

Course Overview

This is an interactive course which will provide you with the knowledge and skills to develop and deliver walks that are safe, accessible and enjoyable for people living with dementia. We will provide walk leaders with some background information on dementia, how it affects people and the benefits of being active. The course will consider walking environments, routes, risk assessment and the role of the walk leader. The course will be delivered by a trained instructor.

Learning Outcomes

- Increased awareness of dementia and how it affects people
- Increased understanding of the benefits of being active
- Knowledge of what makes a health walk dementia friendly
- Plan and risk assess walking routes
- Communicate better with people living with dementia

Who is this course suitable for?

This course is for Walk Leaders who have attended Paths for All's Walk Leader course and are interested in delivering Dementia Friendly health walks.

In-person Training

Your trainer will provide you with all materials required for this course. The course will last approx. 3.5 hours and includes a health walk, please be prepared for all weather conditions.

Max 20 delegates, £350.

On-line Training

There are some pre-course tasks which will better prepare you for the online delivery of the training. All information will be emailed to you, including joining instructions. The on-line course will last approx. 2.5 hours and resources will be provided to you after the training has taken place.

Max 15 delegates, £300. Please [click here](#) to book.

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