

Dementia Friendly Walk Leader Training

Course Overview

This is an interactive course that aims to provide you with the knowledge and skills to develop and deliver health walks that are safe, accessible, and enjoyable for people living with dementia. We will provide Walk Leaders with some background information on dementia, how to communicate more effectively, and the benefits of being active. The course will consider walking environments, routes, and risk assessment.

By the end of the session, you will have:

- An increased awareness of dementia and how it can affect people
- Improved communication skills
- Better understanding of the benefits of being active
- An understanding of what makes a Dementia Friendly Health Walk
- The ability to plan and risk assess suitable walking and wheeling routes

Who is this training suitable for?

This training is for people who have previously attended Paths for All's Walk Leader training and are now interested in delivering Dementia Friendly Health Walks.

Course Information

An interactive training workbook and resources will be provided for this course. The course will last approx. 3 hours and includes a short Health Walk.

All information will be emailed to you, including joining instructions for online courses.

Minimum number of delegates per course is 8, maximum is 15.

Please click [here](#) to book if you are a Cascade Trainer with Paths for All.

Contact: training@pathsforall.org.uk if you are an external organisation and would like to enquire about this training course.