

# Dementia Garden



## Project aim

To develop the land behind Gibberd ward into a dementia sensory garden  
To provide an opportunity for people “living with dementia” to feel a part of society, a sense of belonging

## Timeline for delivery

From: January 2018

To: 2020

## Measures

The work is essential to improve the lives of people living with dementia in hospital and the wider community  
Patients, staff and carers are at the heart of this project.  
Our Dementia team/volunteers support patients, living with dementia to volunteer in the garden *“this has given him hope and a reason to get up every day”* (feedback from carer)

## Background

Based on growing evidence it is believed that the potential benefits are an improved emotional state, For example, reduction in stress, anger, agitation, anxiety, apathy and depression. More specifically nature can help people “living with dementia” feel more connected.

Evidence has indicated that being outside for 10-15 mins for an activity improves physical health



## Project team

David Page, Gibberd ward staff  
Caroline Ashton-Gough  
Karen Burton  
Sarah Crockett  
Tess Harvey

## Outcomes achieved...

- Engagement from the wider community
- Raising awareness of “living well with dementia”
- Positive staff, patient and carer feedback
- Successful bid for funding
- Patients nearing the end of life and their carers enjoy time spent outside in a safe, comforting environment
- A quiet place for staff reflection



## Learning and next steps

- Secure estimates for required landscaping work, Work alongside local schools and colleges
- Further applications to National TV, Work alongside local schools and colleges
- Present the work at National Conference
- Identify dementia champions with a keen interest to sustain work

