



A Training Toolkit for Residential care



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Background

- ② Collaborative research project
- ② Research question
 - ② When using natural settings, how do older people describe their sensory engagement with the outside world?
 - ② Are there different experiences for different groups of people (e.g. those with dementia)?
 - ② Are there ways in which these experiences can be enhanced?
- ② Systematic review of qualitative evidence



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BMC Geriatrics

RESEARCH ARTICLE

Open Access

How do older people describe their sensory experiences of the natural world? A systematic review of the qualitative evidence



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Abstract

Background: Despite the increased scholarly interest in the senses and sensory experiences, the topic of older people's sensory engagement with nature is currently under researched. This paper reviews and synthesises qualitative research evidence about how older people, including those living with dementia, describe their sensory engagement with the natural world.

Methods: Ten databases were searched from 1990 to September 2014: MEDLINE (Ovid), MEDLINE-in-Process (Ovid), PsycINFO (Ovid), CINAHL (EBSCO), GreenFILE (EBSCO), ProQuest Sociology, ASSIA (ProQuest), International Bibliography of the Social Sciences (ProQuest); HMIC (Ovid); Social Policy and Practice (Ovid). Forward and backward citation chasing



“A seventy-nine-year old woman who had lived in the same rural community all her life had beautiful views of open space and rolling hills out her but the chair where she spent the majority of her day faced away from the large windows that look out over the front of her property. She had great difficulty getting up from the chair and connected to the world outside through a mirror she had set up on her coffee table. Through the mirror she could experience the outside world. She spoke of her connection to the natural world through bird watching.” (Butler & Cohen, 2010:165 author quote)



“But er, yes I like to do that. I don’t think I can just sit all the time...it’s a change to get out you know. Well

fresh air, makes you th

I’ve been walking
garden, then I
great.” (Dugg

Man – “It makes you happy, it’s a relief to get out and feel that the weather is okay, or if I feel like it I can take a walk – moving around is a relief.” (Olsson et al, 2013: 796)



Woman – “I’d feel like a prisoner if I wasn’t able to go out...it would be terrible. I don’t want to be trapped inside, never.” (Olsson et al, 796)

“It is so important to get out into the larger world and community so you don’t get shut away” (Mapes, 2012: 12)

Man – “...I usually find someone to talk to en route and escaping yes yes...it’s just nice for a change of scenery yeah.” (Duggan, 2008: 195)



Barriers to sensory engagement

- ② sensory impairments
- ② poor physical health
- ② weather and microclimatic factors
- ② building configuration and orientation of rooms
- ② lack of interest & initiative
- ② loss of confidence
- ② availability and willingness of staff
- ② demands upon care workers' time and resources

Woman – “I don't like it when the door is locked because sometimes I have to wait a long time before someone can help me get out” (Bengtsson & Carlsson, 2013:397)



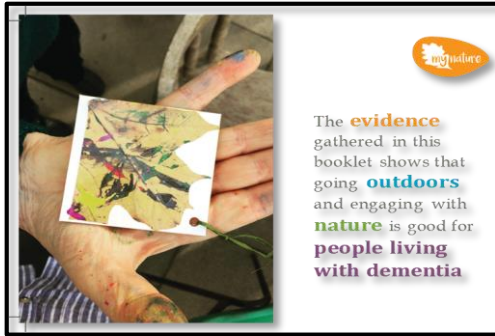
Taking our findings further...

- ② Dissemination
 - ② **Workshop** with representatives from **care sector** in Cornwall

- ② Implementation
 - ② Designing and developing a **training toolkit** for care sector staff



The Toolkit (not to scale!)



Book 1: research (full version)



Book 2: research summary & activities

Activities wall chart:

Activity	activity duration				benefits				sensory engagement				interest				
	Short	Medium	Long	Ongoing	Cognitive stimulation	Emotional regulation	De-stress	Physical	Social	Smell/Taste/Touch	Visual/Auditory	Touch/Taste	Air/craft	Smelling/Planting	Wildlife	Weather	Tasting/Tea & drink
Bird nests																	
Tea tasting																	
Nature palettes																	
Nature mapping																	
Hey pesto																	
Cloud spotting																	
Bird/butterfly spotting																	
Painting by nature																	

- ⌚ Duration
- ⌚ Benefits
- ⌚ sensory connections
- ⌚ Interests



The homes

Wendy – slides 6 - 9

- ② 2 care homes
- ② Urban & rural locations
- ② Well-used & tended gardens

- ② Increase in nature-based activities to support daily living
- ② Bringing nature indoors





The Workshops

Home 1:

- ① 5 residents
- ① 2 staff
- ① 2 H&SC student vols

Home 2:

- ① 8 residents
- ① 4 staff
- ① 2 family members





The Activities

 Painting with nature



 Hey pesto!



 Nature palettes



 Tea tasting party



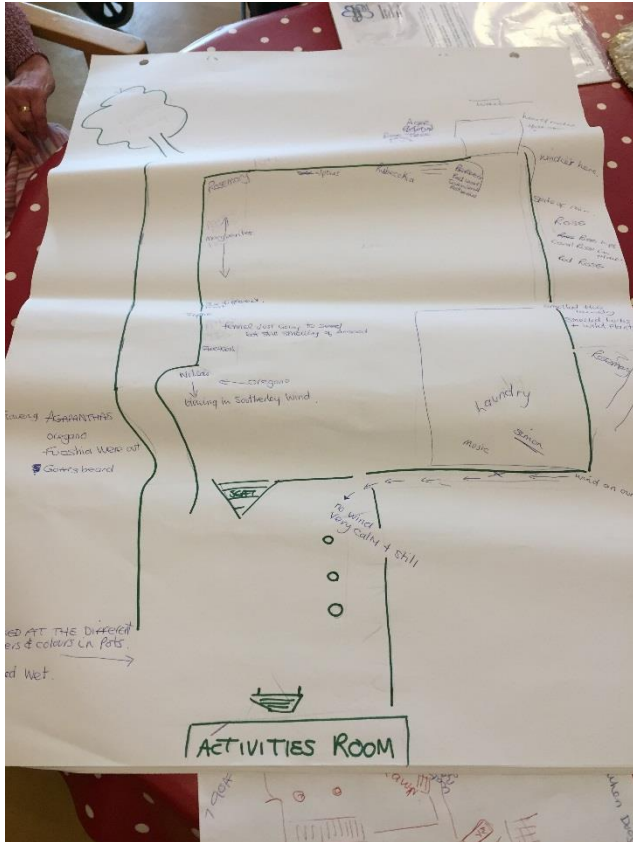
 



Evaluation...story so far

- ② Observations
 - ② 4 completed
- ② Activities observed
 - ② Painting with Nature, Tea Tasting, Nature Mapping & Nature Palettes
- ② Interviews
 - ② 3 completed
 - ② 3 planned





'glad that I came out'



'really pleased with it'



What have we learned?



- ① **Activities**
 - ① enjoyable
 - ① adaptable
 - ① seasonal
 - ① gender
- ① **Logistics**
 - ① mobility
 - ① support
 - ① weather



What next for My Nature?



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