

**dementia**

**adventure<sup>®</sup>**

with the right support  
anything is possible



# Mood and motivation

## Resource Pack

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# Support for carers

- Local GP and other medical practitioners
- Friends and family

## Carers organisations



Age UK  
[www.ageuk.org.uk](http://www.ageuk.org.uk)



Carers UK  
Tel: 0808 808 7777 Mon - Fri, 9am - 6pm  
<https://www.carersuk.org/>



**Carers Trust**  
Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.  
Our vision is that unpaid carers count and can access the help they need to live their lives.  
<https://carers.org/>

# National support organisations



## Alzheimer's Society

Tel: Dementia Support: 0333 150 3456 /

Customer Care: 0330 33 0804

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)



## Dementia UK

[www.dementiauk.org](http://www.dementiauk.org)



## Admiral Nurses from Dementia UK

Tel: 0800 888 6678

Mon-Fri: 9am to 9pm / Saturday & Sunday: 9am to 5pm

[www.dementiauk.org/get-support/admiral-nursing](http://www.dementiauk.org/get-support/admiral-nursing)



## Alzheimer's Society guide to becoming active

[Click to download the guide](#)

# Support for low mood



Talking Therapies - Alzheimer's Society

[Click to find out more about talking therapies](#)



Dementia Carers Count

[Click to read more about managing emotions](#)



Every Mind Matters

[Click to read more about low mood](#)

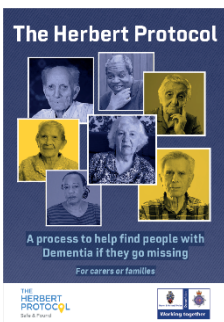
# Tools to support independence



## Radar Key

People who need to use accessible toilets will know that many of them in the UK are fitted with a RADAR Key Scheme lock, which can only be opened with a Royal Association for Disability and Rehabilitation (RADAR) key.

These can now be purchased from Amazon.



## The Herbert Protocol

The Herbert Protocol is a national scheme that encourages carers, family and friends to provide and put together useful information, which can then be used in the event of a vulnerable person going missing.

Carers or relatives and friends can complete a form in advance, including important information about the missing individual such as the contact numbers, medication needed, locations the person was last seen and a photograph can be added.

[Click to view the Herbert Protocol missing persons form](#)



## Sunflower Invisible Disability Products

Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer, including staff, colleagues and health professionals, that they need additional support, help or a little more time. Since its launch in 2016, it has been adopted globally by major airports and venues and in the UK, by many supermarkets, railway and coach stations, leisure facilities, the NHS, a number of police, fire and ambulance services, and an increasing number of small and large businesses and organisations.



[Click to buy your Sunflower products](#)



## Please Be Patient - I Have Dementia Badges

[Click to buy you 'please be patient, I have dementia badge'](#)



## Help Cards

Help cards are for people with dementia to use and carry with them, to make it easier to get help or assistance when they're out in the community. Help cards are a great tool to help a person with dementia maintain their independence.

They are the size of a credit card and are [free to order](#).

[Click to find out more about Help Cards](#)



## Wearable Location Tracking Technology

A variety of items are available:

- Key ring
- Watch
- Belt
- Bracelet
- Necklace



## Community Transport Association

Directs you to local transport within your area.  
<https://ctauk.org/find-ct-provider/>



## Time to Talk BEFRIENDING

A Helpful step by step guide to creating meaningful moments for people living with dementia over the phone.

<https://www.tttb.org.uk/resources>

# Mobile apps to support future outings



## Parkopedia

Gives information about local places to park, fees and spaces available.

<https://www.parkopedia.com/>



## Accessible

Provides information about accessibility for venues. A nationwide site.

<https://www.accessable.co.uk/>



## Where is Public Toilet?

App on Google Play. This gives information about all public toilets in your area.



## Toilet Map

The Great British Public Toilet Map is the UK's largest database of publicly-accessible toilets, with over 11000 facilities.

[www.toiletmap.org.uk](http://www.toiletmap.org.uk)



# Websites to support future outings



## Get Outdoors

Get Outside was founded by Ordnance Survey, to help more people to get outside more often.

<https://getoutside.ordnancesurvey.co.uk/>



ENGLISH  
HERITAGE

## English Heritage

<https://www.english-heritage.org.uk/about-us/>



## The National Trust

Carers are admitted for free

<https://www.nationaltrust.org.uk/>

# Bringing nature in with technology



## BBC Nature Sounds

Spending time in nature can improve mood and wellbeing, but not everyone has easy access to the natural world.

This collaboration brings virtual soundscapes of music and nature directly to audiences.

[Click to listen to nature sounds](#)



## YouTube Videos - Walking in the woods

[Click to watch walking in the woods](#)



## Nature's Voice | RSPB

Interesting stories and features covering all things bird and wildlife from across the globe.

[Click to listen](#)



## Ramblings | BBC Radio 4 and Sounds

British countryside walks narrated with Claire Balding and a variety of guests.

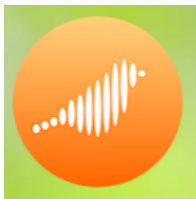
[Click to listen](#)

# Apps to encourage connection to nature



## Picture Insect

Online insect encyclopaedia and insect identifier.



## Birdnerd

The application can identify a bird by voice using the microphone on the mobile device. The app identifies multiple individual species even in a chorus. It identifies birds by songs, calls and other specific sounds like chick signals.



