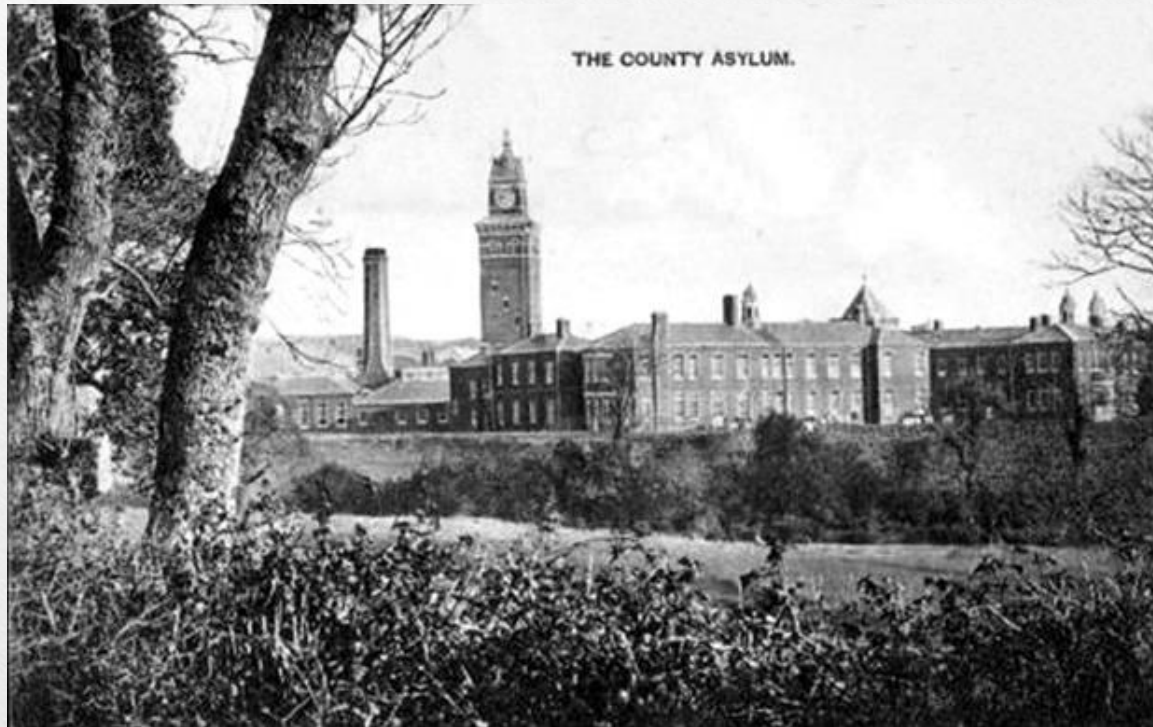




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History of Caring



Time moves on



Think Sense

Most of us are aware of the effects of dementia on memory and words.

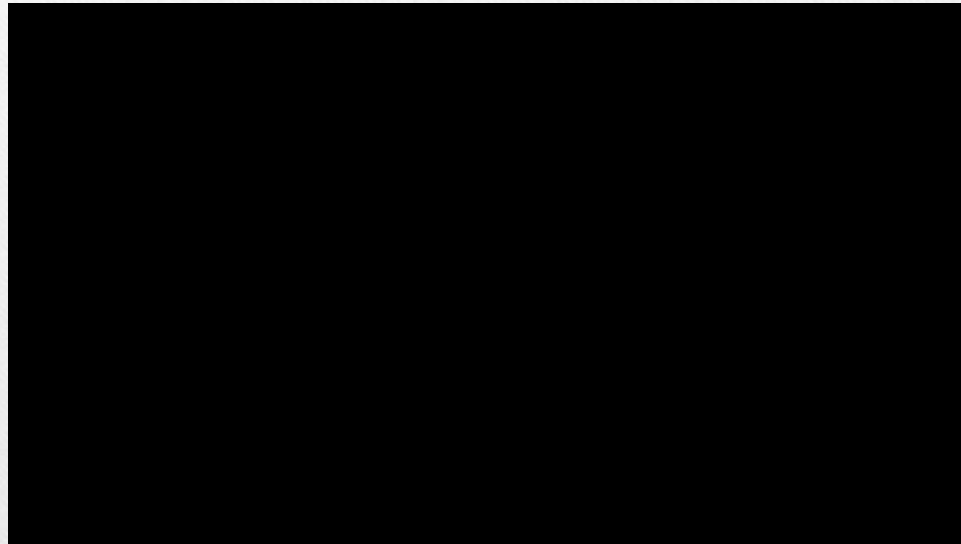
But many are not aware that dementia also impacts on how an individual sees, hears, feels, smells and tastes the world around them. Their sensory perception becomes increasingly fragile.

This can lead to the distressing symptoms of sensory deprivation - otherwise known as White Torture.

White Torture is the worst kind of torture known to humankind

Nature Therapy is about using natural resources to address sensory impairment.

Think Sense



Research evidence

- Sensory programmes can lead to a significant reduction in disruptive behaviours in people with dementia (Robichauld et al 2012, Kragt et al 1997)
- Has a positive effect on mood, happiness, enjoyment (Pinkey 1997, Baker et al 1998)
- Reduction in sadness, fear and boredom (Moffat et al 1993)
- Helps reduce social isolation – improves quality of life and well being (Nature Therapy CIC 2015)
- Reduction in aggression, agitation, sleep disturbances and increased need for medication (Nature Therapy CIC (2015))

Building resilience for carers

- Compassion Fatigue – first diagnosed in nurses in the 1950's
- Symptoms include hopelessness, stress, anxiety, sleeplessness and a negative attitude, inability to focus, feelings of low self worth, and self doubt
- Self scoring assessment (ProQol)

Travelling Dementia Suitcase

- Lottery funded
- Training on nature therapy and dementia care (Individuals, residential, care or nursing homes, groups, hospitals, colleges/universities etc)
- Five supported sessions
- Manual on nature therapy an dementia care including ideas for activities
- Pop up Dementia Theatre

Interested?

