Dementia Friendly Health Walk Accreditation



**Dementia Friendly Walking:**

We are working with the Scottish Health Walk Network to make our Health Walks more accessible to people living with dementia. A Dementia Friendly Health Walk is social, and open to the whole community, it’s led by trained Walk Leaders and uses safe, accessible paths.

We have created a Dementia Friendly Health Walk Accreditation to recognise the positive changes made by project coordinators and volunteers to their Health Walks. By increasing the accessibility of Health Walks across Scotland to support and encourage people living with dementia to join, this will improve individual overall health and wellbeing and create social opportunities for so many within our local communities.

There are a number of dementia friendly resources that can be ordered from the [members section](https://www.pathsforall.org.uk/walking-for-health/health-walks/member-log-in/resources-and-merchandise-order-form) of the Paths for All website to help make your walk more accessible. These include:

* + - * Blank Card Name Badge with our Lanyard
* Dementia Friendly Walking Pin Badge
* Walking Reminder Postcard
* Physical Activity Benefits Infographic Postcard

The first name of each Walk Leader should be clearly written on the blank card with a black or blue permanent marker, and on both sides, before attaching to our lanyard.

Downloads can also be accessed [here](https://www.pathsforall.org.uk/search-resources?category=1&subCategory=33)

* A4 Health Walk Agreement Card
* A4 Empty Belly Poster
* Consulting with People Living with Dementia Guidance Note
* Dementia Friendly Walking Logo

Paths for All Dementia Friendly Walking logo is also available for use on your own resources, website and social media platforms.

**Achieving Dementia Friendly Accreditation:**

To achieve your Dementia Friendly Health Walk Accreditation and to be formally recognised by Paths for All there are criteria which must be met for each Health Walk and these are set out below. If your project delivers several walks which meet the criteria, please add rows to the table below. The details given below will be used to either update the ‘Find a Health Walk’ webpage or allow us to create a new Health Walk listing. Please complete all sections.

**Lead contact name**

**Email address**

**Name of project**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name of Health Walk** | **Start Location, including Postcode**  | **Start Time** | **Duration of Walk** | **How often Where does the walk take place?** | **Contact Details** | **Do you have a weblink?** |
|  |  |  |  |  |  |  |

**Dementia Friendly Walk Leader Training:**

All Walk Leaders must attend Dementia Friendly Walk Leader training. This is currently available in some locations via a Cascade trainer, alternatively a freelance trainer can provide your walk leaders with their own course. Online courses can be booked [here.](https://form.jotform.com/210684157522959)

**In person training is available for a max of 20 delegates and is £350 (3 hours)**

**On-line training is available for a maximum of 15 delegates and is £300 (2.5 hours)**

Paths for All will occasionally offer places on open courses on a first come basis (chargeable per person).

**Please confirm:**

Date Dementia Friendly Walk Leader Training took place

Number of Walk Leaders trained

**Risk Assessment** – the Health Walk named for Dementia Friendly Accreditation above must be re-risk assessed. This should take account of the path, walking route and environmental recommendations stated in the training.

Please attach your risk assessment at the time of submission.

|  |  |
| --- | --- |
| **Checklist:** | Please tick (√) to confirm  |
| Dementia Friendly Walk Leader Training has taken place |  |
| PFA Database updated to state ‘Dementia Friendly’ walk  |  |
| Resources implemented |  |
| Risk Assessment attached |  |
| Walk advertised as Dementia Friendly  |  |

As accurately as possible, please can you tell us how many people living with dementia are currently walking with your group

Please use the section below to share stories, developments, key learning points, photographs and/ or quotes with us.

**THANK YOU –** Please email this completed form, including attachments, to the contact email address below.

**Contact Details:**

Please get in touch with the Dementia Friendly Walking project team at any time.

Email: dementiafriendly@pathsforall.org.uk or Tel. 01786 641851.