AGE INCLUSIVE GOLF

AIM

To explore how golf-related activities can improve health, wellbeing, social inclusion, and quality of life for older adults and people living with dementia in a rural community.



APPROACH

The project used stakeholder consultations to gather views from:

- Older adults and people living with dementia
- Care partners and voluntary sector groups
- Health and social care stakeholders
- Local tourism and recreation partners
- UHI golf programme students
- Royal Dornoch Golf Club

Public Involvement and Public Engagement was central to the project, ensuring that lived experience informed discussions about age- and dementia-inclusive golf.



KEY FINDINGS

Stakeholder consultations identified both barriers and opportunities for inclusive golf participation.

Barriers included:

- Safety concerns
- Accessibility needs
- Service integration challenges
- Limited awareness of golf as a health and wellbeing activity

Opportunities included:

- Adapting existing golf resources
- Creating supportive and inclusive environments
- Strengthening partnerships between golf, tourism, and care sectors
- Using local expertise to support active and rural health

OUTCOMES

Through this project, UHI and community partners gained knowledge to:

- Develop existing resources for age- and dementia-inclusive golf
- Better understand the needs and preferences of older adults and people living with dementia
- Support future planning for inclusive golf experiences
- Enhance local tourism, recreation, and health-related opportunities



IMPACT

The project has:

- Raised awareness of the potential health and wellbeing benefits of golf for older adults and people living with dementia
- Strengthened collaboration between golf, tourism, health, and social care sectors
- Highlighted the value of knowledge exchange in developing inclusive community initiatives
- Created a foundation for future innovation, training, and service development
- Supported equitable access to golf-related activities in rural communities

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