What is Dementia: Understand Together

Awareness and understanding of dementia is one of six key elements of the National Dementia Strategy. The Dementia: Understand Together campaign, led by the HSE in partnership with the Alzheimer Society of Ireland and Genio, aims to tackle stigma and isolation and to create an Ireland that embraces and includes people with dementia and their loved ones.

The campaign is now supported by over 40 partner organisations across Ireland, including in the retail, transport, banking, health, voluntary and community sectors. These organisations, together with over 230 community champions, are leading the way in creating communities that actively embrace and include those living with dementia and their families.

The Designer

From Wicklow, Robert Moore is a landscape designer and owner of Garden Architecture. Robert works across a wide range of commercial and residential projects both at home and abroad. Robert has a passion for creating beautiful, measured and engaging spaces.

Thank you to a number of providers: Woodwork.ie, Brooks, Grange Growers, Roche Landscapes, Liscannor Flagstone Quarries, Maloney Stone Galway, Trinity Stone construction, Pat Nolan.

Visit gardenarchitecture.ie for more information.

Plant List

- Eunymous Alatus
- Cordyline Australis
- Mespilus Germanica
- Wisteria Sinensis
- Hydrangea Petiolaris
- Trachelospermum Jasminoides
- Thuja
- Frangula Alnus
- Prunus Spinosa
- Crataegus
- Quercus Petraea
- Ligustrum Vulgare
- Viburnum Opulus
- Ilex Aquifolium
- Pelargoniums
- Mixed Coreopsis
- Mixed Euphorbia ‘Ascot Rainbow’
- Hydrangea
- Sisyrinchium Striatum
- Primula Vialii/
- Red Hot Poker
- Scabiosa Col. ‘Butterfly Blue
- Briza Maxima
- Polygonatum
- Crocosmia
- Leucanthemum Vulgare
- Echium Candicans
- Stipa Gigantea
- Stachys Big Ears
- Lavatera Bredon
- Alchemilla Moonshine
- Lilium Regale
- Thalictrum Angelica
- Nepeta Kit Kat
- Digitalis Purpurea
- Delphinium Gran.
- Aurora/Gran.
- Aurora Deep
- Purple/Aurora
- Pink Dawn
- Campanula
- Camomile
- Sagina Subulata
- Aurea/Senior
- Rosmarinus/
- Thymus/Lavandula
- Mixed Vegetables
- Fruit Trees

People's Choice Award Winner

To vote for the Memories are made of this - Dementia: Understand Together garden text 10 to 515000 (standard rate SMS).

Voting is open over the five days of the show and winner announced on the final day.
What is Dementia?

Dementia is caused by different diseases of the brain. These diseases affect the parts of the brain which are normally used for learning, memory & language.

The most common causes of dementia are Alzheimer’s Disease, Vascular Dementia, Mixed Dementia and Lewy Body Dementia.

Common symptoms may include difficulties with thinking and language, problem solving and carrying out everyday tasks, memory loss and changes in mood and behaviour.

Although the risk of developing dementia increases as you age, it is important to remember that the vast majority of older people do not get dementia.

The Story behind the Garden

‘The Memories are made of this – Dementia: Understand Together’ garden creates a space where people living with dementia can reminisce in a welcoming and supportive way. The garden is a celebration of all things 1950s – where people in their 60s, 70s and 80s can remember, celebrate and share stories about an era when they were young. For many people with dementia, recalling memories from years gone by is often easier than remembering more recent events.

We also know that reminiscing has a positive effect on the quality of life of people with dementia. By stimulating the senses, whether it’s seeing a High Nelly bike, smelling a rose, touching a daisy, or listening to a GAA match on the radio, the aim is to whisk the person back to days of joy and contentment. It is about highlighting the importance and value of what is remembered and not what is forgotten.

Top Tips to Stimulate Reminiscence in Your Garden

1. Find the Scent of a Rose
   There is nothing like the scent and elegance of an old tea rose to transport you back in time. Why not consider planting one in your garden later this autumn?

2. Hit the right note
   Why not incorporate features such as wind-chimes to gently usher you to a world of peace and tranquility? Or perhaps put in a gramophone in your back shed and throw a few shapes with Elvis Presley on the deck?

3. Be cool as a cucumber
   Remember when you’d pop out to the back garden for a head of lettuce, a handful of onions or some rhubarb? Why not install an easy-to-manage vegetable patch? You can start with a small raised bed in your sunniest spot.

4. Seek the object of the exercise
   Do pink flamingos take you back to a bygone world? Why not resurrect your mischievous gnomes and place them around the garden? They are sure to give you a warm feeling and become a real talking point for visitors.

5. Have the Midas touch
   Remember the feeling of those daisies and how you plucked each petal as a child – “she loves me, she loves me not”? Other flowers and plants that are sure to conjure up golden memories include lupins, delphiniums, primulas and, garden favourite, geraniums.