc) | |
| Last name | | Job title | |
| Organisation | | | |
| Address | | | Post Code |
| | | | |
| Daytime phone | | | Email |
| Mobile (in case we need to contact you urgently) | | | |
| Any medical or dietary requirements? | | | |
| Please note: places are limited and we often have a waiting list for events. Please let us know as soon as possible if you are unable to attend so we can offer your place to someone else. | | | |
| To encourage car-share, we will circulate your email address to registered participants. Is this acceptable to you? | | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| If so, where will you start your journey? | | | |

We will not under any circumstances pass your details on to a third party.

If you do NOT wish to be contacted in the future about the work of the Woodland Trust please tick this box.

To book a place, please complete the booking form which should be returned to sarahwiseman@woodlandtrust.org.uk as soon as possible.

or post to: Sarah Wiseman, The Woodland Trust Scotland, South Inch Business Centre, Shore Road, Perth. PH2 8BW. Tel 08452 935533.