Dementia-Inclusive Communities

DREAM
Dementia Resources for Eating Activity & Meaningful Inclusion

In this factsheet, you will learn about:

What makes a community and services inclusive forpeople living with dementia.

Dementia: Inclusion in your community

- **As a person living with dementia, you have a right to inclusion in your communities.** This includes access to physical activity, healthy eating, and other wellness opportunities and supports but also other programs, activities, and services
- **Dementia-inclusive communities** ensure that people living with dementia are understood, respected, supported, and included
- **Community programs and services** should **provide supports** to help you participate, such as:
    - **Environments** that are easy to navigate, welcoming, and meet the unique needs of people living with dementia and their care partners (for example, not too noisy, quiet spaces)
    - **Staff, volunteers, and other participants** who are aware of, and understand, dementia and ensure that people living with dementia can participate

Learn more about dementia-inclusive communities from the Alzheimer Society at: **www.alzheimer.ca**

A dementia friendly community...

- **Increases awareness and reduces stigma** of dementia
- **Uses community-based solutions** that enable people living with dementia to maintain their independence
- **Values the views and contributions** of people living with dementia and their care partners

Provides **early diagnosis**, and **personalized and integrated care**

Shapes communities around the views of people with dementia and their care partners

Educates service providers and volunteers about dementia and **trains** them **to provide person-centred support**

Offers **easily accessible transportation**

Sees the person with dementia, not their diagnosis

Designs easy to navigate physical environments with clear signage, accessible design, and safe spaces

Engages and includes people with dementia and their care partners **in meaningful activities**

Brought to you by the University of Waterloo and University of Northern British Columbia.
Learn more! Explore helpful resources and tools at: **www.dementiawellness.com**