



ENLIVEN Knowledge Exchange Forum event, 30th June 2022

The first ENLIVEN Knowledge Exchange Forum on 30th June was a huge success. The team were grateful to all the people living with dementia, carers, businesses and organisations who discussed the project’s findings and their issues and ideas about inclusion innovations for the visitor economy around nature.

Attendees consisted of people living with dementia and their carers and supporters, businesses and other organisations who provide nature-based activities, tourist venues and representatives of healthy ageing organisations (see below for list of organisations present).

The **agenda** (see below) consisted of 3 short presentations from ENLIVEN researchers summarising the key findings so far and 3 small-group discussion sessions, exploring particular questions that have arisen.

KEF Agenda: 30th June, 9:50-12:00
Introduction – Jo Connell and Steve Milton
Main session: presentation ‘Demand for nature-based activities’
Small group breakouts: What do you think about the range of preferences we encountered – does this surprise you?
Break
Main session: presentation ‘Supply of nature-based activities’
Small group breakouts: When is it better to offer activities for people with dementia and when is it better to offer activities that are open to everyone?
Break
Main session: presentation ‘Ideas for innovation’
Small group breakouts: There is a distinction between ‘time-spent’ at a place and the importance of ‘moments’ – what do you think about this?
Break
Main session: open discussion
Closing remarks

Key points from the discussions included the importance of:

- having the autonomy to take risks and choose;
- having a sufficiently diverse range of activities and destinations to choose from;
- understanding how to better deliver and receive information about what is available;
- the principle of co-producing what is offered with the people who might use it;
- differing roles for both inclusive generally open activities and activities designed specifically for people with dementia;
- planning for both the experience and recall of special moments;
- both transport to interesting places and activities as well as things being available in the places where we live;
- there are lots of areas and opportunities for innovation for more inclusive practices;
- and finally, of enjoyment!

Key themes from discussions:

- **Risk and Choice:** both autonomy to choose and a sufficiently wide range of activities to choose from.
- **Co-production:** the importance of generally inclusive co-designed activities to ensure the social inclusion of people living with cognitive impairment and their supporters, but also of well co-designed and delivered dementia-specific activities.
- **Moments:** experiencing and recalling – the senses, planning, photography
- **Information:** how to get information to people who need it, how people who need it find information.
- **Transport and community:** best of both worlds: transport to interesting places and activities at a distance, as well as lively and inclusive neighbourhoods and communities.

Partner organisations represented:

The Donkey Sanctuary

Evanton Wood Community Company

One in Fifty

Horses for Dementia

RSPB

Get out more

Active Devon

Devon Wildlife Trust

Kew Gardens

Dartmoor National Park

Stepping into Nature

Wetlands and Wildlife Trust Slimbridge

Dementia Adventure

Seaton Tramway

Age UK

Innovations in Dementia (ENLIVEN Co-investigators)

Sensory Trust (ENLIVEN Co-investigators)

11 people living with dementia and carers attended. This group participated in a 'preparation event', facilitated by Innovations in Dementia.

A selection of quotes from our event evaluation:

What was most valuable about the event?

"Hearing directly from those living with dementia - I don't normally have this opportunity and it was invaluable."

What could we have done better?

"It would have been good if the break-out sessions were a little longer. I felt their shortness prevented full discussion."

"Nothing. It was a fantastic event with so many nuggets of information."

Biggest takeaway from the event?

"That we should be creating 'moments not memories' and that we can create a wide variety of 'moments' and experiences for those living with dementia"

"How important it is to co-produce any service with people with dementia."