

Dementia-friendly communities are places where people living with dementia, their families and care partners feel included and supported.

Creating these communities takes an effort from everyone – individuals and organizations alike – to learn about and promote dementia-friendly principles in the physical and social environments of our workplaces, neighbourhoods and beyond.

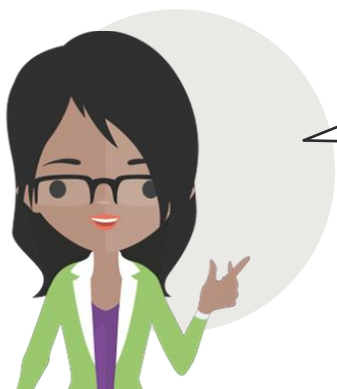


Promoting dementia-friendly principles means...

- Educating yourself and others about dementia and the needs of people living with dementia and their care partners.
- Making a conscious effort to reduce stigma by addressing myths, misconceptions and assumptions about dementia.
- Ensuring the rights of people living with dementia and their care partners are respected.
- Supporting people living with dementia so they can live as independently as possible and stay engaged in all aspects of community life.
- Listening to and sharing stories of people living with dementia and their care partners.
- Advocating for change in the community.
- Initiating, promoting and sustaining community efforts to become dementia-friendly.



Promoting dementia awareness, education and dementia-friendly communication helps inspire community members to act with understanding and empathy, and to build safe and accessible environments that make the community dementia friendly.



Here are some things you can do to promote dementia-friendly principles in your community.

As an individual, you can:

- ✓ Learn about dementia and develop your skills so you can be supportive and inclusive in your everyday interactions.
- ✓ Avoid using dementia and memory-related jokes that can trivialize the experience of people living with dementia and perpetuate misinformation about age and memory loss.
- ✓ Confidently challenge myths and misconceptions and help to reduce stigma using information found in evidence-based resources (such as those available from the Alzheimer Society).
- ✓ Reach out to people living with dementia and their care partners and offer to support and spend time with them.
- ✓ Inspire others to get involved by talking openly about dementia.
- ✓ Share this tip sheet with others in your community or workplace as a starting point for discussion about dementia-friendly communities.
- ✓ Participate in an Alzheimer Society learning opportunity (online or in-person) or contact your local Alzheimer Society to learn more about local resources and upcoming events.
- ✓ Volunteer with your local Alzheimer Society.

In your community and/or workplace, you can:

- ✓ Form a Dementia-Friendly Community working group/committee where community members can work together on efforts to become more dementia friendly.
 - Start by designating a main contact person to connect with your local Alzheimer Society.
 - Partner with the Alzheimer Society on an ongoing basis to share updates and celebrate progress.
 - Work together to investigate the impact of dementia in your community and develop your vision for change.
- ✓ Invite your local Alzheimer Society to host a presentation/event in your community – it's a great way to launch your efforts and share information about dementia with other community members.
- ✓ Include people living with dementia and their care partners in your efforts. Their lived experience is the key to making sure that your community's priorities and solutions are as impactful as possible.



Visit
Alzheimer.ca/DementiaFriendlyCanada
or contact your local Alzheimer Society
today to learn more.