

4 - NATURAL WORLD**The person**

Activity:		
Name:		
Date:		
<i>Is this activity beneficial to this person? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		√ X
PERSON WITH DEMENTIA		
Character & personality	Would you say the person is an 'outdoors' person?	
	Does the person regularly participate in outdoor activities?	
	Is taking a walk outside something they do regularly?	
	Did they garden in the past?	
	Did they go to certain places outdoors routinely?	
	Did they share outdoor activities with others?	
	Did they have favourite places outdoors (the garden or the park)?	
	Did they grow up in a rural area?	
	Is the person optimistic?	
	Are they open to new experience?	
	Is the person industrious (works with their hands, stays busy)?	
	Is the person generally determined and wants to succeed?	
	Does the person enjoy accomplishments?	
	Are they interested in life in general?	
Interests & activities	Do gardens or nature have special significance for them?	
	Do they have any special place attachments?	
	Do they enjoy wildlife activities such as feeding the birds?	
	Do they enjoy walking to the shops or locally?	
	Do they enjoy group outdoor activities like walking in the country?	
	Are they able to still do nature-related activities?	
	Are they interested in gardening?	
	Are they interested in nature?	
	Do they enjoy sitting out or pottering outside?	
	Do they have regular contact with living plants?	
	Do they enjoy watching other people garden?	
	Do they remember certain gardens from when they were young?	
	Do they remember spending time in the garden with relatives?	
	Did they walk a dog in the past?	
	Did they care for a cat or dog in the past?	
	Do they still own a dog?	
	Do they own a pet (cat, bird, rabbit, fish)?	
	Do they have daily access to animals if they want it?	
	Do they have weekly contact with animals if they want it?	
	<i>Groups</i>	Are they in a group or club that enjoys activity related to the natural world?

	Were they in such a group or club in the past?	
<i>Travel</i>	Do they enjoy being outside?	
	Do they enjoy going on trips?	
	Do they like to visit areas of scenic or natural beauty?	
	Would they like to travel, even if they did not in the past?	
<i>Media</i>	Do they read gardening or travel magazines?	
	Do they listen to gardening programmes on the radio?	
	Do they watch travel or gardening programmes on television?	
	Would they like to do these things?	
Privacy choice & control	Can the person be outside by themselves if they wish?	
Psychological & emotional	Are they free from stress or anxiety?	
	Are they not suffering from depression?	
	Are they free from boredom?	
Physical & medical	Is the person able to stay awake, aware and engaged?	
	Are they physically comfortable?	
	Is the person free from pain?	
	Do they usually feel warm enough when they go outside?	
	Did the person do any hard physical activity in the past?	
	Do they engage in any strenuous activity now?	
	Are they not allergic to any plants, trees or grasses?	
	Are medications regularly reviewed to ensure they are not over-prescribed?	
	If they are suffering from depression is it being treated?	
Accessibility & mobility	Are they physically mobile (not bed-bound)?	
	Do they generally want to move about?	
	Does their normal day involve movement through rooms and spaces?	
	Does their normal day involve movement from different buildings?	
	When moving about are they physically comfortable and free from pain?	
	Do they have support if required (wheelchair, walking frame, etc.)?	
	Is their balance adequate to go outside?	
	If they have equilibrium problems have their ears been checked?	
	Can the person access dance, movement or exercise classes?	
	Does the person have adequate grip and dexterity for the task?	
	Can the person use the tools that are involved?	
	Are they able to accomplish table-top tasks?	
	Do they have adequate strength and balance for the task?	

