

109 年度失智友善資源整合計畫 9 月份文獻摘譯

文章	<p>Dementia Friendly Walking Project: Evaluation Report 失智友善健走計畫：評核報告</p>
文獻出處	Gibson, G., Robertson, J., & Pemble, C. (2017). Dementia Friendly Walking Project: Evaluation Report.
目標	<ul style="list-style-type: none"> • 探討全民健走(Paths for All)活動中，參加失智友善健走的經驗 • 探討健走適合的環境和風景 • 探討參與者之間的社交互動 • 從失智者的角度來發掘參與健走活動的好處、誘因和困難 • 提供未來設計失智友善健走活動時的建議
前言	<p>目前蘇格蘭大約有 100 個健走團體，每周約有 500 個健走活動；其中有 23 個為失智友善健走活動。全民健走(Paths for All)為一公益活動，由 28 個國際企業所支持，提倡每日健走，以建立更健康更快樂的蘇格蘭。失智友善健走計畫為三年期計畫，而作者撰寫本文時(2017 年 6 月)正處第二年末。此計畫的目標為：</p> <ul style="list-style-type: none"> • 奠基在原有的健走健康網絡，發展適合失智者的模式 • 提升民眾的知能，了解健走對失智者的好處 • 在三年中，支持失智友善健走活動的形成 • 提供訓練、資源連結、經驗分享 • 確保全民健走(Paths for All)成為一個失智友善組織 • 與政策連結，建立強而有力的溝通網
方法	<ol style="list-style-type: none"> 1. 社區研究方法：此研究採用社區參與研究法，並結合質性研究於社區活動中。 2. 健走訪談：此項評量採用自然與經驗研究的方法(naturalistic and experiential research methodology)，著重於了解參與者在失智友善健走團體中的經驗。訪談中獲得的資訊包含以下兩種： <ul style="list-style-type: none"> • 參與者在失智友善健走活動中的經驗和觀感 • 參與者在健走活動所接觸的環境和互動經驗 3. 焦點團體 <ul style="list-style-type: none"> • 在每次的健走活動後，研究人員會在咖啡館或休閒中心舉辦焦點團體，邀請所有參與人員和健走領隊參與，了解他們在活動中的經驗，通常約進行 45 分鐘。 4. 資料分析：製作逐字稿，並按照主題分析進行編碼 <ul style="list-style-type: none"> • 使用相關聯的編碼形成一系列的心智地圖 • 以下報告的架構，則由工作團體中討論出的主題所組成
結果	<ol style="list-style-type: none"> 1. 與他人相處(BEING WITH OTHER PEOPLE) <ul style="list-style-type: none"> • 社交與陪伴：友誼對參與者很重要，發展出友誼比實際參加健走活動對他們更有意義。研究人員所參訪的團體中，約有一半的參與者會與他人一同參加其他活動，例如去酒吧、參加運動課程、或藝文課程。這些額外的活動，也對他們在社交和陪伴層面更有幫助。

- 友善的支持：身處在處境類似的人群中對參與者來說相當重要，他們更容易地分享所遇到的經驗和挑戰。
- 對夫妻的支持：能夠一起從事共同喜歡的活動，對有些夫妻來說是很重要的。在健走活動中，部分夫妻都一起進行，有些會分開來走完這個行程。但是，對於所有時間都相處在一起的夫妻來說，健走活動時可以分開進行，也可讓雙方有些喘息的空間、對他們之間的關係有所助益。

2. 享受戶外(BEING OUTDOORS)

- 健康與體能活動：健走活動對參與者的體能和社交健康的影響，可說是相輔相成，由社交的因素而使人們更有動力維持健康的活動。
- 探索環境：參與者除了可從健走路徑中觀察環境外，也可探索、觀察周遭環境，對他們有所助益。
- 交通、路徑、休息站：對參與者來說比較好的活動設計，需考量更多的休息站、人潮較少和良好維護的健走路徑。

3. 氣氛、風氣和可近性(ATMOSPHERE, ETHOS & ACCESSIBILITY)

