

THE PEELE

DEMENTIA FRIENDLY LANDSCAPE DESIGN STRATEGY

HOW DO DEMENTIA FRIENDLY LANDSCAPES WORK?

WHAT MAKES A VALUABLE DEMENTIA GARDEN?

From research created by Tim Lynch Architects the profitability of a dementia garden experience depends on a number of factors:

- The patients level of dementia
- Staff and family
- Layout and interest

Good dementia garden design:

- Helps the person find their way
- Create positive mood
- Contact with the elements

A key feature of a dementia garden is creating sensory experiences throughout the design. This is not simply the integration of the 5 key senses but of many senses including:

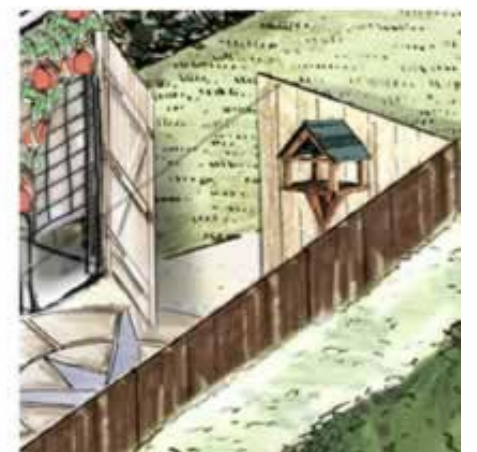
- Positional awareness and landmarks
- Balance
- Movement
- Restoration on memories past
- Mapping process

Other key elements may include:

- Encouraging a PASSIVE to ACTIVE state transfer
- Areas for horticultural activities to provide a sense of engagement
- Social and shared experiences for residents
- Gardening club
- Correct seating suitable for the user and to promote interaction
- LANDMARKING : flagpoles, engine parts, bus shelter, raised beds, quiet areas
- Childrens play areas (for visiting family)

Something that is highlighted within Tim's report is that the space needs to be kept going year round with plenty of activities for residents to get involved with. The action of going outside can help residents establish day and night times and the garden should be seen as an indoor extension area without a ceiling, not as a seperate outdoor space.

RESEARCH FROM: IS YOUR DEMENTIA GARDEN A PROFITABLE EXPERIENCE?
TIM LYNCH ARCHITECTS



LANDSCAPE PRECEDENT IMAGES

DEMENTIA GARDENS:



An extension of indoors



Social spaces



Memory triggers



Light exercise and adventure



Raised and accessible planters



Social activities



Circular routes with seating opportunities



Play spaces for visiting children

LANDSCAPE STRATEGY

PROPOSED LANDSCAPE MASTERPLAN



KEY FEATURES:

- 1 Garden of remembrance - A space for remembrance and reflection for the staff and visitors
- 2 Fairy garden - To encourage conversation and storytelling
- 3 Social area with dining tables and seating - Allows for alfresco dining and socialising
- 4 Washing line and basket - A therapeutic repetitive activity for dementia patients
- 5 Circular routes - Secure circular routes through the garden with different sensory experiences
- 6 Bus shelter, telephone box and post box - A nostalgic reference and also a soothing activity for residents
- 7 Accessible raised beds - To be planted and cared for by residents giving them a sense of responsibility
- 8 Train station experience - To promote memory through nostalgic and shared experiences
- 9 Secure play space - For visiting family and friends to engage in activities together with the residents

EXTRACT FROM LANDSCAPE MASTERPLAN DRAWING 4694.02

SENSORY ELEMENTS

'Sensory Gardens' by Dementia Care International, explores how sensory gardens are a great way to encourage community participation amongst residents and there are many ways in which they can be implemented to achieve different outcomes. Herb gardens can encourage conversations around healing and cooking. Fairy gardens give an imaginative conversation point and added interest to walks around the garden. Fern gardens are ideal for shaded areas and offer sensory stimulation.

