# 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

<table>
<thead>
<tr>
<th>Considerations</th>
<th>Notes/Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong></td>
<td></td>
</tr>
<tr>
<td>Name, postcode, how to get there, tel number, website, etc.</td>
<td></td>
</tr>
<tr>
<td><strong>Meeting &amp; greeting point:</strong></td>
<td></td>
</tr>
<tr>
<td>Safe, accessible, and welcoming. Is there shelter if it’s raining?</td>
<td></td>
</tr>
<tr>
<td><strong>Parking/access arrangements:</strong></td>
<td></td>
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<tr>
<td>Number of disabled parking bays. Is parking free? Or what is the charge?</td>
<td></td>
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<tr>
<td><strong>Accessible toilets:</strong></td>
<td></td>
</tr>
<tr>
<td>Note details - wheelchair accessible? Left or right loading? Radar key required? Take picture?</td>
<td></td>
</tr>
<tr>
<td><strong>Visitor centre/café refreshment options:</strong></td>
<td></td>
</tr>
<tr>
<td>Opening hours, quiet times, can you reserve a table or quiet corner?</td>
<td></td>
</tr>
</tbody>
</table>
### On the route:
- **Surface types:** Paved, gravel, grass, slopes, steps, gates
  - Note any tricky points.

- **Shelter from rain/shade:**
  - At the start and along route?

- **Seating:**
  - Do you need to bring a portable chair if there is a long gap between seating/resting points?

### Potential risks on the walk:
- **Briefly list and how they will be managed**
  - 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.

### Specific benefits for people living with dementia:
- Why is this location a good venue for people living with dementia, and their supporters?

### Sensory experience:
- **Are there places to pause so people can enjoy colours, smells, sounds, sights, touch & taste?**
  - E.g. Seasonal sights, smells & objects; wildlife, trees, plants, views, feeling different textures, herbs

- **What are people’s interests?**

- **Objects in the open space:**
  - Sculptures/art, information boards, old buildings/bridges, photographs of the site, historic features.
What resources can be used on the walk to add to the experience?

E.g. Laminated spotter cards or ID sheets, magnifying glass, guidebook, binoculars.

Bag/box to collect things.
E.g. Leaves, seed heads for memories or creative project.

iPad/phone for pictures to take memories home.

Extra equipment for the walk?

Your checklist:
- Phone
- First aid kit
- Umbrella
- Portable chair
- Plastic backed picnic blanket for wet seats/benches
- I-pad/ phone for pictures
- Water/thermos flask
- Snacks

Other?

Number of people walk can cater for:

Extra volunteers needed?