	Are they not distressed?	
	Is support for physical disability available if necessary?	
	Sensory	
<i>Sight</i>	Can they see items on a table in front of them?	
	Is their sight adequate to enjoy a window view?	
	Can they see signage such as names/numbers on doors?	
	When outside can they see across a patio or garden space?	
	If they require glasses can these be provided?	
	If they use glasses, are these on and clean?	
	Is the person's sight adequate for doing the proposed activity?	
<i>Hearing</i>	Is their hearing adequate to hear someone across a table?	
	Is hearing adequate to hear conversation while sitting outside?	
	Can they hear traffic adequately to walk safely near a road?	
	Could they hear a person calling them from a distance?	
	Is their hearing tested regularly?	
	If they require support for hearing impairment can it be provided?	
	If they use a hearing aid, is it clean and properly adjusted?	
	Do they use sign language or read lips?	
	If so, can they be seated where they can see lips and faces clearly?	
	Is the person's hearing adequate for doing the proposed activity?	
<i>Taste</i>	Can the person chew adequately?	
	Are their mouth, teeth and gums healthy and comfortable?	
	If they use false teeth, are they in place and properly fitted?	
	Is routine dental care being provided?	
<i>Smell</i>	Are they able to smell adequately to enjoy being in the garden?	
	If not, can more fragrant plants be incorporated into the garden?	
<i>Touch</i>	Can they feel objects like tool handles, seeds and plant leaves?	
	If not is there tactile assistance with tool grips, large seeds, etc?	
Cognitive & intuitive	Does the person enjoy exploring the outdoors?	
	Can the person find their own way home?	
	Is there a system in place to enable the person to walk around freely without getting lost?	
	Do they like to discover things about nature and the outdoors?	
	<i>Questions about the specific activity:</i>	
	Does the person recognise the tools or materials involved?	
	Can the person remember how to do the activity without prompting?	
	Will they know the work-hobby opportunity is available without prompting?	

<i>How well supported is the person by other people? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>		
CARE, SUPPORT & CULTURE		
Caregivers	Are activities such as a short walk or sitting outside encouraged?	
	Can caregivers enable outdoor and gardening activities?	
	Can materials and supplies be provided such as plants and pots?	
	Can tools be supplied?	
	Can outdoor furniture be supplied?	
	Can raised beds be supplied?	
	Is the person in touch with others who share these interests?	
	Is there a club or group in which they can do the activity with others?	
	Is there a garden club in which they can participate?	
	Is there an occupational therapist available?	
	Is there a horticultural therapist available?	
	Can the caregiver provide transport if necessary?	
	Does the person have access to a day centre?	
	Does it have spaces designed and equipped for nature based activities to occur?	
	Does the day centre support participation in outdoor activities?	
Does it support participation in nature-based activities indoors?		
Friends & family	Do they have any friends or family living nearby?	
	Do relatives or friends visit?	
	Do visitors share any of the person's interests or passions?	
	Do grandchildren or young people play a role in their life?	
	Do friends or family share this interest or enjoy doing this activity?	
	Do they have particular skills or experience with this type of activity?	
	Do they know plants, birds, flowers etc that the person knows?	
	Do relatives/friends take the person outside for a walk?	
	Do relatives/friends take them out for a drive in the car?	
Neighbours	Do they have any next door neighbours?	
	Do they have a 'talking-over-the-fence' relationship with them?	
Peer group	Is the person in contact with people of a similar social class or working experience?	
	Do those in contact with them hold similar world views or opinions?	
	Are they in contact with others of the same gender who might have similar nature-related interests?	
Community	Do volunteers participate in the garden or the outdoors?	
	Is the person ever taken to visit a local park or garden centre?	
	Is the person involved with nature-related community initiatives?	
	Is the person connected to others with similar interests on the web?	
Culture	Is going outside every day the cultural norm for older people?	
	Is old age seen as a time to pursue any nature-related activities?	

