



## WALK PLANNER TEMPLATE

Use this sheet to plan your multi-sensory walk (from 10 minutes to 1 hour length)



(Tip: You might want to take pictures to print out and attach to this form to help share information with other staff/volunteers supporting the walk)

Considerations	Notes/Details
<p><b>Location</b> Name, postcode, how to get there, tel. number, website, etc.</p>	
<p><b>Meeting &amp; greeting point.</b> Safe, accessible, and welcoming. Is there shelter if it's raining?</p>	
<p><b>Parking/access arrangements</b> Number of disabled parking bays. Is parking free? Or what is the charge?</p>	
<p><b>Accessible toilets</b> Note details – wheelchair accessible? Left or right loading? Radar key required? Take picture?</p>	
<p><b>Visitor centre/café refreshment options</b> Opening hours, quiet times, can you reserve a table or quiet corner?</p>	
<p><b>On the route:</b> Surface types: paved, gravel, grass, slopes, steps, gates Note any tricky points...</p> <p><b>Shelter from rain/shade</b> At the start and along route?</p> <p><b>Seating</b> – do you need to bring a portable chair if there is a long gap between seating/resting points?</p>	
<p><b>Potential risks on the walk</b> Briefly list and how they will be managed</p>	<p>Note: this will be fully covered on the separate risk assessment form, but make a note of anything to be aware of for volunteers/other staff</p>



Considerations	Notes/Details
<p><b>Specific benefits for people living with dementia.</b> Why is this location a good venue for people living with dementia, and their supporters?</p>	
<p><b>Sensory experience: Are there places to pause to help people enjoy colours, smells, sounds, sights, touch &amp; taste?</b> E.g., Seasonal sights, smells &amp; objects; wildlife, trees, plants, views, feeling different textures, herbs</p> <p><b>What are people's interests?</b> Objects in the open space: sculptures/art, information boards, old buildings/bridges, photographs of the site, historic features.</p>	
<p><b>What resources can be used on the walk to add to the experience?</b></p> <p>E.g., laminated spotter cards or ID sheets, magnifying glass, guidebook, binoculars</p> <p>Bag/box to collect things. E.g., Leaves, seed heads for memories or creative project</p> <p>I-pad/ phone for pictures to take memories home</p>	
<p><b>Extra equipment for the walk?</b> <b>Your checklist:</b> Phone First aid kit Umbrella Portable chair Plastic backed picnic blanket for wet seats/benches I-pad/ phone for pictures Water/thermos flask Snacks</p> <p>Other?</p>	
<p><b>Number of people walk can cater for.</b> Extra volunteers needed?</p>	