

## Movement for Memories Home Visit Walks - Frequently Asked Questions

Our Movement for Memories programme is designed to support people living dementia to be active.

With the current restrictions in our venues, we have decided to pilot Home Visit Walks. This is one to one supported walking on a safe route that would start from your house and end at your house. This service is delivered by volunteers who will support and provide companionship for you to enjoy some physical activity.

### What kind of support does a buddy offer?

Once referred, a member of the Movement for Memories team would assess a walking route that is safe and suitable to your level. You would then be introduced to your walking buddy. At every session, the buddy would meet you outside your house and support you on the agreed route. The support during the walk includes;

- encouragement
- reassurance as required
- companionship
- ensure there is social distancing during your walk (1 metre as outside)
- a walking pace that suits your ability

The walk will usually last between 15-60 minutes depending on your ability.



Please note our buddy's do not offer any personal care, if you require personal care, arrangements will need to be made with existing carers.

### Are there any COVID restrictions for the home visit walks?

All our volunteers will;

- Maintain social distance
- Provide hand gel if required.
- Not enter your house and would meet you outside your house.

All agreed routes have been assessed to ensure there are suitable and appropriate to your needs.

## Will I receive regular support through the Buddy service?

Yes, we understand the importance of regular activity and know that agreeing a regular day and time is helpful. We also appreciate the importance of having a regular buddy, so we will try our utmost to ensure you have the same buddy every week.

## What happens if I need to cancel a session?

If you are unable to attend a walk, our Movement for Memories team should be informed as soon as possible by calling on 0131 458 2260. We will then inform the buddy.

## What happens if a buddy needs to cancel a session?

If one of our buddy volunteers needs to cancel, the Movement for Memories team will try to find a replacement buddy. If we can find a replacement buddy, we will contact you or your carer as appropriate to inform of the changes and ensure you are comfortable with the change. If we are unable to find a replacement buddy, we will contact you or your carer as appropriate, to cancel the session.

## How long can I be supported by a Buddy?

You can be matched with a buddy at any time, for up to 12 months, while you are being supported in Movement for Memories.

We understand that dementia affects everyone differently, that people's circumstances may change and that dementia symptoms can progress. That is why you can request a walk buddy at any point during your participation in Movement for Memories.

There may also come a time when the home visit walk service no longer meets your needs, if this does happen, the Movement for Memories team will work with the you and your carer to identify an alternative activity plan to help you to continue to be active.

## How much does the Walk Buddy Service cost?

There is NO additional cost for the Home Visit Walks

**If you have any other questions about our Buddy Service, please do not hesitate to call the Movement for Memories team on 0131 458 2260 or email [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)**

(PLEASE BE AWARE PHOTO IN LEAFLET WAS TAKEN PRIOR TO COVID 19 AND SOCIAL DISTANCING RESTRICTIONS)



*Investment managers*