	Are there cultural activities they regularly participate in outdoors?	
	Are there any traditional handicrafts that involve natural elements?	
Care home	Is there a helpful friendly atmosphere between residents & staff?	
	Is the person encouraged to do nature-related activities?	
	Are nature activities or being outdoors part of a normal daily routine?	
	Are there times in the day when going outdoors might easily fit?	
	Are people offered a personalised walking program?	
	Is the person encouraged to walk and move about inside the home?	
	Is the person encouraged to walk and move about outside the home?	
	Is the person appropriately dressed for the heat or cold outside?	
	Is there a relative's support group?	
	Are visitors encouraged to socialise with the person outside?	
	Does a friend or visitor bring a pet to visit the person?	
	Can the person participate in a dog walking program?	
	Are pets and animals brought into the home?	
	Do PAT (Pet Assisted Therapy) dogs visit the home?	
	Are indoor plants receiving routine care, feeding & watering?	
	Is there a person on staff who enjoys taking care of the plants?	
	Do residents help care for plants in the home (watering, potting)?	
	Are plants placed beyond the reach of those who may try to eat them?	
	Do residents participate in caring for the plants outside?	
	Are projects undertaken such as building a bird house or planting?	
	Are the birds being fed or is water being put out for them?	
	Are trips planned to wildlife areas, lakes or woodlands?	
	Are trips planned to the seaside or the coast?	
	Is nature-related activity written into the care plan?	
	Does the care plan include participation in outdoor activities?	
	Are care visits long enough to include a trip out?	
	Are outside sitting areas available for visitors to sit with the person?	
	Are assessments for tool use being carried out prior to projects?	
	Are risk assessments completed prior to activities?	
	Are gloves available if needed?	
	<i>Do staff know something about these nature-related things:</i>	
	Biographical information - where they lived and when?	
	Prior involvement outdoors and in gardens in their past?	
	Involvement with relatives who were keen gardeners?	
	Horticultural skills they learned from parents or neighbours?	
	Information about their local area, neighbourhood or village?	
	Experiences in the person's working life or career?	
	Any outdoor socialising they did after work with work mates?	
	Any involvement with sports or recreation such as a bowling team?	
	Their favourite pub or place to walk to?	
	Their favourite park, fishing lake or place to drive to?	
	What they did on weekends when they were working?	

If their family had an allotment or went walking in the country?	
Total potential <i>person</i> barriers to nature related activity	

4 - NATURAL WORLD

The place

		<i>Does the place support this activity? Answer questions only if they are relevant. Mark with a tick for YES, cross for NO</i>
SPACE PROVISION		√ X
	Is there space for outdoor eating and drinking, such as a patio area?	
	Is there a sitting out space (entrance area with seating, balcony, porch or veranda)?	
	Is there a place outside that is comfortably warm and sunny?	
	Is sun shading provided?	
	Is there space for horticultural activities: planting, digging, watering plants?	
	Is there lawn space for ball games or activities (picnics, croquet, kicking a ball about)?	
	Is there a table with chairs?	
	Are there seating areas at the entrances to the building?	
	Are there a series of places to sit?	
	Is a seating area adjacent an outdoor activity space, such as a gardening area?	
	Is there a greenhouse?	
	Is there a garden shed?	
	Are there raised beds?	
	Are there dedicated gardens for individual people?	
	Is there a vegetable plot?	
NEIGHBOURHOOD		
Transport	Is there public transport in the area?	
	Does the person live on or very near to a public transport route (bus or tram stop)?	
Amenities	Is the home located within a community setting near shops and amenities?	
	Is there a park or playground nearby visited by older people?	
	Is there a café/tea shop/coffee shop within an easy walk?	
	Is there a pub or restaurant within an easy walk?	
	Is there a post office, grocery store, GP surgery, library or place of worship nearby?	
	Are there natural or scenic areas, bodies of water or wildlife sanctuaries in walking distance or 5-10 minutes by car?	
	Are there any rural areas containing fields, agriculture, livestock, stone walls or hedges in walking/driving distance?	
PERSONALISATION & PRIVACY		
	Are there outdoor places not overlooked by neighbours?	
	Is there a degree of privacy provided by trellises and low fencing?	
	Is there privacy between the seating area and any adjacent bedrooms?	
	Does the person treat the outdoors as their own personal space and leave their mark on it?	

