



SOAR Orientation

Shared Outdoor Adventures for Resilience

Thursday, July 27, 2024



What is SOAR?

- SOAR is an outdoor adventure program for people with younger onset Alzheimer's alongside a friend or family member
- Offered by UW Memory and Brain Wellness Center, with hikes led by Seattle Parks and Recreation
- Made possible this year through Husky Giving Day donations

Program Purpose

- Physical Activity
- Social Connection
- Nature Engagement
- Adventure





Who participates?

- People diagnosed with Alzheimer's before age 65, alongside a hiking buddy (family member or friend)
- A good fit for people:
 - Able to walk 3 miles or 1.5 hours
 - Interested in connecting with others diagnosed with Alzheimer's or memory loss
 - With a sense of adventure and curiosity about the natural world!

Program Overview

- Program runs July 2024 – June 2025
- Monthly hikes with Seattle Parks and Recreation, 3rd Thursday of each month
 - Led by Courtney Gogetap, Recreation Specialist
- Possible bonus adventures with Outdoors for All (kayaking, snowshoeing, cycling)
- End of program retreat at Camp Long in June 2025



Hike Schedule

18-Jul	Lincoln Park Troll
29-Aug	Flaming Geyser State Park
19-Sep	Twin Falls
17-Oct	Issaquah Troll
21-Nov	Rainier Beach
19-Dec	Bellevue Botanical Garden
16-Jan	Magnuson Park
20-Feb	Madrona Gnome Walk
20-Mar	Coal Creek Falls
17-Apr	Meadowdale Beach Park
15-May	Snoqualmie Falls





What to expect?

- Optional Van Transportation from Jefferson Community Center on Beacon Hill, or meet at the trailhead
- Opening Circle – Introductions, Sharing what you are looking forward to
- Hiking up to 1.5 hours / 3 miles
 - Stopping to regroup regularly
 - Enjoying sights, sounds, nature engagement
- Time for snacks/lunch
- Closing Circle – Sharing what stood out

What to Bring?

- Lunch, and snacks for the van ride
- Layers of clothing (dress for the weather)
- Water bottle
- Supportive walking shoes
- Sun hat or sunglasses if desired
- ID
- Cell phone
- Any personal items or medication that you need
- [Discover Pass](#) or [Northwest Forest Pass](#) (if required, and if parking at the trailhead. We will note this if needed).
- Sense of adventure!





FAQ's

- **How hard are the hikes?**
 - The hikes vary in difficulty from easy to moderate. They are 1-3 miles long and vary from flat to some hills. Please see the hike description links on the website to select the hikes that are the best fit for you.
- **Do I have to attend every hike?**
 - No, you can attend whichever ones you like
- **Do I have to sign up as a pair?**
 - Yes, the program is designed for pairs so we can safely offer this outdoor program with our current staff capacity – plus we want to create opportunities for relationship building
- **How many people attend?**
 - About 12-18 people per hike, along with two staff
- **Is everyone in the program in their 50s and 60s?**
 - Everyone was diagnosed with or had symptoms of dementia at age 65 or younger. Some people have been living with dementia for longer, so may be in their 70s.
- **Are dogs allowed?**
 - We love furry friends, but they aren't allowed on the hikes.

In our words...

Hearing from Janelle and Raul, current participants



Questions?
