

## Vision

To create a community that is supportive and accepting, where people living with dementia feel safe and welcome, and have the opportunity for social engagement and an increased quality of life.

Dementia Friendly Communities work to expand the communities' awareness and incorporate new strategies to create a friendly environment for people living with Dementia.

## Resources

Health Link 811

Alzheimer Society 1 800 616 8816

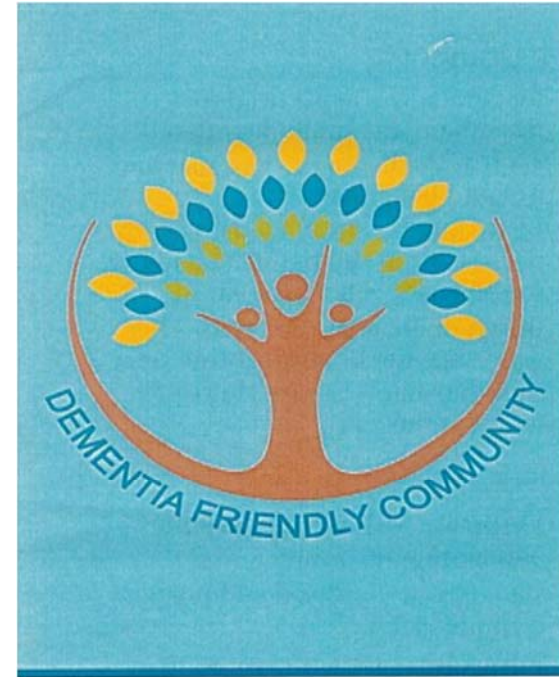
WestView Home Living 780 4961 300

Dementia and Alzheimer Support Group 780 488 2266

Stony Plain Family and Community Support Services - 780 963 8583

Spruce Grove Family and Community Support Services 780 962-7583

"This resource guide was compiled for The Dementia Friendly Community by MacEwan University 3rd Year students in the Bachelor of Science in Nursing Program. The information provided should not be used as a substitute for seeking medical care and the advice of healthcare professionals. It should only be used as a guideline. For further information contact a healthcare professional or the Health Link Line at 811



A Guide to Dementia:  
A Community  
Perspective

## What is Dementia

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- Dementia is a word used to describe many brain disorders such as Alzheimer's, Vascular and Mixed Dementia
- Dementia is caused by damage to nerve cells in the brain. The injury to the nerve cell can occur in different areas of the brain. This can cause the brain to shrink over time causing it to lose almost all its functions.

## What to Look For

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- Difficulty with communicating and getting the point across
- Can appear confused and unable to think clearly
- Difficulty completing more than one task at a time
- May become agitated and demonstrate inappropriate behavior
- May appear nervous and uneasy



<https://choicemutual.com/wp-content/uploads/2017/01/dementia2.jpg>

## Communicating

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- Make eye contact when speaking
- Reduce distractions
- Make sure they know who you are; introduce yourself if needed
- Speak slower than your normal pace
- Ask simple questions; don't make assumptions about what they are thinking
- Use actions with/ or instead of words
- Use reassurance and be positive
- Be patient and give them as long as they need to form their thoughts

## Tips from people with Dementia

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- Please do not assume what I want, ask me first
- I may not appear "old enough" to have dementia, but this disease does not discriminate based on age
- Please speak slower to me and give me time to respond
- If I am confused, or having trouble communicating, please be patient and assist me quietly without making a scene
- Please do not try and correct me, this will only confuse me more

## Myths

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Only older people get Dementia

- Most people with Dementia are over 65 years but it also affects people in their 40's and 50's. Dementia is not a part of aging. Having any memory loss means I have Dementia

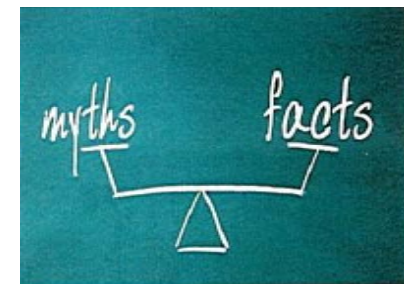
- Forgetting things the odd time is natural, but if you're forgetting day- to-day, you should consult with your health care professional.

I can prevent myself from getting Dementia

- It cannot be prevented but you can reduce the risks by exercising, healthy eating and keeping your mind active

Everyone with Dementia is mean and angry

- It affects everyone differently and when someone does not know where they are or who they are with they may become frustrated.
- When this happens, it should be dealt with calmly to make sure the person does not become upset.



<https://teamkate.ca/wp-content/uploads/2016/02/myths>