

Activities

An activity for staff in care settings

If the care setting you work in has a garden, walk through it to identify potential areas of sensory interest to people with dementia.

Get one of your colleagues to take you around the garden. Then get them to take you around again with a blindfold on and with a scarf tied around your knees, or similar, to slow your movements.

What was the difference?

What changes can you make?

Within the main building/s of the care setting, what clues are there that would let anyone know that there is a garden on the site?

An activity for home care staff

- **Think about the people you work with at the moment. Do any of them have a garden that they can access easily, either private or shared?**
- **Do they make use of this space regularly or at all? If not, why not?**
- **Is time built into the care plan to allow you to facilitate time outdoors for this person?**
- **Is there anything you could do to support the person to make better use of this or any garden space, if they wish to?**
- **For example, could you encourage the person to attend a day facility that has good outdoor space?**