

# GARDENING

If you are at home caring for a person living with dementia, it is likely you are experiencing less social contact as a result of the measures taken to reduce the spread of COVID-19.

It is really important to keep you and the person you are caring for as physically and mentally active as you possibly can while at home.

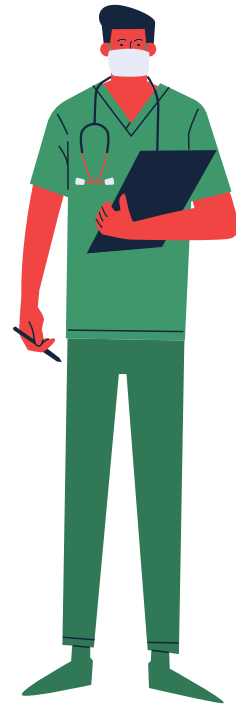
We have prepared a collection of resources which you might find helpful during these times of uncertainty.

We hope that you find the resources we have listed useful. We have no affiliation with any of the providers/organisations and we apologise for any omissions.

We are all in this together and can all play a part in this effort in our communities.

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Dementia Services Information and  
Development Centre  
December 2020



**DSiDC**

Dementia Services Information  
and Development Centre

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A garden can be enjoyed regardless of the abilities of the person, from those who might like to sit back and take in the view, to those who are able and prefer a 'hands on' approach.

Gardens provide opportunities for physical exercise which helps to maintain mobility and flexibility - walking, reaching, bending, planting seeds and taking cuttings.

There are many known benefits of spending time in the garden including reducing levels of stress and promoting relaxation.

Gardens are great places to appreciate all our wildlife- this could be a great time to get out your old magnifying glass and look for insects or your binoculars and watch the birds.



The winter months bring the shortest days of the year and the duller grey weather with biting cold winds so it can seem like we could all do with hibernating for the month. But even though the flora and much of the fauna are fast asleep, we can keep busy.



Not much planting can be done now other than spring bulbs for seasonal colour, choose from Daffodils, Tulips, Crocus, Snowdrops & Bluebells. But we can mulch and protect what we already have.

Looking at and talking about trees and greenery can be a stimulating activity in itself. The colour, shape, texture and smell can be explored and can also be tied in with memories/reminiscence.

Garden activity can continue indoors. Collected flowers and leaves from the summer can be used to make pictures, greeting cards or bookmarks.

Hardy herbs like rosemary, thyme and sage can be brought in to use in your cooking.





Birds are out there and this is their time of greatest need for food! High energy feeds such as suet balls, fat balls or peanuts will help provide the essential nutrients in their time of greatest need. Bread scraps, remains of apples, boiled potatoes, even cheese, pasta, rice or cereal will delight many small birds. Some sowing can be done indoors.

Thinking about the coming spring, [Irish Seed Savers](#) is a registered charity who you can order from. You can buy seeds from their online store or from your local shops. For the latter browse for "seeds online Ireland" to find out offers while garden centres are closed.

No garden? No problem! As long as it is feasible to get outdoors, you can admire the trees, leaves, those daring flowers that come out in the winter. If this is the case be mindful of not picking flowers if not appropriate.