- 參與者時常提到健走活動對他們來說很重要，因為讓他們感覺自己的獨立性，而不單只是「倚賴他人」。而健走的速度，被團體所帶動，不會使參與者感到拖累他人。幽默的氣氛和情境，對較內向或安靜的參與者很重要，使他們更能夠主動參與。

4. 安全感和安全性(SAFETY AND SECURITY)

- 安全感：讓失智者有機會外出、與他人社交之外，這個健走活動同時也提供安全、安心的環境讓他們參與。參與者表示，對健走路徑和設計有信心，活動確實安全、而且顧及他們的需求。
- 自信心：健走活動有助於提升參與者的自信心，同時他們也可以擁有歸屬感，在分享自己的經驗和感受時，得到真心的同理和關懷。
- 安全考量：在活動設計時，需注意行程的路況。穿越馬路時，失智者可能需要更多的協助，另建議避免交通繁忙的路段或尖峰時間進行活動。

5. 領導力和活動組織(LEADERSHIP AND ORGANISATION)

- 感謝領隊：活動參與者都表示對領隊非常感激，他們不僅帶領大家進行活動，更需要擔任居中協調和危機處理等等角色。
- 促成健行活動：領隊不僅需要支持參與者，更需確保他們參與並享受活動。在活動中的氣氛很重要，參與者表示第一次活動中通常可能比較沉悶，但是領隊的引導改變了氣氛，讓他們感覺受到歡迎。
- 與其他單位的溝通協調：當部分路線需要修繕、或是僅開放部分路線時，領隊是很重要的溝通橋樑。
- 招募參與者：健走活動的宣傳通常透過口耳相傳、傳單、經由其他活動而得知。

結論

健走活動對失智者有兩大益處：

- 提供與他人社交的機會—與照顧者/家人一起和他人互動
- 提升整體健康—鼓勵體能活動，同時也降低社交孤獨的風險

活動建議

1. 關於領隊：WALK LEADERS

- 需經過健康和安​​全主題的教育訓練，良好的社交技巧以利促進失智者與其他參與者的互動，並適時給予支持
- 確保活動的資金穩定，能夠支付固定的活動領隊和溝通協調人員，是讓活動永續進行的關鍵
- 提供領隊適當的協助，如與當地單位合作、交通接送的服務和活動的流程細節

2. 健行活動內容：CONTENT OF WALKS

- 可選擇不同的環境(城市、郊區)，提供不同的多感官經驗，例如不同的景象和聲音；包含嗅覺或觸覺元素的活動內容
- 若有參與者想要更有挑戰的健行路徑，最好可提供不同選擇
- 參照參與者的反應做調整，失智者與一般大眾的活動中，需以「人人皆可參與」的原則來作活動設計
- 可提供照顧者與失智者分開進行活動的機會，讓照顧者有自己的喘息時間，但活動中可能需要領隊和更多志工的協助。

3. 招募參與者：RECRUITMENT

- 可考慮與其他服務(例如記憶門診)連結，增加失智者的轉介來源
- 可考慮多種不同的招募管道
- 可考慮如何提供支持和協助，以提升低自信參與者的動機

4. 失智友善：DEMENTIA FRIENDLINESS

- 由於失智友善的概念，此類活動應該被擴大至人人都可以參與
- 在活動中，建議失智者可盡量與其他健行者一同進行活動
- 為確保每人都可以參與，活動的難度應該有難有易

