

What can I do?

There are many things that individuals, community groups and organisations can do to create a dementia-friendly community. Some practical ways are:

- Become a Dementia Friend
dementiafriendly.org.au
- Establish, join or support activities for people living with dementia. This could include choirs, visiting programs, cooking classes, gardening activities, exercise groups.
- Look at your local environment through the eyes of a person living with dementia and consider the challenges they face.
- Volunteer with community groups that support people living with dementia.
- Talk to your local council or government about improved signage, pathways, transport services and community spaces.
- Get in touch with your local Dementia Australia state or territory office.

What next?

Dementia Australia has developed a website to support dementia-friendly communities and organisations.

To find out more and become a Dementia Friend visit: dementiafriendly.org.au

Or email the Dementia Friendly Communities team: dementiafriendly@dementia.org.au



For more information about dementia and support

Call the National Dementia Helpline on **1800 100 500** or visit dementia.org.au

Dementia Australia is the national peak body and charity for people of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information to Australians impacted by dementia.



dementiafriendly.org.au

It starts with you

Enrich your community and empower people living with dementia.



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What is a dementia-friendly community?



Anywhere people living with dementia are supported to live with meaning, purpose and value.

Why is it so important?

People living with dementia tell us the biggest challenges in daily life are facing a lack of awareness of dementia in the community, and becoming socially isolated.

Dementia-friendly communities provide a way to address these two areas through developing practical strategies and initiatives informed by the views and needs of people living with dementia. A dementia-friendly community enables people living with dementia to continue to live a meaningful and valued life.

What makes a dementia-friendly community?

- 1 People – Are aware of and understand dementia. The voices, views and inclusion of people living with dementia are central.
- 2 Communities – Accessible physical and social environments e.g signage, lighting and building design as well as groups and social opportunities that provide meaning and purpose.
- 3 Organisations – Local understanding of dementia combined with timely access to appropriate support and services (to provide early diagnosis, treatment, advice and support) are also essential.
- 4 Partnerships – Working together with local community, councils and businesses is critical for lasting change.

What is dementia?

Dementia is an illness of the brain. It is not one specific disease and is not a normal part of ageing. Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person's normal social or working life. It is more common in people over the age of 65, but people in their 40s and 50s can also develop dementia.