

Let's Get More People with Dementia Walking in Norfolk



Organisations like the Alzheimer's Society and Chartered Society of Physiotherapy have championed the impact that being active can have on reducing the severity of some symptoms associated with dementia.

Even small amounts of activity can make a significant difference to a person's overall health and well-being.

Identify and Map a Dementia Friendly Walk

Walking is seen as one of the most accessible forms of physical activity and can be a significant therapeutic tool when supporting people living with dementia.

We want to make walking more accessible in Norfolk for people living with dementia and their carers. We have created a handy toolkit to help you identify and map out a walk that can be dementia friendly:

- An audit checklist with some key considerations for mapping a dementia accessible route
- A short training video to help you use the checklist and map out your own dementia Friendly walk.
- A series of dementia friendly walks we've already mapped, to use as a guide.

“ Walking is vitally important to escape from the pressures of being indoors and can be as important to the carer as to the person with dementia ”

- Natural England Commissioned Report 2016

Norfolk Easy Ambles – Dementia Friendly Walking Series

There are over 800,000 people in the UK living with dementia, and a study by the Alzheimer's Society found that nearly 50% of the people diagnosed no longer feel part of their community.

“ Nearly 25% don't feel able to leave their house ”

A lack of confidence and the practicalities of managing their condition outside are some of the reasons why people living with dementia say they feel less able to be active within their communities.

We hope that by making walking more accessible to people living with dementia and their carers that we can help reduce some of these feelings. And your dementia friendly walk can help contribute to this, too.

If you have mapped a dementia friendly walk and would like it to be included in the Norfolk Easy Ambles series, please contact us at marketing@activenorfolk.org and we will help you identify the next steps.

www.activenorfolk.org/dementia-walks



Dementia Walks Audit Checklist

Component	Requirement	Tick	Your notes
Start & Finish	Is there a central start and finish point that is easy to locate and see?		
Shelter & Seating	Does this location have a seating area, does it offer shelter? Does it have regular seating points along the route?		
Toilets	Does this location have accessible toilets? Are there regular opportunities to access a toilet along the route?		
Refreshments	Does this location have a refreshment point?		
Parking	Is there parking within proximity of the start/finish point(s)? If so, how far in meters? Is it accessible to the start of the route?		
Wheelchairs	Is the route wheelchair accessible? (Are there any steps, uneven surfaces, narrow walkways?)		
Duration	Can the length of the walk be easily shortened or lengthened?		
Landmarks	Does the route have poignant landmarks? Are there any landmarks that can be used as location reference if needed?		
Signage	Is the route signposted? Are the landmarks/points of interest or the route itself well signposted? If so, are the signs easily located and easy to read?		
Road Safety	Is the route on a pedestrian-only area? Does the route run alongside a main road? Are there any road crossings on the route? If so, are they at designated Zebra or Pedestrian points?		

Other considerations when planning your route:

- Avoid sections of the route that are heavily used by bike and skateboard users
- Avoid areas where dogs are not on leads
- Some popular routes may have hand railings for additional support
- Try to avoid routes that have regular restricted views (high walls and hedges)
- Try to include green spaces and quiet areas within your routes
- Try to link with a shop or cafe along the route that can designate a person who can be asked for support if needed
- Speak to your local Dementia Action Alliance or Dementia Friendly Community to find out more
- Provide distances, estimated timings, and difficulty level; this can help in planning a walk
- Consider things like large puddles and drain covers – is it easy to walk around them? They can appear to look like holes to some people living with dementia.
- Avoid sudden changes in terrain and gradient, trip hazards and uneven surfaces
- Consider poor lighting which can affect spatial awareness and make signs difficult to read