



dementia adventure®



## **Nature in Mind – a specifically designed programme of training, facilitation and support**

Thank you for your interest in our ground-breaking work which is changing the way living with dementia is understood. Our mission is to connect people living with dementia to nature, and we have an outstanding track record of doing so. The goal of 'Nature in Mind' is to create and sustain regular positive connections with nature and activity outdoors for people living with dementia. We aim to achieve this goal by providing this specifically designed programme of training, facilitation and support to health and social care teams and family carers.

What people living with dementia say about keeping nature in mind:

*"You start looking again don't you?"*

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

*"I like to be out – usually bunged up somewhere"*

*"The height of love and bliss – getting out"*

*"Listening to the birds was lovely!"*

### **Why is the Nature in Mind programme needed?**

- Through our own research on 'Green exercise' and dementia, we have found that activity out in nature can:
  - Be restorative or healing
  - Reduce stress and improve mood
  - Improve sleeping and eating patterns
  - Improve mobility and continence
  - Improve verbal expression
  - Bring joy and multi-sensory stimulation
  - Increase the size and function of the brain's memory centre (the hippocampus)
- We have found that in many care settings and environments there are simple changes and practices which can be introduced which result in people living with dementia having meaningful contact with nature and the outdoors.
- Reducing the use of anti-psychotic medication is a key government target. Participating in this programme will help to contribute to the growing bank of evidence which shows that the behaviours often associated with the prescriptions of these medications, such as anxiety, frustration, aggression and depression, can be reduced through connection to nature.
- A new generation of people living with dementia is emerging, with different backgrounds and preferences and expectations. Nature is an integral part of what it means to 'live well.'

### **What is the Nature in Mind programme?**

The programme involves two group training and facilitation days combined with optional 'nature support days'. We start the programme by coming together for a day as a small group. We then give you up to two months to implement your actions and then come back together for the second day as a group. A 'nature support day' can be added during this time and/or after the second day to support the implementation and sustainability of the work.

### **Features** of the training and facilitation days:

- inspiring and informing delegates – sharing multi-media and films of people living with dementia enjoying activity out in nature, demonstrating the impact of our work
- sharing the experience, knowledge and expertise of Dementia Adventure
- sharing some of the most up to date research evidence on the benefits of connection with and activity out in nature
- introducing delegates to proven practical facilitation techniques which can be used on a one-to-one basis and in groups to great effect
- time out in nature and in a setting which shows delegates they matter

### **Benefits** of the training and facilitation days:

- delegates will learn about the most up to date research evidence on the benefits of connection with nature
- delegates will work together to develop practical tools they can use on a daily basis
- delegates will identify barriers and solutions to nature based activities
- delegates will develop and commit to simple action plans
- delegates will be able to clearly articulate to others the impact of nature based activities

On the 'nature support days', a member of the Dementia Adventure staff will be available to help you implement nature based activities and initiatives. This support day is flexible and can be used for a variety of purposes including:

- supporting your group's adventure e.g. out to a local nature reserve or woodland
- supporting staff on a 1-1 basis in a care home setting with ideas about bringing nature into the home
- sharing ideas and solving problems with staff teams
- observing, evaluating and improving nature based activities

### **Who is the programme for?**

We have designed the Nature in Mind programme for groups of 20 or less so that all delegates get equal attention and contribution time in a small supportive group. The programme is aimed at:

- Care home staff
- Family/carers groups
- Networks of care home managers and activity co-ordinators
- Day care centre managers and staff
- Staff working in specialist dementia centres such as memory clinics
- Hospital/health teams
- Charity Groups

### **How much does it cost?**

The basic two-day training and facilitation is a high quality programme which also represents great value for money. Costs are negotiable, dependent on group numbers and venue, and are available on request. Each of the nature support days is optional but we do recommend having at least one day as part of your 'Nature in Mind' programme to implement and sustain the work.

**Call us on 01245 230 661 or on 01245 269 769** to help us understand your objectives concerning supporting people with dementia to continue to enjoy a connection with nature.