Is the outdoor area pleasant and inviting?	
Is there a fenced outdoor area for pets to exercise?	
Is there a natural water feature (pond, stream or spring) nearby?	
Is there an installed water feature (fountain, fishpond, waterfall, bubbler etc.)?	
Is there a grassed area nearby for a person to walk a dog?	
Is there a bird table, feeding station or bird house?	
<i>Questions about the relationship between the indoor environment and the natural world:</i>	
Are outdoor areas visible from rooms where the person is during the day?	
Are all doors in resident areas accessible?	
Can the person open the doors to the outside areas?	
Are parts of the garden visible from indoor rooms?	
Is the entrance to the home visible to a person/people in their lounge or sitting room?	
Are there ample windows in the room where the person spends most of the day?	
Are window openers unlocked and easy to use?	
Are windowsills low enough for a seated person to see outside from across the room? (maximum 600mm high)	
Are there houseplants in the home?	
Are there fresh flowers in the home?	
Are chairs arranged to allow a window view?	
Is there a bird box erected in view of a window?	
Is there a place indoors near the window with binoculars, a notebook and a bird book?	
Is there a bird feeder hung near the person's window?	
<i>From the window where the person spends most of their time does the view contain:</i>	
Playgrounds, day centres or activity areas for children?	
Rural elements such as fields, stone walls, farm animals, hills or mountains?	
Sports ground, fishing pond, a bowling green or a park?	
Pedestrian activity such as walking a dog or children going to school?	
Domestic activity such as people in their gardens?	
Work activity such as deliveries or building operations?	
ACCESSIBILITY & MOBILITY	
Are there accessible walking paths with seating areas and destinations?	
Does the person spend their day on the ground floor which is directly accessible to the outdoor areas?	
Is there a paved path from the home to the seating areas?	
Is there level access from the building to the seating areas?	
Is there a level path to a clothes line, bin or shed (no steps)?	
Are walking surfaces stable (no loose gravel or pavers; no sand or clay)?	

	Are trip hazards avoided?	
	Are there no steep gradients?	
	Are dropped kerbs used at road and path crossings?	
	Do paths have stopping, seating or leaning points?	
	Are there handrails along paths?	
	Are handrails provided at resting spaces?	
	Is robust furniture provided at resting spaces?	
	<i>Questions about the doors:</i>	
	Are all doors wide enough for the person?	
	Are there level thresholds at entrances?	
	Is there sufficient manoeuvring space at doors?	
	Is there a level area in front of the entrance doors?	
	Are the doors not heavy, sticking or difficult to open?	
	If there are heavy doors are they automatic opening?	
	Can doors fasten in an open position?	
	Do doors not require a complicated or illogical opening procedure (entry phone/code)?	
	Are doors to the outside unlocked daily, propped open or opened automatically?	
	<i>Vehicular access:</i>	
	Are parking spaces located near the entrance?	
	Is there parking space for a minibus?	
	Is there a passenger loading zone near the entrance?	
	Does it have adequate shelter from the weather?	
	COGNITIVE SUPPORT	
	Are there any perennials or annuals (bedding plants) growing?	
	Are there any vegetables, herbs or fruit growing?	
	Are there evergreen and deciduous trees and shrubs?	
	Does the planting reflect the seasons?	
	Are there any spring-flowering bulbs?	
	Do the plants in the garden seem familiar?	
	Do routes offer stimulation and meaningful destinations?	
	Do existing paths have stopping, seating or leaning points?	
	Are dead ends avoided?	
	EXTERNAL STRUCTURES	
Fixtures	Are the external buildings in use?	
	Are external structures in good repair?	
Furniture	Are there fixed benches?	
	Is there any moveable seating?	
	Is there seating at a table with an umbrella and 4 chairs?	
Supplies	Are there any pots or containers for plants?	

	Do pots or containers have plants growing in them?	
	Are ornaments, sculpture or large pots used as focal points?	
	Are focal points visible from indoor or outdoor seating?	
	Are there wind chimes?	
	Are there garden tools which are safely stored and regularly serviced?	
COMFORT, SUPPORT FOR THE SENSES		
	Are seating areas sheltered and sunny?	
	Do seating areas have shades or awnings for sun?	
Day lighting	Is there ample natural light in the building?	
	Are there any skylights?	
	Is there an atrium, conservatory or sun room?	
SERVICES & SYSTEMS		
Electrics	Are there weatherproof electric sockets outside in seating and activity areas?	
Water	Is there a water tap outside for watering plants and filling the bird bath?	
SAFETY & SECURITY		
Safety	Is the neighbourhood safe for older people?	
	Are there safe and interesting walking routes near the home?	
	Is the perimeter of the property (or part of it) secure so that least one door to the home can remain open?	
	Is seating capable of supporting the weight of a person if leaned on?	
	Are there no prickly or poisonous plants?	
	Has a risk assessment been done for this activity?	
	Total potential <i>place</i> barriers to nature related activity	