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**
- **Awareness, training and support**
  - Support staff to become Dementia Friends and appoint a senior-level Dementia Friends Champion – [dementiafriends.org.uk](http://dementiafriends.org.uk)

**Programme**
- **Dementia-friendly adaptations and considerations**
  - 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.

**Place**
- **Review the physical environment**
  - 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](http://alzheimers.org.uk/sport)

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.

**Dementia friendly golf**
- Supporting people affected by dementia to continue to enjoy golf in their club and community
- Join us to unite against dementia.
- You can help the golfing community become more dementia friendly.

**Key actions**
- Create a supportive environment for people by being patient, understanding and open to conversations.
- 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 aware of potential barriers and challenges that people affected by dementia might face. Put proactive support measurements in place to overcome these barriers.

**Place**
- Review the physical environment 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.

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- 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.

**People**
- Support staff to become Dementia Friends and appoint a senior-level Dementia Friends Champion – [dementiafriends.org.uk](http://dementiafriends.org.uk)
- 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](http://alzheimers.org.uk/sport)

**Place**
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If you have any questions or require further information, please contact:

**Websites:**
- [www.englandgolf.org/dementia](http://www.englandgolf.org/dementia)
- [www.alzheimers.org.uk/sport](http://www.alzheimers.org.uk/sport)

**Email:**
- programme.partnership@alzheimers.org.uk

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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.**
- **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.**

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.

- **44%** Not wanting to be a burden to others
- **68%** Being worried about becoming confused
- **69%** Lack of confidence

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.

‘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

‘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.

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