

DEMENTIA SERVICE NAVIGATION

WestView Dementia Collaborative

DEMENTIA HOW CAN YOU HELP?

Community members living with dementia may face barriers to inclusion and accessibility that make day-to-day activities challenging.

We all have a role to play in making our community more inclusive and dementia-friendly.

Neighbours, friends, and family can recognize symptoms, respond with compassion, refer to local resources, and offer support.

BUSINESSES

- Consider **sensory friendly periods** where lighting, sounds, and noise can be adjusted
- Provide access to accessible family washrooms
- Encourage staff to offer assistance with making change and menu decisions
- [Click here for local video and tips for businesses](#)

WORKPLACES

- Address stigma – participate in [Alzheimer's Awareness](#) campaigns
- Employers can access resources from [DementiaAlberta.ca](#)

EDUCATORS

- Participate in **Alzheimer's Awareness** month activities in all stages of learning
- Talk to students about the importance of being inclusive and dementia friendly

FIRST RESPONDERS

- Offer fidget items
- Reduce the noise level and siren (if possible)
- Communicate in simple language
- Keep care partner informed of what is happening and what steps are being taken

FEDERAL & PROVINCIAL GOVERNMENTS


- Advance and fund **Canada's National Dementia Strategy**
- Work on creating an **Alberta Dementia Strategy**
- Offer meaningful engagement

LOCAL GOVERNMENTS

- Advocate for **Dementia Friendly Communities**
- Offer meaningful engagement
- Support and fund local initiatives like day programs and respite services where possible

COMMUNITY VOLUNTEERS

- Seek out tips for [meaningful visits](#)
- Offer to go for a walk or take them out for coffee
- Talk to the person living with dementia about past hobbies or careers
- Support and listen to the care partner
- Contact the [volunteer centre](#) to learn about opportunities

 **(780) 963-8583**

COMMUNITY SUPPORT SERVICES

- Learn with care partners
- Practise **mindful listening**
- Be patient and allow extra time for appointments

FRIENDS, FAMILY & NEIGHBOURS

- When talking, use what you know about the person
- Be flexible, be patient, and be positive
- Listen rather than correct
- Offer to do something with the person living with dementia
 - Go for a Sunday drive
 - Do errands together
- Talk to their care partner to provide support and also talk to the person living with dementia as a break for the care partner

SPORT CLUBS, FACILITIES & SERVICES

- Do a dementia friendly audit to see where your facility could improve services
- Look to initiate programming and services that are inclusive and dementia friendly
- Consider offering days with **sensory friendly times**

FAITH COMMUNITIES

- Consider having **sensory friendly** services with reduced sound
- Offer a listening ear to care partners
- Invite family members to do something they enjoy
- Talk to care partners and provide support
- Offer to speak with the person living with dementia as a break for the care partner

HEALTH PROVIDERS

- Reduce the amount of distractions
- Chat face-to-face
- Be patient and allow extra time for appointments
- Be mindful of the pace of assessment and appointments as to not overwhelm the family
- Speak to the person living with dementia even if they are not following you
- Practise mindful listening

SYMPTOMS OF DEMENTIA

Courtesy of The Alzheimer Society of Canada

- Getting lost in a familiar place.
- Putting familiar things in a stange place.
- Using words that don't fit the conversation.
- Big mood swings from happy to quick-tempered.
- Forgetting to wear warm clothing in cold weather.
- Difficulty doing something you've done your whole life.
- Losing Interest in family, friends, and favourite activities.
- Forgetting things and struggling to retain new information.
- Not understanding what numbers are and how to use them.
- Changes in how you usually behave; being confused, suspicious, fearful.

USEFUL LINKS