

Creating a dementia-friendly garden

Here are some ideas from Bupa Hugh Green Care Home, where a dementia-friendly garden has been designed in partnership with Luijten Landscaping.

- 1. Planning:** speak to people who will use the garden. What is unique about the space and the users? Learn from others who've created similar gardens.
- 2. Available anytime:** the garden lights up beautifully at night, making it a place that can be enjoyed anytime.
- 3. Seasonal planting:** indicates what time of year it is. Trees with fruit to pick and flowers with nice scents.
- 4. Walkways:** easy to follow and loop around, so there are no dead ends. Wide enough for two people or a wheelchair.
- 5. Materials:** surfaces are non-slip, they aren't shiny and textiles are waterproof. The turf is artificial and plants are self-irrigating. All plants are safe if consumed.
- 6. Homely feel:** for residents and families to enjoy together.
- 7. Umbrellas:** to offer shade from the sun or shelter from the rain.
- 8. Easy to see:** lots of windows look out onto the garden for those that aren't able to get outside.
- 9. Safety:** the garden is in the middle of Bupa Hugh Green Care Home.
- 10. Accessibility:** the garden is on one level with no steps to make it easier to get around. Seats are at the right height and have arms for support. Plants are in raised pots so they can be seen, smelt and touched easily.



“ An exceptional garden not only for the residents but also for their visitors to walk around. It's a great place to sit and enjoy. ”

Frank Lockey – Husband of resident at Hugh Green Care Home

“ Our team loved the challenge of creating a special outdoor space which draws people in to come and explore, feel at ease, relax and spend time together. ”

Robert Luijten, Luijten Landscaping

You can help to build a dementia-friendly community

Make a dementia commitment and learn more about dementia:
bupa.co.nz/dementiacommitment

