

Take a walk and bring nature inside



Objective: To provide opportunities to enjoy the outdoor environment, fresh air and experience nature.

Preparations:

- If the elderly use a walker or cane, bring them along for extra support and safety.
- Plan the route in advance according to the clients' functional abilities and interests. Choose the walking route carefully and consider at least the following:
 - Is there an easy and aesthetic walking route in your area?
 - Always choose the route according to the elderly's physical ability and wishes (length, rest areas, environment and terrain, accessibility of the route).
 - Where could there be suitable nature to pick up?
 - Are there park benches along the route to rest if necessary?

The Walk:

- Walk at the elderly's own pace and take short breaks if he/she feels tired.
- Encourage the elderly to pick flowers, leaves or anything else from nature that will make them happy and take nature home with them.

Time: Short



15-30 minutes

Activity: Activating



Fellowship: Alone



This is an individual activity.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal