

Dementia: Understand Together

There are more than 64,000 people with dementia in Ireland. Led by the HSE, working with The Alzheimer Society of Ireland, Age Friendly Ireland, the Dementia Services Information and Development Centre, Age & Opportunity and Healthy Ireland - our vision is to help create a society that embraces and includes people living with dementia, and displays solidarity with them and their families.

The campaign is supported by over 40 national partner organisations ranging from retail, transport, banking, health, voluntary and community sectors who, together with the growing number of more than 1,000 community champions across Ireland, are leading the way in creating inclusive communities.

The Design

The Memories are Made of This' Bloom garden was designed by Robert Moore, a landscape designer and member of the Garden & Landscape Designers' Association. Robert has a passion for creating beautiful, measured and engaging spaces.

People living with dementia were central to the design of this garden sharing their memories of the gardens of their youth; from working gardens where growing your own vegetables was a natural and often necessary way of life; the manicured front lawns of suburban homes to the stone walls and hay bales remembered from country holidays.

Sensory gardens and horticultural activities can have great benefits for people with dementia. Whether through actively taking part in gardening, continuing or learning new skills or simply enjoying the surroundings - spending time in nature is known to improve wellbeing and mental health, reduce anxiety and increase relaxation.

Helpful Planting List

- Eunymous Alatus
- Cordyline Australis
- Mespilus Germanica
- Wisteria Sinensis
- Hydrangea Petiolaris
- Trachelospermum Jasminoides
- Thuja
- Frangula Alnus
- Prunus Spinosa
- Crataegus
- Quercus Petraea
- Ligustrum Vulgare
- Viburnum Opulus
- Ilex Aquifolium
- Pelargoniums
- Mixed Coreopsis
- Mixed Euphorbia 'Ascot Rainbow'
- Hydrangea
- Sisyrinchium Striatum
- Primula Vialii/ Red Hot Poker
- Scabiosa Col. 'Butterfly Blue
- Briza Maxima
- Polygonatum
- Crocosmia
- Leucanthemum Vulgare
- Echium Candicans
- Stipa Gigantea
- Stachys Big Ears
- Lavatera Bredon
- Alchemilla Moonshine
- Lilium Regale
- Thalictrum Angelica
- Nepeta Kit Kat
- Digitalis Purpurea
- Delphinium Gran. Aurora/Gran. Aurora Deep Purple/Aurora Pink Dawn
- Campanula
- Cammomile
- Sagina Subulata Aurea/Senior
- Rosmarinus/ Thymus/ Lavandula
- Mixed Vegetables & Fruit Trees

For more information visit

[understandtogether.ie](https://www.understandtogether.ie)

or email understandtogether@hse.ie



Sensory and Reminiscence Gardening and Horticulture for people with Dementia





What is Dementia?

Dementia is caused by different diseases of the brain. These diseases affect the parts of the brain which are normally used for learning, memory and language.

The most common causes of dementia are Alzheimer's Disease, Vascular Dementia, Mixed Dementia and Lewy Body Dementia.

Common symptoms may include difficulties with thinking and language, problem solving and carrying out everyday tasks, memory loss and changes in mood and behaviour.

For people with dementia, being involved in activities, social contact and enjoying the environment are vital for physical and mental health and wellbeing.

The Story behind the 'Memories are made of this - Dementia: Understand Together' Garden

Featured at the Bloom Festival in 2019, the garden won the People's Choice Award. The space was created for people living with dementia to reminisce in a welcoming and supportive way. It was a celebration of all things 1950s - where people in their 60s, 70s and 80s could remember, celebrate and share stories about an era when they were younger. For many people with dementia, recalling memories from years gone by is often easier than remembering more recent events.

We also know that reminiscing has a positive effect on the quality of life of people with dementia. By stimulating the senses, whether it's seeing a High Nelly bike, smelling a rose, touching a daisy, or listening to a GAA match on the radio, the aim is to whisk the person back to days of joy and contentment. Gardens and gardening can help to highlight the importance and value of what is remembered and not what is forgotten.

Following Bloom, the garden has continued to live on and be enjoyed after being relocated to St Ita's Community Hospital in Newcastle West, Limerick.

Top Tips to Stimulate Reminiscence in Your Garden

1. Find the Scent of a Rose

There is nothing like the scent and elegance of an old tea rose to transport you back in time. Why not consider planting one in your garden later this autumn?

2. Hit the right note

Why not incorporate features such as wind-chimes to gently usher you to a world of peace and tranquility? Or perhaps put in a gramophone in your back shed and throw a few shapes with Elvis Presley on the deck?

3. Be cool as a cucumber

Remember when you'd pop out to the back garden for a head of lettuce, a handful of onions or some rhubarb? Why not install an easy-to-manage vegetable patch? You can start with a small raised bed in your sunniest spot.

4. Seek the object of the exercise

Do pink flamingos take you back to a bygone world? Why not resurrect your mischievous gnomes and place them around the garden? They are sure to give you a warm feeling and become a real talking point for visitors.

5. Have the Midas touch

Remember the feeling of those daisies and how you plucked each petal as a child - "*she loves me, she loves me not*"? Other flowers and plants that are sure to conjure up golden memories include lupins, delphiniums, primulas and, garden favourite, geraniums.