Study	Dementia Friendly Walking Project: Evaluation Report
Author	Gibson, G., Robertson, J., & Pemble, C. (2017). Dementia Friendly Walking Project: Evaluation Report.
Objectives	<p>The goals of the evaluation are:</p> <ul style="list-style-type: none"> ● To explore experiences of attending dementia friendly walks as organized by walking for health groups within the Paths for All programmed. ● To explore landscapes where walks are taking place. ● To explore social interactions taking place between attendees. ● To identify benefits, facilitators and challenges regarding attending dementia friendly walks from the perspective of people living with dementia. ● Identify gaps and make recommendations for provision of dementia friendly walks in the future.
Introduction	<p>Currently approximately 100 group projects are taking place across Scotland, with 500 walks taking place per week. Currently there are 23 dementia friendly walking group projects taking place across Scotland. Paths for All is a Scottish charity, comprising a partnership of 28 national organizations, whose goal is to promote everyday walking in order to promote a healthier, happier Scotland. The Dementia Friendly walking project is being funded for three years, and at the time of writing (June 2017) is at the end of year two.</p> <p>Goals of the dementia friendly walking project are to:</p> <ul style="list-style-type: none"> ● Develop the existing walking for health network to make walking more accessible to people living with dementia ● Help raise awareness of the benefits of walking to people living with dementia ● Work with over 20 projects over three years to support them to become dementia friendly walking projects ● Develop training, resources and sharing of good practice with partners and projects ● Ensure Paths for All becomes a dementia friendly organisation ● Develop strong communication plans and link in with policies
Methods	<ul style="list-style-type: none"> ● The project adopted an evaluation methodology based on the principles of co-production and co-creation. A novel part of our methodology was the involvement of three older people as ‘community researchers’. Community researchers were equal in status on this project, and contributed to data collection and analysis, and have contributed their reflections to this final report. <p>1. COMMUNITY RESEARCH METHODOLOGY</p> <p>A participatory community research methodology was adopted in this</p>

	<p>study in order to build research capacity among the research team. Use of a community research methodology also better situates qualitative research within the communities in which the research is taking place; in this case older people and people living with dementia who attend dementia friendly walks.</p> <p>2. WALKING INTERVIEWS</p> <p>The focus of the evaluation is to explore attendees’ experiences of attending dementia friendly walking groups. A naturalistic and experiential research methodology was adopted, using qualitative research methods. Walking interviews sought to capture two forms of data;</p> <ul style="list-style-type: none"> • People’s experiences and perspectives regarding attending dementia friendly walking groups • People’s experiences of moving through and interacting with the spaces and places they travelled through during walks. <p>3. FOCUS GROUPS</p> <p>CP and the community researchers conducted a focus group interview at the end of each walk. Walk attendees and volunteer walk leaders took part in focus groups, which posed more general questions to walk attendees about their participation in dementia friendly walks. Focus groups took place at a meeting place at the end of each walk; usually a café or leisure centre. Typically focus groups lasted approximately 45 minutes.</p> <p>4. Data Analysis</p> <ul style="list-style-type: none"> • allotted transcripts, and then coded transcripts using thematic analysis. • develop a series of mind maps which connected codes within each theme • Themes identified in workshops were then used to develop the structure of this report.
<p>Results</p>	<p>1. BEING WITH OTHER PEOPLE</p> <ul style="list-style-type: none"> • Socializing and Company: friendship was important, with some people developing friendships that could extend beyond the organised walking group sessions. Participants in half the groups we visited met up at other events or activities, such as going to the pub, attending exercise classes or taking part in cultural activities. This extended the social benefits of companionship and socializing that were experienced while walking. • Friendly Support: This sense of being among people who are in the same circumstances was important to this person. Being able to share their experiences of the same challenges, made them less of an issue • Support for Couples: For some couples, doing an activity together that they both enjoyed was valued. While being able to take part in walking together was perceived to be beneficial, being apart during the walks was also helpful for some couples, and some couples would vary being apart and together on different weeks. When couples spent almost all

their time together, having the space to have a break from each other was considered supportive of their relationship.

2. BEING OUTDOORS

- **Fitness and Physical Activity:** the physical and social aspects of the walking groups are fundamentally intertwined, with the social element motivating people to maintain their fitness
- **Exploring the Environment:** participants benefited from exploring the immediate environment of their walking route(s) in addition to going further afield for variety and interest on occasions. However use of minibuses added a further layer of organization on the part of walk leaders, as well as introducing further costs in terms of minibus hire or fuel charges.
- **Traffic, Paths and Rest-Points:** Being outdoors was therefore a positive experience that could be enhanced for some participants with a greater number of rest-points, less traffic and better paths maintenance.

3. ATMOSPHERE, ETHOS & ACCESSIBILITY

Participants often discussed the importance of regularly attending walking groups as a means of reinforcing their independence and demonstrating their fitness; that they were “not a wimp” and not “completely dependent on anybody”. For others, the pace of walks helped them keep up, with participants feeling that they were not slowing other people down. This humorous atmosphere as an important aspect for more introverted or quieter people, who were described as more open when engaged in.

