

# Dementia-Friendly Swimming Project

Dementia  
Friendly  
Swimming

the **asa**  
*swim for life*

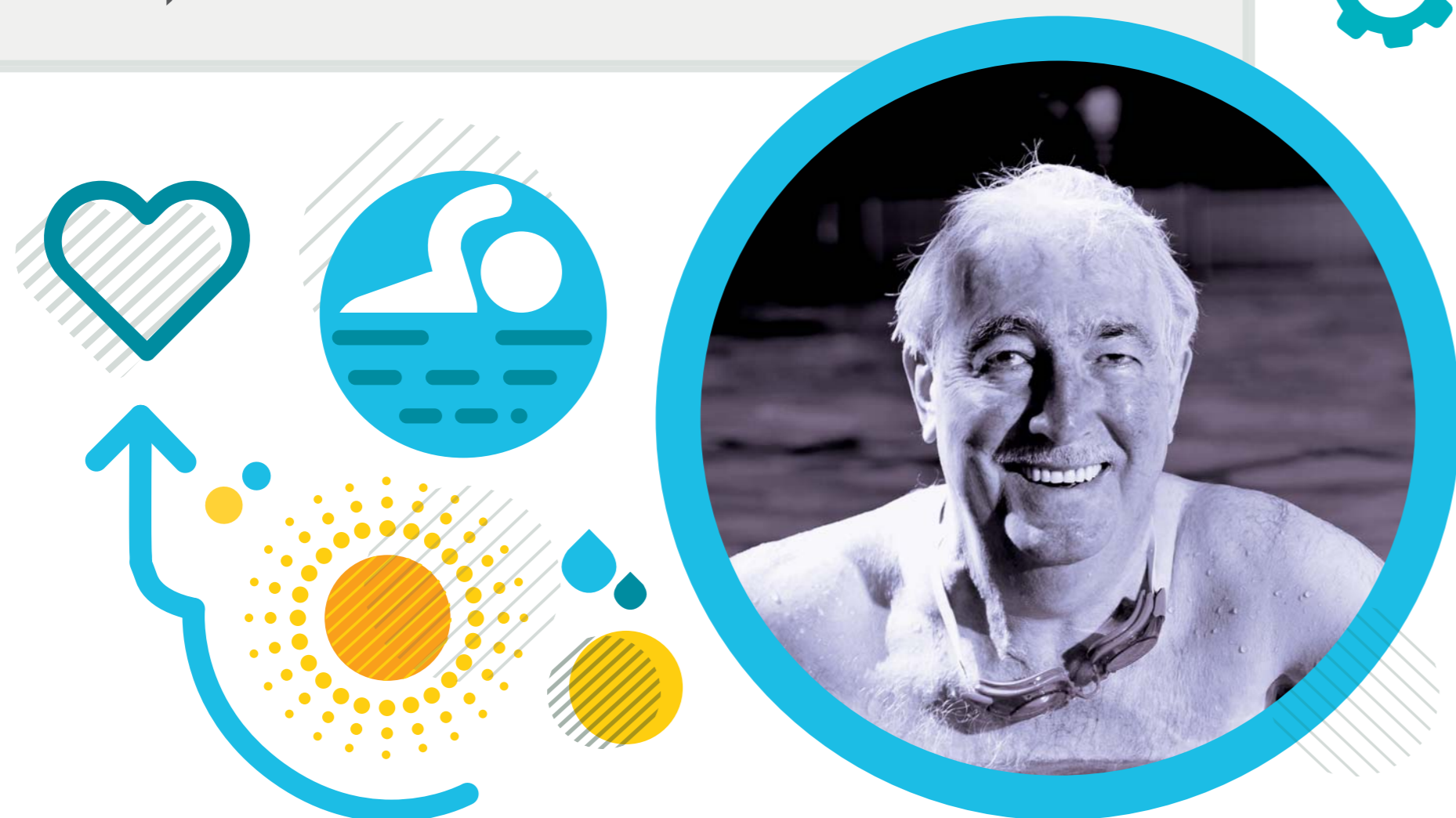


**“I’ve seen the benefits and it’s better than sitting at home.”**

Jean, wife and full-time carer

**“My self-worth and confidence has improved. It’s just a simple swim but it has changed my life. So give it a go, it’s great fun.”**

Robert, swimmer



Mental Health Charter signatory, the Amateur Swimming Association, encourages everyone to take advantage of the health and social benefits of swimming. As part of this approach, it has an established initiative for those with dementia and their carers.

The programme consists of:

- The creation and roll-out of dementia-friendly training for leisure centre/pool staff.
- Improvement of facilities by providing guidance on how to make the pool accessible for those with dementia and their carers.
- Development of non-traditional partnerships with organisations such as local authorities, Alzheimer’s Society, Age UK, local Dementia Action Alliance, local networks and service teams.
- Evaluation of participants to monitor demographic and behaviour change analysis.

To join the Charter contact:  
[policy@sportandrecreation.org.uk](mailto:policy@sportandrecreation.org.uk)

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 **mind**  
for better mental health

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