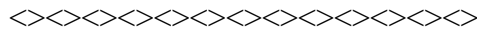


Remove existing soil..



Remove the existing soil down to a level below the hardpan created by any previous cultivation. About 14 inches. Pile this soil on one side of the bed. Place the amendments available on the other side of the bed.



If your land is on a slope.

Lay the blocks as above on top of the ground and proceed to dig out the existing soils well below the hardpan on the low end. Start on the high end and remove soil to place the blocks at the same level as the low end. Use a level and be sure the surface where the blocks are to be placed is packed firm and level. Replace the blocks, now the top surface of the bed should be firm and level.

Good Design for Alzheimer's Garden

First you need to think about the garden's design. One of the best is a figure-of-eight looped path, or similar, simple returning-path system. You can plan a garden that allows access outside but always leads the wandering person back to their house or building

Think about visibility and observation so caregivers can relax if they use the time for separate pursuits. Good dementia garden design should cater for the able bodied as well as those who have problems with mobility

In your garden design you will need to include places to sit and shelter from the sun and the wind.

Providing a Safe Garden for Alzheimer's

Safety issues are central to good garden design for people with Alzheimer's or dementia. The design should include;

- Pathways that are smooth, and low in glare.
 - Steep gradients are not a good idea, neither are steps or low planters.
 - Appropriate proportion and path width is very important if you are catering for wheel chair users. As people with Alzheimer's and dementia do tend to lose physical skills and ability over time it may be a good idea to cater for mobility aids at the outset.
 - Use upward bevel edges on concrete walkways. This can keep wheelchairs from rolling into lawns or landscape beds.
 - · In gardens you need protection from the sun and the wind throughout the four seasons of the year. Protection from the sun is very important as certain medications, such as largactil, (thorazine) or mellaril (thioridazine), can make the skin more prone to sunburn.
 - Use of nonpoisonous and nontoxic plants. Plants can harm people if they eat parts of the plant. Others can cause skin rashes and irritation.
- Avoid dark, shadowy areas. People with Alzheimer's or other types of dementia can mistake it for negative events.
- Too much light reflection or dark areas are not helpful to older people who can have problems with their sight. A number of degenerative eye conditions are common in old age.

People with Alzheimer's Love Gardening Too!