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NATURE ENGAGEMENT PLAN

Tips for making the most of the natural world:

- Nature can be inside or outside – Don't wait for 'good weather' and remember you can always bring elements of the outside inside.
- Nature should be real, not fake – Avoid fake murals etc (<https://www.dementia.stir.ac.uk/newsblog/trompe-loeil>) and instead enable interaction with the REAL outside world and its sensory delights (fresh mown grass, crunchy autumn leaves, soft flower petals etc).
- Have coats / hats / umbrellas / blankets ready by the door to the garden.
- Which way do chairs or beds face? Facing towards the outside increases engagement with the natural world.
- Natural light is helpful in many ways, including for mental health, so maximise this (especially in the depths of winter when days are shorter).

Things I will try with	
Sitting outside / sitting by the window	
Eating/drinking outside (picnic together)	
Go for a walk or a wheelchair ride	
Look after plants (inside or outside)	
Bird watch	
Look for wild animals (rabbits / squirrels etc)	
Pick flowers (arrange flowers) / conkers / pine cones / leaves (smell and feel them, talk about memories they bring back, perhaps of childhood)	
Do gardening together	
Attend a social activity that is outside	
Take your exercise routine outside or do it near a window	
Other ideas:	

