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Creative Spaces Project Manager

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



An Eden Project Field Guide to

# Working with Older People



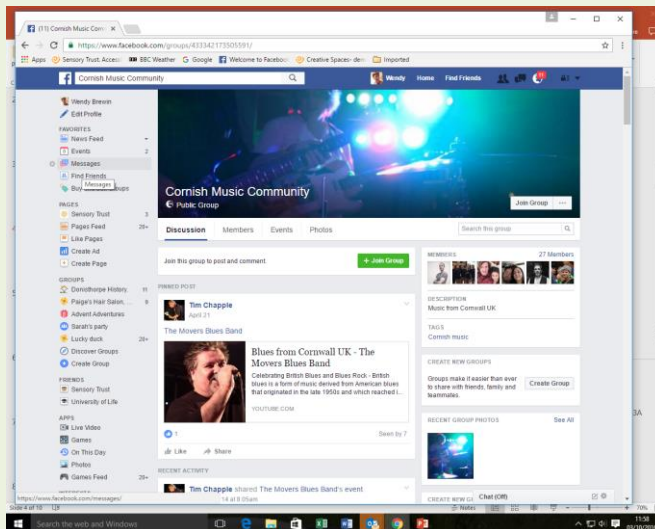
# Working with older people

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



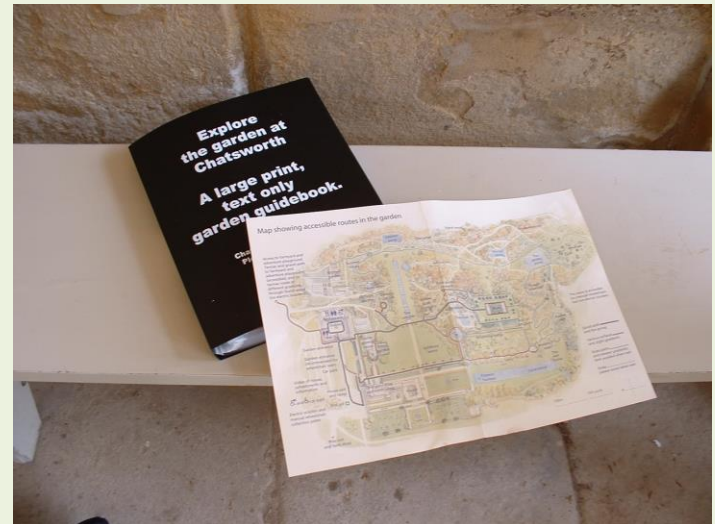
# Volunteering

- 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





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[www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)



Sensory Trust



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Creative Spaces Project Manager

Creative *Spaces*  
in the community



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