## Pl@ntNet

An application that allows you to identify plants simply by photographing them with your smartphone.



## Sky Map

A hand-held planetarium for your phone. Use it to identify stars, planets, nebulae and more.

# Organisations run by people living with dementia



## Dementia Tip-Share

### Dementia Tip Share

A treasure chest of tips to help you to keep living as well as you can.

From people with dementia, for people with dementia.

<https://dementiatip-share.org.uk/>



## Dementia Diaries

### Dementia Diaries

People with dementia sharing their stories as blogs.

<https://dementiadiaries.org/diarists>



## Dementia Creatives

### Dementia Creatives

A website to share the creative ideas of people living with dementia to inspire others.

<https://dementiacreatives.org.uk/>



## 3 Nations Dementia Working Group

A friendly group of people diagnosed with dementia who want to make a difference whilst we still can.

<https://www.3ndementiawg.org/>



The UK Network  
of Dementia Voices

## Dementia Engagement and Empowerment Project (DEEP)

The UK network of dementia voices. DEEP consists of around 80 groups of people with dementia.

<https://www.dementivoices.org.uk/>

# Learning from the lived experience - people living with dementia



**Peter Berry**

[Click to follow Peter on Twitter](#)

[Click to follow Peter on Facebook](#)



**Wendy Mitchell**

[Click to read Wendy's blog](#)



**Agnes Houston**

[Click to follow Agnes on Twitter](#)



**George Rook**

[Click to read George's dementia diary](#)

# Activities and resource sheets



The Sensory Trust

Nature activities for people living with dementia & family carers.

[www.sensorytrust.org.uk](http://www.sensorytrust.org.uk)



The Woodland Trust

Seasonal activity ideas, crafts activity sheets.

[www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)



The Wildlife Trusts

Spotter sheets, seasonal activities.

[www.wildlifetrusts.org](http://www.wildlifetrusts.org)



British Nature Guide e-magazines

A seasonal magazine full of articles, quizzes & activities.

[www.britishnatureguide.com](http://www.britishnatureguide.com)

## Thriving With Nature

A GUIDE FOR EVERYONE



MAKING THE MOST OF THE UK'S NATURAL SPACES FOR OUR MENTAL HEALTH AND WELLBEING



### Thriving with Nature - WWF/MIND 2020

Free download guide produced by WWF and Mental Health Foundation showing health & well being benefits from nature connection and practical ideas for each season - 100 page

[Click here to download the guide](#)



### NAPA - National Activity Providers Association

<http://napa-activities.co.uk/>



### Thrive

A collaboration between Thrive and Dementia Adventure. Advice on gardening and natural resources for people living with dementia.

[Click for Thrive's dementia and gardening advice](#)



### Social Care Institute for Excellence - Dementia from the Inside video

In this video we find out what it might feel like to live with dementia. Viewers will experience a little of what it is like to find yourself in a world that seems familiar and yet doesn't always make sense. The incidents pictured in this video and memories recounted are based upon true experiences gathered from people living with dementia.

[Click to watch video](#)

# Connecting to the things you love



## Playlist for Life

Playlist for Life is a music and dementia charity. The charity was founded in 2013 by writer and broadcaster **Sally Magnusson** after the death of her mother, Mamie, who had dementia. Their vision is simple - we want everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it.

<https://www.playlistforlife.org.uk/>



## My Life Films

Create life story films that transform the well-being of those with dementia and act as an innovative care tool.

<https://mylifefilms.org/>



## BBC Reminiscence Archive

This archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy.

The principle of reminiscence therapy is to assist people who have dementia to interact and converse in a natural way by stimulating their long-term memory with material from the past. It is often the case that long-term memory can still function when the person's working (short-term) memory is degraded. Tapping into long-term memory can make it possible once again for them to enjoy interacting with others, through their stories.

<https://remarc.bbcrewind.co.uk/>



## Music for Dementia Radio - M4D Radio

They believe in the power of music for people living with dementia and those who care for them. M4d radio is part of the [Music for Dementia](#) campaign to make music accessible for everyone living with dementia. Their ambition is to make music a part of care for all those living with dementia.

<https://m4dradio.com/>





## The Sporting Memories Foundation

For 10 years they have been using the power of remembering and talking about sport - along with physical exercise - to tackle dementia, depression and loneliness. They are dedicated to bringing together older adults.

Those who come to our online or community-based clubs may be isolated, or living with depression, dementia or other long-term conditions. They are fans, former players, family members. Everyone has one thing in common - a love of sport.

They provide social and physical activities. At Sporting Memories Clubs, everyone finds fun, friendship and increased well-being.

<https://www.sportingmemoriesnetwork.com/>



## Bounce Alzheimer's Therapy - BAT

The BAT design team, working with neuroscience specialists, have created the World's first table specifically devised to enhance the Table Tennis Therapeutic Experience for those living with dementia, and their carers.

<https://www.batfoundation.com/bat-therapy-table/>



## Golfing with Dementia

England Golf believe that golf is a game for everyone. They want to make the game dementia friendly for the 900,000 people living with dementia in the UK.

In February 2019 the Alzheimer's Society published their Dementia Friendly Sport and Leisure Guide, which covers how you can support People, Programmes and Places to become dementia friendly and include more people.

<https://www.englandgolf.org/club-support/dementia/>