

Paths for All Training

Dementia Friendly Walk Leader Course

Course Overview

This is an interactive and practical half day course. This course will provide you with the knowledge and skills to develop and deliver walks that are safe, accessible and enjoyable for people living with dementia. We will provide walk leaders with some background information on dementia, how it affects people and the benefits that being active can bring. The course will also look at the practicalities of making your walks Dementia Friendly including walking environments, routes, risk assessment and the role of the walk leader.

Learning Outcomes

- Increased awareness of dementia and how it affects people
- Increased understanding of the benefits of being active
- Knowledge of what makes a health walk dementia friendly
- Plan and risk assess walking routes
- Communicate better with people living with dementia

Who is this course suitable for?

This course is for Walk Leaders who have attended Paths for All's Volunteer Walk Leader course and are interested in delivering Dementia Friendly walks.

Course Materials

You will receive various handout notes with key information surrounding Dementia Friendly walking.

Duration: 4 hours

Price: This course is free to attend.

Please note: The course involves a short walk, please be prepared with appropriate footwear.

Book on to course: For more information or to book a place please contact [email] or call [Name] on [Tel. Number]

Paths for All Training

Dementia Friendly Walk Leader Course



“Learned a lot, met a lot of nice people. Trainer was very knowledgeable and was a great course.”



“Really enjoyable, friendly, well delivered and informative.”



“Linked well with the walk leader training.”