SENSORY GARDEN EXPERIENCES TO BE FEATURED AT THE PEELE:

- FAIRY AND GNOME GARDEN
- GARDEN OF REMEMBRANCE
- RAISED BEDS FOR VEGETABLES, HERBS & BEDDING PLANTS
- COLOURFUL AND SEASONAL PLANTS, SCENTED PLANTS FOR STIMULATION AND INTEREST

RESEARCH FROM : *SENSORY GARDENS, DEMENTIA CARE INTERNATIONAL*



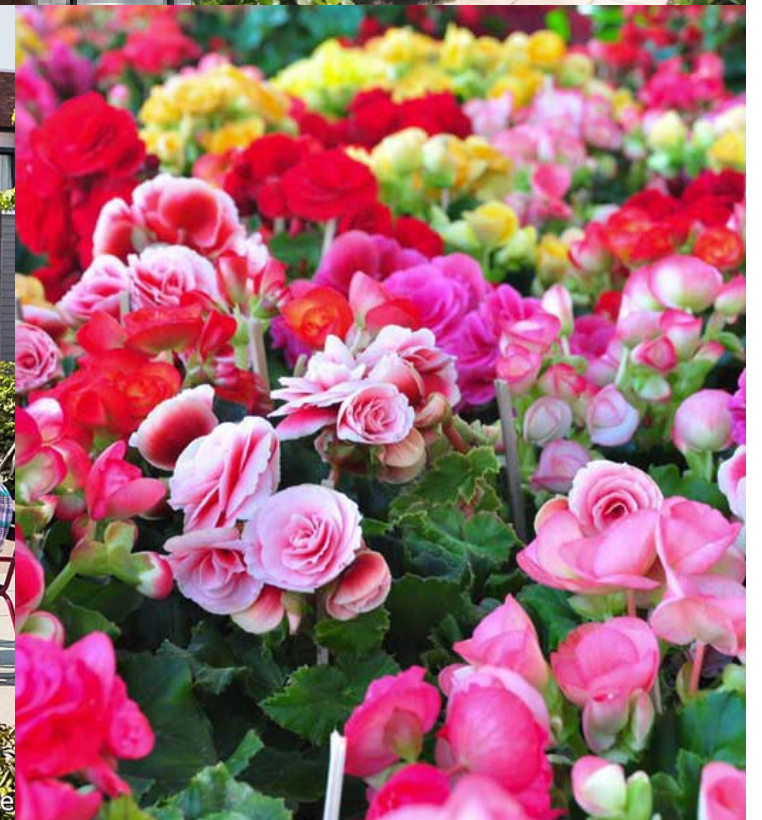
ELEMENTS TO STIMULATE MEMORIES

There are a number of ways in which memories can be stimulated through the design of the landscape. Whether this is past experiences or everyday things like following directions.

KEY FEATURES TO INITIATE PHYSICAL, COGNITIVE, AND SOCIAL AND PSYCHOLOGICAL BENEFITS TO BE FEATURED AT THE PEELE:

- Blocks of NOSTALGIC PLANTING
- MULTIPLE SEATING AREAS as places to relax and chat with other residents, family and friends.
- FAMILIAR OBJECTS including a postbox, bus-stop and telephone box to trigger memories and start conversations
- Comforting REPETITIVE TASKS like hanging washing on a line

RESEARCH FROM: RUSTCUS CARE HOME
REMEMBER ME DEMENTIA GARDEN, TATTON PARK
SENSORY DEMENTIA GARDEN, WESTCLIFF-ON-SEA ESSEX



ENGAGING ACTIVITIES

Another key element of dementia gardens is the organisation and facilitation of engaging activities within the landscape. This can move a resident from a passive state to an active state as they can socialise and engage with others whilst carrying out an activity.

STIMULATING ACTIVITIES FOR RESIDENTS TO ENGAGE IN:

- HANGING OUT WASHING
- TENDING TO PLANTS in the raised beds
- SITTING OUTSIDE for a conversation with other residents, friends or family
- BUS STOP as a waiting area, that encourages light conversation
- LETTER BOX could be used to post letters to other residents

RESEARCH FROM: DEMENTIA FRIENDLY GARDENS - GARDENS AND OUTDOOR SPACES, HEALTH.VIC.GOV.AU



