### 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

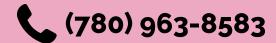
- Advance and fund Canada's National Dementia Strategy
- Work on creating an Alberta Dementia Strategy
- Offer meaningful engagement

### 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



# 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**