



Staying Active in Golf if you are living with dementia

Key information for why and how you can stay golfing and remain active

Exercise is beneficial to everyone, whether or not they have dementia, and everyone who is capable should get some exercise. There are lots of different types of exercise that can be adapted to individual preferences and abilities.

Exercising can:

- encourage mobility - and therefore independence - for as long as possible
- improve circulation and help prevent stiffness and muscle wasting
- aid relaxation, promote a sense of calm and help ensure a good night's sleep
- reduce anxiety, stress and depression

Why stay active in golf

- the handicap system, it will adapt to your ability allowing to
- there is flexibility in play – it's not about 18 holes, play as much or as little as you want or just go to the range or even spend some time on the putting green
- it's social – seeing friends at the clubhouse and reminiscing is an important part of any golfers experience
- volunteering – there's plenty of ways you could use your knowledge and experience to help your club, even if you don't play as much



What to do

Speak to your friends – let them know what's going on, you might not want to play at the times you used to because you're worried about slow play so can you find people to play with at other times. You don't just have to play 18 holes

Speak to your club – speak to the club manager or member of the committee. Them knowing more about what's going on with you will help them understand what their customer experience is like, if you need a buggy or trolley, find out about how you can prioritise reserving this in order to play

Speak to your PGA professional – if you're struggling with your movement and hitting the ball then go and speak to your PGA professional and explain what's happening and use their expert advice to make some changes. This could be getting some thicker grips to make it easier to hold your clubs or changing your start position for some shots. Plus it's always good for a tune up.

Keep going

Even if you don't feel confident immediately to play as much golf as you did before, it's important that you keep doing something.

Hit some balls at the driving range or practice area, get out on the putting green or just visit your golf club regularly and stay connected.

Talk to your club about what options there are for your membership – if you are not going to take full value of your full membership then discuss a more flexible arrangement that allows you to keep playing

Further advice and support

National Dementia Helpline **0300 222 11 22** – for all things, benefits, diet, driving licence

Alzheimer's Society guidance on staying active - www.alzheimers.org.uk/active