Wendy Brewin
Creative Spaces Project Manager

Using nature and outdoor landscapes to support older people with dementia to live physically, mentally and socially active lives
Working with older people

Where to start
Levels of involvement
Accessibility
Dementia
Where do I start?
- Disability organisations & groups
- Churches/spiritual groups
- Local media – newspapers, radio stations
- Social media – e.g. Facebook
Levels of involvement

Informing
Consulting
Participating
Volunteering
Informing

- Face to face
- Achieving success
- Taster session
- Word of mouth
  - Attitude
  - Humour
  - passion
Consulting

- At all stages
- Be creative
- Venue
- Refreshments
- Arranged v drop-in
Participating

- Intergenerational
- Match skills AND enthusiasm
- Age-friendly activities
- Comfort
Volunteering

- AgeUK
- Centre for Ageing Better
- Volunteering Matters
- [www.do-it.org.uk](http://www.do-it.org.uk)
- Local community volunteer services
Accessibility

- Physical
- Sensory
- Intellectual
- Cultural
- Economic
Involving people living with Dementia

*Do:*  
Ensure support  
Talk to them, not the carer  
Provide social interaction  
Value lifetime skills & knowledge

*Don’t:*  
Assume people are unable to contribute  
Play the role of carer  
Correct someone who is confused  
Remind people of repetition
Conclusion

- Older people have more experience to deal with problems
- Older people appreciate feeling valued for their skills and knowledge
- Older people offer time, skills, knowledge (inc local knowledge) and access to other potential participants in the community
- Don’t discount older people with disabilities, impairments and long-term illnesses such as dementia