4. SAFETY AND SECURITY

- **Feeling Safe:** In addition to giving people with dementia the opportunity to be outdoors and to socialize with other people, a further important feature of walking groups was they enabled people with dementia to feel safe and secure at the same time. Attendees felt confident that walks were safe, were well managed and had been prepared according to their needs
- **Feeling Confident:** the beneficial effect of raising confidence in people attending walks. Several people described an affiliation to groups, or even a feeling of belonging when attending groups; that they were with people with shared experiences and interests, who treated them with empathy and compassion
- **Safety Concerns:** This suggests that, while this is a relatively minor concern, paying attention to who other users of paths and roads may be and whether this might raise any difficulties is worthy of continuing attention, particularly when this means assisting people with dementia with activities such as crossing roads. In addition, walks which require

	<p>crossing particularly busy roads, or are at particularly busy times should be avoided.</p> <p>5. LEADERSHIP AND ORGANISATION</p> <ul style="list-style-type: none"> • Appreciation of Walk Leaders: Attendees appreciated walk leader’s role in leading walks, in organizing and coordinating the wider walks programs and in carrying out a number of other tasks which, while not part of the job description were critical to walking continuing • Facilitating Walks: walk leaders played an important role in supporting people, making sure they could participate, and ensuring people enjoyed walks. Earlier, walking group members noted that groups had a positive ethos. In practice it was the acts of walk leaders which determined much of this ethos. Several walkers noted that attending their first walk could be daunting, but that walk leaders, along with other attendees on walks, had an important role to play in making them feel welcome • Relationships with other Agencies: Such facilities were failing to be maintained, restricting the range of walks available within a local area. Walkers, and especially walk leaders played an important role in coordinating the need for such work • Recruitment: People found out about the walking groups via word of mouth from neighbors or friends, being given leaflets, or through hearing about them while attending another group. A number of people commented on the challenge of joining a new group, with awareness that this might be a barrier for some people to attend
<p>Conclusions</p>	<p>Walking group attendance had two key benefits: providing opportunities to socialize with other people, including but importantly not limited to other people living with dementia; and promoting good health and wellbeing, in terms of encouraging physical activity, and in terms of lessening the risk of social isolation and loneliness</p>
<p>Recommendation</p>	<p>1. WALK LEADERS</p> <ul style="list-style-type: none"> • receive adequate training in relation to health and safety, and soft skills which facilitate social interaction between people living with dementia and other walk attendees to maintain current good levels of support • Ensure funding for walk programs and specifically for walk leaders is maintained, as funding a specific walks coordinator was identified as key to the longevity of groups. • Recognize and provide support for the wider roles required of walk leaders, such as liaising with other local organizations, driving recruitment, and managing the organizational elements of walks. <p>2. CONTENT OF WALKS</p> <ul style="list-style-type: none"> • Ensure access to a range of walks across urban and rural areas, a multisensory walking experience – e.g. different sights and sounds, alongside opportunities for sensory experiences based on smell or touch.

- Some attendees may want more challenging types of walks, or may focus on the physical benefits of walks – giving people different options should also be encouraged.
 - Based on responses of attendees, mixed groups should continue with an emphasis on general inclusiveness.
 - Providing opportunities for carers and people with dementia to walk separately should be encouraged, in order to give carers valuable opportunities for respite if they wish this. This may require more support of people with dementia from walk leaders and/or volunteers.
3. RECRUITMENT
- Consider building closer links with secondary services such as memory clinics in order to promote referral pathways for people living with dementia.
 - Consider multifaceted approaches to recruitment, which promote the qualities of walking and walking groups for health and for social interaction.
 - Consider how to support people when joining the group given that participants found this a daunting experience that might put off less confident individuals from participating
4. DEMENTIA FRIENDLINESS
- Dementia friendliness should be part of a wider agenda to promote inclusiveness of walking for all, based on the proviso of what will work for dementia will work for all.
 - We recommend therefore that walks should provide opportunities for people with dementia to mix and interact with other walk members.
 - Easier walks were requested by people with dementia, so ensure that a variety of times and distances for walks are provided so that all can participate.