

Nature-based dementia care: good practice principles guide

Anthea Innes^{1,2}; Vanina Dal-Bello-Haas¹; Constance Dupuis¹; Mason McLeod^{1,2}; Yvonne LeBlanc¹; David Marcuzzi¹

¹ McMaster University, Canada, ² University of the Highlands and Islands, Scotland, UK

PROJECT OVERVIEW

A good practice guide was created based upon the findings of a year long co-designed (with people living with dementia and their care partners) nature-based project in Ontario, Canada. The purpose of the project was to investigate the perceived benefits of nature-based support opportunities for individuals living with dementia and their care partners. Nine x 2-hour monthly nature-based sessions from April to December 2024 were held. Using the project findings and feedback from a one-day dissemination event a “good practice guide” was created with the intent of enabling others to adapt and create nature-based groups for people living with dementia in the community.



INSIGHTS FROM GOOD PRACTICE GUIDE

PREPARATION

When setting up and facilitating a dementia outdoor nature-based group consider:

- the intention of creating the group, the aim of the group and how many people will attend?
- does the facilitator (s) have experience working with people living with dementia?
- what is the available budget?
- What locations could be used?

LOCATION SELECTION

When selecting a location to host outdoor nature-based activities, it will be important to consider:

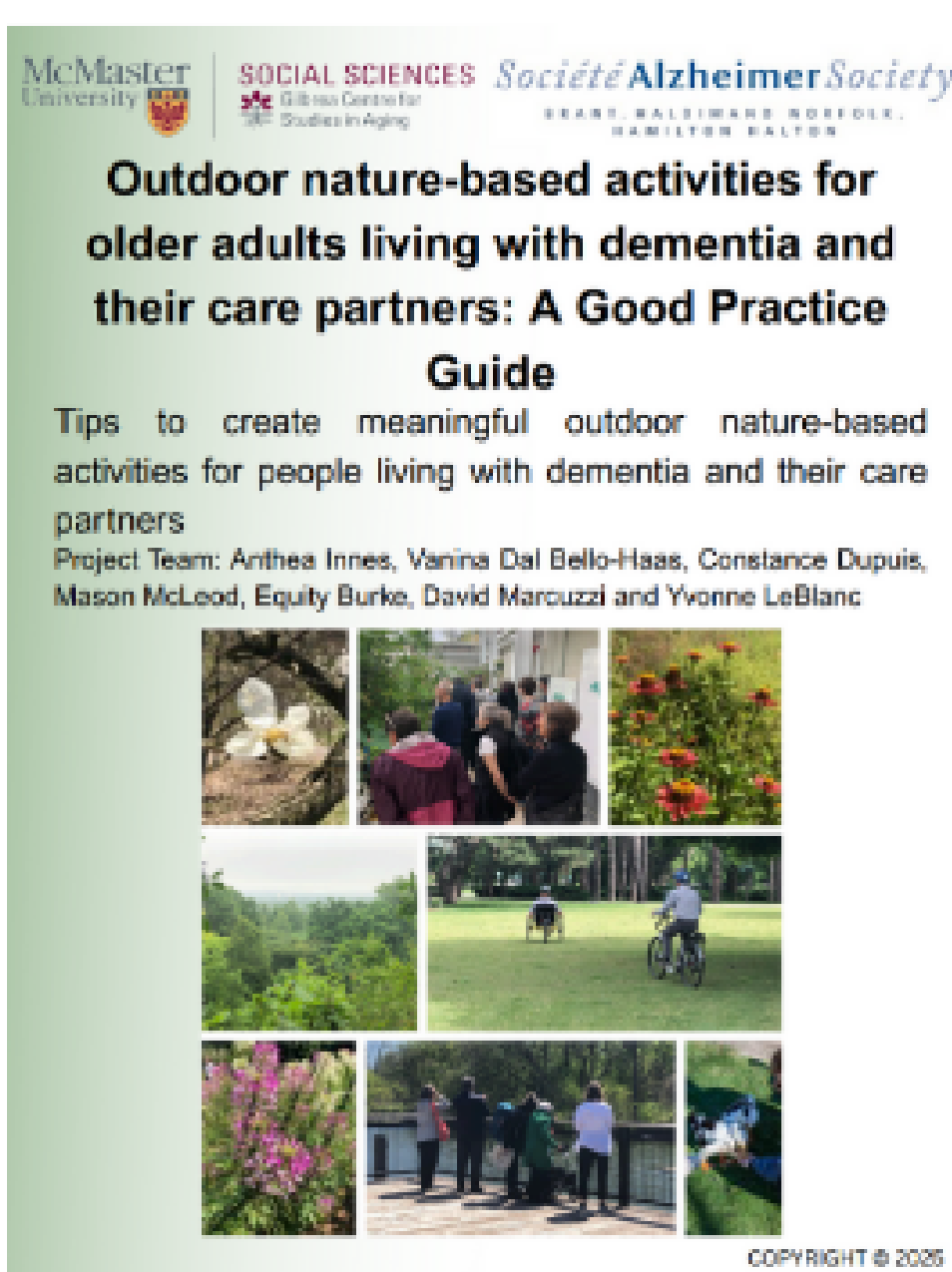
- is the location/ accessible washrooms easy to find?
- is there accessible parking, public transit and a bus stop within a short distance?
- does the location offer the location to accommodate different abilities (physical and cognitive)?
- are there any cost to attend?

SITE EVALUATION

Included in this guide is a site evaluation tool created by the Gilbrea Centre team to evaluate potential outdoor based location. The site evaluation tool covers 6 areas:

1. safety
2. accessibility and support
3. social engagement
4. washrooms
5. stimulus reduction
6. other considerations

FULL GUIDE
HERE



FACILITATION

The role of the facilitator(s) is important to the success of the group. They are involved in planning and organizing the groups and also fostering a welcoming, inclusive and engaging environment for all participants.