Thinking Differently About Dementia

An inspiring and informative event that will provide YOU with the knowledge, skills and confidence to support people living with dementia to get outdoors, connect with nature, themselves and their community, and retain a sense of adventure in their lives.

Where: Education Centre, Batsford Arboretum, Moreton-in-Marsh, Glos, GL56 9QB
When: Tuesday 8th March 2016
Times: 9:30 a.m. arrival and 4:00 p.m. finish
Lunch and refreshments will be provided
Please bring outdoor clothes

Ideal for:
- Professionals, individuals and organisations - £95.00
- Free places available for people living with dementia and family carers

Tickets available from www.eventbrite.co.uk (booking fee will apply via Eventbrite)
Or call Dementia Adventure on 01245 237548 for further information

Thanks to Owen Mumford for their generous support of this event
Who should come:
- People living with dementia and family carers, health & social care professionals, care home staff, voluntary sector & outside space organisations

Why you should come:
- To find out how to enable people living with dementia in the community to keep active and access outdoor opportunities
- Understand the health and well-being benefits of outdoor interaction
- Meet like-minded people who want to support people to live better with dementia
- Ensure you know how to hear the ‘dementia voice’ in anything you plan
- Learn how to improve your communication and engagement on trips outdoors
- Receive an information pack on planning walks and other outdoor experiences

The day will include:
- ‘Thinking Differently About Dementia’: an inspiring workshop that helps you understand how our sensory perception changes with dementia and how to maximise well-being benefits from the outdoors
- Learning new ways to engage the senses through practical outdoors exercises
- Examining positive risk-taking approaches to create new outside experiences through an overview of the work of Dementia Adventure
- Overview of Batsford Arboretum and its principles around inclusiveness and accessibility for all
- How to plan dementia-inclusive walks
- Dementia Adventure Holidays case study
- Option of a guided walk with Batsford Arboretum Head Gardener or a dementia-inclusive walk taster session
- What you can do next - action planning to create consistent, sustainable and positive change