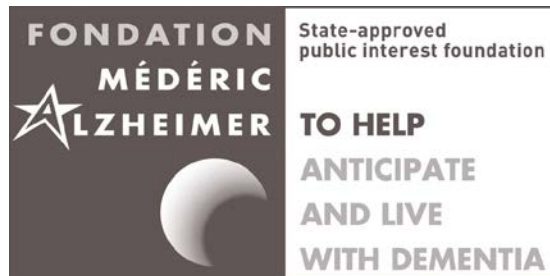


To help anticipate



To help live with dementia

## Gardens : living spaces for the well-being of people with dementia and their relatives

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# Methodology

- A qualitative study : a sample of 21 gardens, 15 in France (supported by FMA) and 6 abroad (Italy, Netherlands, UK, Norway, Belgium, Northern Ireland)
  - ❖ Analysis of the grey literature (from local teams).
  - ❖ Field investigation during site visits : observations, interviews (people with dementia, family members and professionals).
  - ❖ A national seminar gathering 15 teams from different places (day care centres, nursing homes, hospitals) to share their practices.
- Key issues studied:
  - ❖ Motivations of providers and staff to be committed in a garden project.
  - ❖ Inputs of gardens for dementia care, well-being, social life and quality of life.
  - ❖ Design and implantation processes.
- A typology of 9 categories according to the main characteristics observed.

# Typology : 9 types of gardens to be combined

| Main categories                  | Outcomes  |
|----------------------------------|---|
| The encounter garden             | Makes meetings easier between all residents within a day care centre or a nursing home.<br>Provides a family-bonding support. |
| The footbridge garden            | Facilitates links with the local environment.   |
| The garden in action             | Opens a wide range of activities (gardening, etc.)  |
| The transmission and gift garden | Highlights reciprocity and skill sharing.   |
| The creativity garden            | Paves the way to imagination and promotion of know-how.   |
| The garden of senses and memory  | Creates opportunities to sense-awakening activities.  |
| The memorial garden              | Keeps a symbolic memory of deceased people.   |
| The freedom garden               | Through free access, gives leeway to the unexpected through spontaneous uses  |
| The showcase garden              | Embellishes the place, but often just a meaningless decor.  |

# Gardens combining several goals and uses (1)

- Relationship - supporting garden:  
A connexion between the *inside* and the *outside*

- With the other residents:
  - ❖ Free access to nature
  - ❖ An opportunity to meet each others for pleasant activities, without fear

Senses and Memory

Encounter

Freedom

- With the family members, including young children

Encounter

Footbridge



Flyer for children,  
University Hospital - Nancy (54)

## Gardens combining several goals and uses (2)



Shopping at a gardening store

Day care center *Le Hameau des Aînés*, Bully (69)



Gardening with preschool children

Day care center *Aux Lucioles*, Reyrieux (01)

- With the local environment and the community:
  - ❖ Sharing activities with the neighbours
  - ❖ Making the garden visible
  - ❖ Using meaningful practices linked to regional habits and culture

Footbridge

Transmission and gift

# Gardens combining several goals and uses (3)

- Garden contributes to enhance knowledge, know-how, to meet and challenge user's interest and curiosity
  - ❖ Gardening and savouring
  - ❖ Taking care of animals
  - ❖ Having pleasure being creative
  - ❖ Taking initiatives, empowering

Action

Creativity

Transmission and gift



Watering plantations

Home *Les Églantines*, Frossay (44)

Building a hotel for insects



Day care center *Le Petit Manoir*, Munster (68)

# Gardens combining several goals and uses (4)

- Garden supports senses stimulation and orientation :

- ❖ A sensory experience
- ❖ A « natural » and meaningful stimulation bringing temporo-spatial landmarks
- ❖ A ressource for activities all year long

Senses and Memory

Freedom

Action

Creativity



Smelling flavours

Day care center *Le Hameau des Aînés*, Bully (69)

# Gardens combining several goals and uses (5)

- Garden to remember
  - ❖ Keeping a symbolic memory of people who passed away.

Encounter

Remembrance



Remembrance corner  
*De Wingerd* - Belgique



Memorial garden

A small table informs of the resident's death in the care home, ... candles and a stone which will later be put in the « remembrance corner » located in the garden



# Conditions for success, *Without set up standards*

- ❖ Be aware and listen to the people with dementia, their wishes, their dreams about a new garden, including the design.
- ❖ Be consistent in the process between environment and care attitudes.
  
- Involve professionals in their practice:
  - ❖ Commitment of the whole team to make the garden a lively and welcoming place for everybody,
  - ❖ Overcoming reluctance (falls, risks, etc.) and the preconceptions:  
*« being in the garden is not part of my job »*

*The design makes things possible but not effective*  
Mary Marshall

# To conclude (1)

- The main outcomes of the study :
  - ❖ There is not **one type** of garden for people with dementia
  - ❖ There are many possibilities to set up a garden giving place to a wealth of relations, meaningful activities and creativity.
  - ❖ The garden is the « ideal » space to create connections between the Inside and the Outside of a dementia care setting.
  - ❖ A garden gives professionals a wide range of opportunities in terms of practices linked to nature.

*« a way of bringing the ordinary untidiness of everyday life into care homes, where the norm is to impose the same rules for all ».*  
Françoise Héritier, Foreword, *Guide Repères* 2011.

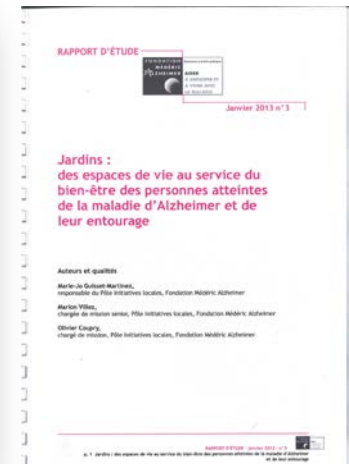
# To conclude (2)

- A report, in French and in English, is available on the Fondation Médéric Alzheimer website :  
[www.fondation-mederic-alzheimer.org/Nos-Travaux/Nos-etudes](http://www.fondation-mederic-alzheimer.org/Nos-Travaux/Nos-etudes)
- An informative goal : setting reference points through :
  - ❖ enhancing relevant practices by showing the wide range of activities taking place inside a garden.
  - ❖ underlining some relevant ideas, warning on methodological points to guarantee the success of a garden in the everyday life,

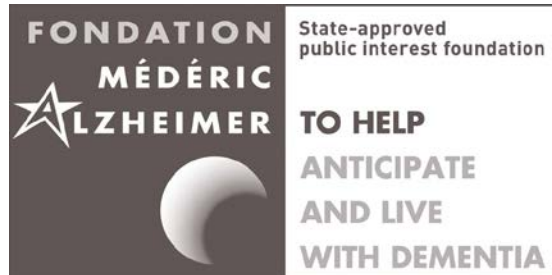
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Thanks



for your attention

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