



## **Creating Culturally Appropriate Outside Spaces and Experiences for People with Dementia: Using Nature and the Outdoors in Person-Centred Care**

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Demonstrating that it is essential to be sensitive to the cultural backgrounds of people with dementia in order to provide truly person-centred care, this book shows that it is possible to create culturally appropriate outdoor spaces and experiences that resonate with people with dementia on a fundamental level and are a source of comfort and wellbeing.

Contributors drawn from a variety of backgrounds describe the significance of nature in the lives of people with dementia from diverse cultures, faiths, traditions and geographical locations, providing helpful insights into how access to the natural world may be achieved within different care settings. There are contributions from the UK (Scottish island, urban North East England and Norfolk farming communities), Canada, Norway, Japan, Australia, Sudan and South Africa, as well as a chapter on the specific difficulty of providing access to nature for people with dementia in hospitals. The voices of people with dementia and their carers are prominent throughout, and the book also contains evocative poetry and photographs of people with dementia enjoying nature and the outdoors in different contexts.

A rich source of information and ideas for all those interested in creating culturally appropriate outdoor spaces and experiences for people with dementia, including dementia care practitioners, especially those at managerial level, policy makers, commissioners and those involved in designing and commissioning buildings and services.

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