Woowookarung Regional Park
Dementia Friendly Forest Sensory Trail

Parks VICTORIA

Healthy Parks Healthy People®

Dementia Australia Funding

First Gathering - 16 February, 2018
-Parks Victoria
-Friends of CC
-PLWD & Partners
(& Melvin & Roger)

Parks VICTORIA

Healthy Parks Healthy People®

Reducing Stigma and Isolation

Parks Victoria staff meeting with PLWD & their Care Partners

Parks VICTORIA

Healthy Parks Healthy People®

New Friends, New Partners

- Educators as Partners and Agents of Change

Parks VICTORIA

Healthy Parks Healthy People®

Health and nature- the evidence

*The evidence connecting parks and health is substantial, offering strong justification for the **promotion of, and investment in**, parks as settings that enhance the health and wellbeing of community members across their lifespan*

Deakin University 2015

Parks VICTORIA

Healthy Parks Healthy People®

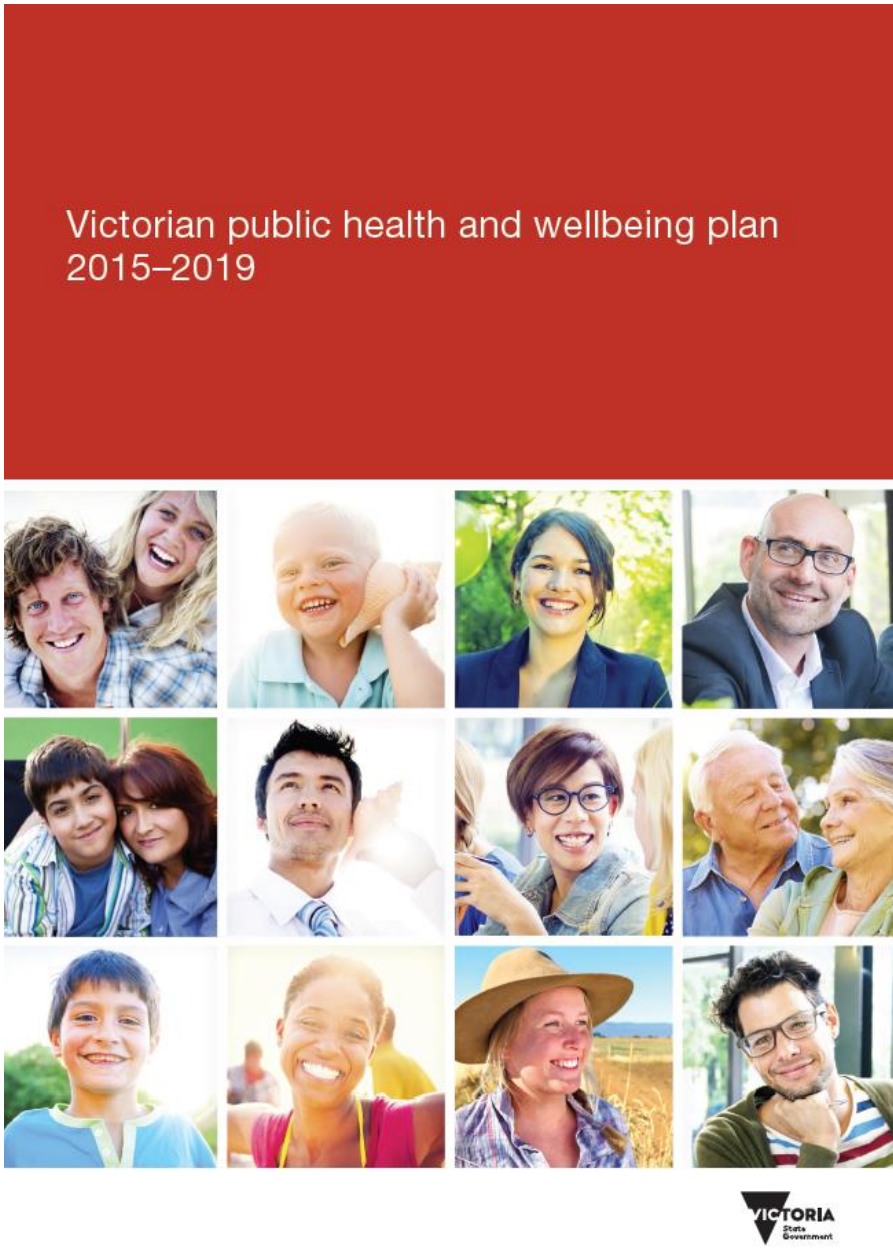
Health - policy context

1. Healthier eating and active living

Encourage interaction with nature in Victoria's parks

2. Improving mental health

Promote mental health…and reduce levels of stress…including encouraging interaction with the natural environment



VICTORIA State Government

Co-Design and the Journey

It is the journey with all partners that will guide the end result. We will learn from each other and build not just the trail but nurture life changing connections while in nature.

