



Tall Trees care home and Dementia Adventure: A case study from Care UK

Last year Dementia Adventure worked with [Care UK](#) on a 'home outdoors programme' with [Tall Trees](#) care home in Colchester. This consisted of a three-day session to aid home manager Katherine Foley and her colleagues in arranging activities outside of the home for their residents. Katherine describes how working with [Dementia Adventure](#) has helped her team to gain the skills and confidence needed to organise regular trips out for the residents.

"Day one of the home outdoors programme took place in March 2013. It gave my team of 12, including a relative representative, the time to discuss the barriers, risks, fears and concerns around organising trips out of the care home for residents, as well as discussing the benefits and solutions to these difficulties.

The training day gave us the confidence, encouragement, and motivation that we can successfully organise a great day out for our residents. Neil gave us great support and guidance around what we needed to do next and the things that we must arrange for days out to run smoothly.

In April we had our first day out, which was a huge success. Despite it being a bitterly cold and windy day 44 people including residents, their families and staff, enjoyed a trip to Maldon Promenade before having lunch in a nearby golf club. After a few weeks the team came back together to discuss and reflect on the day, talking about what worked well and the things we needed to remember for future.

Working with Dementia Adventure on the home outdoors programme has given my team the support and guidance they need to ensure that our residents have the opportunity to experience big and small adventures, and we now take our residents out all the time. Last year we did a further three trips out with around 15 residents enjoying different days out in the local area. We went to Brightlingsea for fish and chips and a walk along the sea front, we had a picnic in Danbury Park, as well as a brunch at Tall Trees before a trip to Marks Hall where we wandered around the gardens and had afternoon tea.

We now have six trips planned from April to Sept this year, but also go out as often as we can, doing smaller things like lunch in town with a wander around the shops, trips to the cinema, going to the Princess Theatre in Clacton to see a show, afternoon tea at a garden centre, or trip to the Tiptree Jam Museum. The list is endless!

The benefits and impact of Dementia Adventure's work has been huge for everyone involved. Residents now sleep better at night, and some are smiling non-stop! Colleagues' teamwork was excellent before but has now improved even further. Morale has also been boosted, and the team are always excited about planning the next trip out. What's more the staff feel more confident and motivated, and don't feel held back by the 'what ifs' involved with organising a trip out. Families of residents said that it was nice to have something different to talk about with their loved ones, and were so happy to see them smiling and enjoying themselves."

