

We want the golfing world to unite against dementia.

That means you.

Any organisation that delivers physical activity can make a big difference by committing to become more dementia friendly in three areas:



People



Programme



Place

Join us to unite against dementia.

You can help the golfing community become more dementia friendly. Download our advice and guidance and learn from best practice about how you can be more dementia friendly.

Please contact:

Websites:
www.englandgolf.org/dementia
www.alzheimers.org.uk/sport

Email:
programme.partnership@alzheimers.org.uk



People



Awareness, training and support

Key actions



Support staff to become Dementia Friends and appoint a senior-level Dementia Friends Champion – dementiafriends.org.uk



Create a supportive environment for people by being patient, understanding and open to conversations.



Signpost people affected by dementia to the right support – see the list of useful organisations in the Dementia-friendly sport and physical activity guide. alzheimers.org.uk/sport

Dementia friendly golf

Supporting people affected by dementia to continue to enjoy golf in their club and community



ENGLAND GOLF



Growing the game of golf for all

Programme



Dementia-friendly adaptations and considerations

Key actions



Look at what you already offer and build in some dementia-friendly practices such as adaptations to make your existing golfing activities more suitable for people affected by dementia.



Design social and respite opportunities for people with dementia and their carers. You could encourage refreshments in your clubhouse before and after golf activities or host peer support groups for carers.



Be creative, innovative and flexible in your approach to planning and delivering activities. For example it doesn't have to be 9 or 18 holes, it could be some time on the driving range, some games on the putting green or a few holes out on the course.



Engage with local dementia services and become part of your local dementia-friendly community – alzheimers.org.uk/dementiafriendlycommunities

Place



Review the physical environment

Key actions



Undergo a self-guided accessibility audit to understand what small changes can make your environments accessible to people affected by dementia. Have a look at our audit tool in the Dementia-friendly sport and physical activity guide. alzheimers.org.uk/sport



Be aware of potential barriers and challenges that people affected by dementia might face. Put proactive support measurements in place to overcome these barriers.



Review the signage throughout your premises to make sure all signs are clear and prominent to and from key areas including changing rooms, toilets, reception desk and other key facilities.



Review the lighting to ensure it is consistent and natural (where possible), and reduce shadows, glares and pools of light.

What does good dementia-friendly golf look like?

For the world of golf; becoming more dementia friendly means:



Improving staff, committee, volunteer and member awareness of dementia – increasing their knowledge and understanding.

Understanding how you can make adaptations that allow people affected by dementia to retain participation in golf club activities.

Supporting all people who may be showing signs of dementia, whether they are members, players, volunteers or employees.

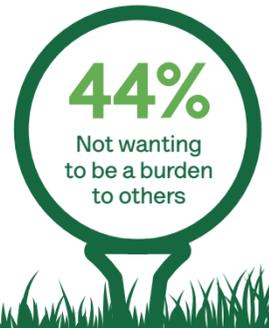
Understanding the impact of dementia on the individual and how it changes the needs of a person looking to enjoy golf.

Making activities accessible to a wide range of people – what is more suitable for people affected by dementia can also be helpful for people with a range of other long-term health conditions.

Be flexible in what you do. What is more suitable for people affected by dementia can also be helpful for people with a range of other long-term health conditions.

Facing the reality

People with dementia face small challenges every day that make it more difficult for them to do everyday tasks we might take for granted and to engage with their community.



What people with dementia have told us

We asked people with dementia what mattered most to them and why it is important that golf clubs become more dementia-friendly.

“ ‘Make people feel comfortable. You shouldn’t be judged by dementia. Their staff should have dementia training and they should be friendly and supportive.’

“ ‘With the changes they’ve made I’ve played more golf here in the few weeks I’ve been coming than I have played in the rest of my life.’



1 in 3
people born today will develop dementia.



66%
of people with dementia live in the community.



40%
of people with dementia stop doing the activities they love.



“ ‘Terry and I have played golf together for over 20 years so it’s great to be able to both enjoy it still, despite any memory problems.’

St. Ives golf club member