CREATING DEMENTIA-FRIENDLY COMMUNITIES CHECKLISTS

It is important to consider both the physical and social environment of a community in order to identify possible areas of improvement. There are a range of things you and your community can do to help people with dementia to remain engaged in the community in a meaningful way. This can be done by ensuring that the physical environment is easy to navigate and safe for people with dementia. Many of these suggestions are things that will benefit all members of the community. Some important things to consider when designing indoor and outdoor physical environments include:

OUTDOOR AREAS AND BUILDINGS

- ☐ Public areas and parklands are clean, well-kept and pleasant
- ☐ Outdoor seating is safe, well maintained and adequate in number
- ☐ Undercover areas in parklands are provided to ensure accessibility in all weather conditions
- ☐ Footpaths are wide, level where possible, non-slip, well maintained and free of obstructions
- ☐ Bicycle pathways are separate from footpaths and other pedestrian walkways
- ☐ Adequate number of pedestrian crossings which are functional for people with different levels of disability with non-slip markings
- ☐ Pedestrian crossings have visual and audio cues and provide sufficient crossing time
- ☐ Visual landmarks are in place to assist way-finding such as garden beds, murals, water fountains/features,
- ☐ Building entrances buildings are clearly visible and obvious
- ☐ Adequate and evenly distributed street lighting to assist those with dementia and lower visual acuity
- ☐ Level changes are clearly marked and well lit with handrails and non-slip, non-glare surfaces
- ☐ Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.
- ☐ Indoor and outdoor public toilets are well-maintained, clean, accessible and adequate in number with appropriate signage
- ☐ Bus shelters are enclosed and have adequate seating
- ☐ Street clutter including excessive signage, music, advertisements and bollards are minimal
- ☐ Background noise is minimal with acoustic barriers such as grass rather than hard surfaces, trees, hedges and fencing in place
- ☐ Signs have large graphics and symbols in clear colour contrast to the background, preferably dark lettering on a light background
- ☐ Signs have non-glare lighting and non-reflective coverings

INDOOR AREAS

- ☐ Steps clearly marked and lit, with guard and handrails on both sides, smooth, nonslip, non-glare surfaces, and nearby seating
- ☐ Doors with lever-type handles and no more than 2 kilograms of pressure to openr
- ☐ Uninterrupted visual access to all areas, ideally with unobstructed view of at least 6 to 30 metres in both directions in buildings and other indoor areas
- ☐ Simple signage giving clear and essential information only
- ☐ Signage fixed to walls at eye level (around 1400 - 1700m above floor level where possible
- ☐ Well-maintained, plain, smooth, level, non-slip, non-reflective floor coverings
- ☐ Flooring in clear colour contrast and material to walls and furnishings
- ☐ Changes in texture or colour of floor coverings to indicate potential hazards
- ☐ Colour contrast toilet seats with toilet bowls and floor and uniform signage for male and female toilets
- ☐ Sound absorbing materials, for example, acoustic ceiling tiles, wall hangings, upholstery and curtain fabrics used where possible
- ☐ Indirect lighting for a good illumination level with reduced glare
- ☐ No areas of deep shadow or glaring light.
- ☐ Alarms/sirens/auditory cues on low frequency and at suitable pitch for people with low hearing acuity
- ☐ Corridors at least 2 metres wide to enable those less ambulant and wheelchair users to safely pass oncoming people
- ☐ Where complete visual access is not possible, distinctive way-finding cues positioned at point where visual access ends. For example, potted plants, ornaments, paintings
- ☐ Furniture and furnishings should be contrasted against walls for easy visibility. Furniture should have rounded edges to reduce bumps and grazes
- ☐ Simple layout with non-uniform, short, direct routes
- ☐ Where possible, a minimum of corridors no longer than 22 metres in length with no blind bends

CREATING DEMENTIA-FRIENDLY COMMUNITIES – BUSINESS TOOLKIT

UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA
FIGHTDEMENTIA.ORG.AU

Parks VICTORIA

Healthy Parks Healthy People®