



Activity

How often do you go out of your house in an average day or week?

Imagine what it might be like to never leave your house or even to never leave one room.

1. Go for a short walk around the building you are in or into the garden. Spend about 10 minutes doing this.
2. When you return, write down or – if you're working with a group – report the things you have seen or the people you have met or talked to during your walk.

Did you enjoy having a change of scene?

How often are you able to walk about with a client with dementia, even if you are taking them somewhere in a wheelchair?

What prevents us from helping individuals with dementia to go out of their house or the home more often?