

## Why we exist

There are 900,000 people living with dementia in the UK, with that number projected to rise to 1.6million by 2040. It's estimated that two-thirds of people with dementia are living in the community and are looked after by an unpaid family caregiver.

Often a person living with dementia finds that their life changes significantly after diagnosis. They become socially isolated and at risk of being indoors too much of the time, resulting in an unnecessary decline in their physical, emotional and social wellbeing.

Research shows connection to nature and outdoor activity can improve sleep, appetite, mood, communication and reduce stress and anxiety.

## Our approach

Our vision is for a more active and fulfilled life for everyone living with dementia. We think differently about dementia, focusing on the individual, not the condition, and looking at what people can do rather than what they can't.

We've proven that with the right support people living with dementia can get outdoors and connect with the benefits of nature.

**dementia  
adventure<sup>®</sup>**

### Contact us

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Registered with  
FUNDRAISING  
REGULATOR

Dementia Adventure is a Registered Charity (CIO)  
1163163 (England & Wales)



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with the right support  
anything is possible

**Holidays | Training | Research**

"It was wonderful being with such understanding people and so willing to help. I wasn't expecting for both of us to feel so cared for with such kindness and thoughtfulness"

## Holidays & Breaks

Holidays shouldn't stop just because of a dementia diagnosis. Getting a break is essential, especially for family and friends. We believe with the right support anything is possible, which is why we offer small group and tailored holidays for people living with dementia, enabling them to get away with their friends and family.

We've offered supported dementia holidays for over 13 years. We understand the complex and individual needs of people living with dementia.

Our experienced team and thoughtfully planned itineraries allow you to relax and enjoy the break you deserve. Whether you want to relax by the coast or walk in the hills, we have something for everyone.

Through donations we subsidise our holidays by at least 30% and further financial help is available.



## Training for families & friends

Two thirds of people with dementia live at home and are supported by a family member or friend. But families tell us that post diagnosis they're often not given the information they need to equip them to support their loved ones.

Our Understanding Dementia Better and Mood & Motivation sessions are free and online to make it easier for you to attend wherever you live.

The sessions connect you with experienced dementia trainers and other dementia supporters. You'll learn how to think differently about dementia and receive practical guidance for your role.

## Training for professionals

Our team of expert trainers facilitate a range of training and bespoke support, grounded in our ethos of thinking differently about dementia, to connect people to nature and outdoor experiences.

**Get Involved!**

Donate | Fundraise | Volunteer