

“Why don't we go into the garden? A Garden Adventure” With Step Change Design & Dementia Adventure

A half day Workshop for care home staff to identify what may be holding back engagement with the garden and to explore ways to: create a more active and meaningful engagement outside for their residents, particularly those living with dementia, through person-centred care and positive risk assessment.

Presented by: Debbie Carroll, Director, Step Change Design Ltd.
Gordon Malcolm, Dementia Training & Partnerships Lead, Dementia Adventure

Half Day Workshop timings:

Morning workshop: 9.30am – 1.30pm, arrive from 9.00am

Afternoon workshop: 1.30pm – 5.30pm, arrive from 1.00pm

Venue: we come to you

About Step Change Design

Debbie Carroll, Garden Designers with more than 20 years experience and a particular expertise in designing spaces for health and care settings undertook a self-funded large-scale research project into why gardens in care settings, particularly for residents living with dementia, were not more actively used, even when they follow the latest design guidance.

This identified the pivotal role of care home culture in the engagement of the outside space and then produced a set of comprehensive and insightful findings in the form of an innovative and interactive diagnostic tool for the care sector, called *The Care Culture Map*. This tool and their later publications explores how this finding impacts on how to ensure gardens go on to be well used beyond the initial novelty of a new space and making the most of existing spaces working to an approach they call 'Relationship-Centred Design'.

Step Change Design which was formed to share the findings both within the care and design sectors to enable residents living in care settings to be able to engage with the garden as and when they choose.

About Dementia Adventure

Research shows that connection to nature and outdoor activity is good for everyone, but for people with dementia, it has significant wellbeing benefits. As the only charity solely to focus on dementia and nature, we are a sector leader, working with organisations to create inclusive services, so that people with dementia can engage more with nature and have regular nature-based and outdoor experiences.

Our work demonstrates that supporting people with dementia to get outdoors helps to ease agitation and anxiety, improve sleep, eating patterns, mood and communication which can have a positive effect not only on the person but also on the staff supporting them.

We have worked with over 17,000 professionals, providing tailored training packages and created bespoke nature-based programmes for implementation across a range of care settings. We are passionate about supporting organisations to explore positive risk management, empowering them to incorporate practical and sustainable solutions to increase residents' access to outdoor and nature-based experiences. We do this by providing a range of practical, tailor-made, evidence based resource solutions.

Contact:

Debbie Carroll Tel: 02380 685193 or 07821 546950 Email: debbie@stepchange-design.co.uk

Registered Address: 104 Newtown Rd, Southampton, SO19 9HQ

© 2022 Step Change Design Ltd. - No distribution without permission

Company no: 9003506

The Workshop will:

1. Present a summary of the garden designers' research journey to find the answer to their original question, *"Why aren't care home gardens used more actively?"*
2. Explore the role and influence of the care home's cultural practice (including Health and Safety) in aiding or inhibiting more active and meaningful engagement with the outside space.
3. Share the **Key Findings** from the research for the Care Sector and explore some common areas often hindering engagement outside
4. Showcase the multi-sensory impact that nature-based programmes can have on improving residents mood and motivation, sleeping and eating and helping to reduce the risk of falls.
5. Demonstrate how **Dementia Adventure's positive risk assessment toolkit** can support professionals to feel confident to make greater use of outdoor spaces and community settings.
5. Introduce the new diagnostic tool, **The Map**, and show how this aims to help care homes identify their current and anticipated needs for their outside spaces and then to achieve value for money in their involvement with a garden designer or outside specialist
6. Produce a handy and easy-to-use **Checklist** that aims to reduce gimmicks in the garden, infantilising approaches with residents and the risk of turning the outside space into a fixed and unadaptable space.

The Workshop is for care home staff at all levels who:

- ✓ want to engage their residents more meaningfully with the outside space
- ✓ have an existing garden that may not be being used as much as expected
- ✓ are tasked with revitalising and upgrading the outside space within a tight budget
- ✓ are engaged with architects or designers to improve the outside space
- ✓ are keen to understand the latest good practice in creating actively used outside spaces.
- ✓ keen to understand ways to increase their confidence and skills and positively manage the risks associated with supporting residents outside

Who should attend:

This workshop will benefit care home staff at all levels, with responsibility for encouraging their residents to use their outside space more actively and meaningfully.

What to bring: Notepaper and pen and an inquiring mind

What will be provided:

A Certificate of Attendance, a copy of the Checklist tool to sense check new elements in gardens and a number of handouts to support applying the learning in a care setting produced by Step Change Design Ltd.

Workshop Fees:

Per ½ day course - £700* This event is will be for a maximum of 15 attendees.

**plus venue costs, travel and accommodation, where applicable. A detailed quote will be provided to your specific location. Following acceptance of a booking this will be invoiced for payment prior to the event date.*

Please note: Payment is required prior to the workshop date via Step Change Design or by invoice as agreed. No refund will be given for cancellations. Full refunds will though be given should the event have to be cancelled for any reason by the trainers. No tickets are sent out for this event.

Contact:

Debbie Carroll Tel: 02380 685193 or 07821 546950 Email: debbie@stepchange-design.co.uk

Registered Address: 104 Newtown Rd, Southampton, SO19 9HQ

© 2022 Step Change Design Ltd. - No distribution without permission

Company no: 9003506

‘Why don’t we go into the garden?’ Publication discounts

Each delegate attending this workshop will be entitled to a discount on Step Change Design’s publications. A discount code will be issued during the workshop. The discount will be valid for 1 year from the workshop date.

For further information on the Workshop:

Step Change Design

Booking or course content enquiries:

email us at: info@stepchange-design.co.uk

or telephone Debbie on: 02380 685193 / 07821 546950

Or visit our website for more information: www.stepchange-design.co.uk

Dementia Adventure

Course content enquiries:

Gordon Malcoolm – Dementia Training & Partnerships Lead

Email: gordon@dementiaadventure.org

Website: www.dementiaadventure.org

Tel: 01245 237548

Contact:

Debbie Carroll Tel: 02380 685193 or 07821 546950 Email: debbie@stepchange-design.co.uk

Registered Address: 104 Newtown Rd, Southampton, SO19 9HQ

© 2022 Step Change Design Ltd. - No distribution without permission

Company no: 9003506