

## **Perceived and objective availability of green and blue spaces and quality of life in people with dementia: results from the IDEAL programme**

### Do people with dementia benefit from having nature nearby?

Getting out and about in nature helps people feel healthier and happier. One way of getting out and about in nature is to visit 'green' spaces like woodlands, parks or gardens. Another is to visit 'blue' spaces like the seaside, lakes, rivers and canals. We wanted to find out whether having green and blue spaces nearby contributes to a good quality of life for people with dementia.

We asked over 1500 people with dementia about the green or blue spaces near their homes. They listed the green and blue spaces within a 10-minute walk. They also completed questionnaires about quality of life. People who mentioned more green and blue spaces in their local area gave higher quality of life ratings. This was more noticeable for people living in towns and cities than for people living in rural areas.

As well as asking people what green and blue spaces were near their homes, we made our own lists using maps. These lists were longer than the ones people with dementia gave us. The number of green and blue spaces on the maps was not connected with how people rated their quality of life.

We think that people with dementia told us about the green and blue spaces that they value and like to visit. These places add to quality of life.

It is important to understand how people with dementia use these kinds of green and blue spaces, so we can make them more dementia-friendly and encourage people to get out and about.

### Key finding of the study

People with dementia who reported more green and blue spaces nearby rated their quality of life more positively.

This is a summary of a [research article](#) which appeared in the **Social Psychiatry and Psychiatric Epidemiology** journal in January 2021.