# Ways to Be Dementia-Friendly





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### Recognize



When you encounter someone with dementia, by recognizing common signs, you can respond with compassion and effective communication.

#### Signs of dementia may include:

- Memory loss
- Difficulty with familiar tasks
- Confusion with time or place
- Trouble with visual and spatial perception
- Not recognizing friends or family

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## Communicate Effectively

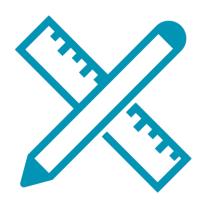


Practice dementia-friendly communication skills to increase support for persons with dementia.

### Communication skills may include:

- Smile and make eye contact
- Speak clearly and calmly, using simple sentences
- · Ask one question at a time
- Allow time for the person to process and respond
- Seek to understand the person's reality and feelings

## Design Supportive Environments & Materials



Visual and spatial perception are often impacted by dementia. Families, businesses, and organizations can use dementia-friendly design principles to address this.

## Dementia-friendly design principles may include:

- High-contrast colors
- Clear, simple signage
- Quiet zones with less stimulation

### **References**

- 1. Alzheimer's Association, Know the 10 Signs <a href="http://www.alz.org/alzheimers disease 10 signs of alzheimers.asp">http://www.alz.org/alzheimers disease 10 signs of alzheimers.asp</a>
- 2. Alzheimer's Society-Communicating
  <a href="https://www.alzheimers.org.uk/info/20064/">https://www.alzheimers.org.uk/info/20064/</a>
  symptoms/90/communicating and language

## Learn More & Educate Others



Together, we can reduce the stigma and isolation of dementia. Individuals can become Dementia Friends and organizations across many sectors can train their staff to adopt dementia-friendly practices.

#### To learn more, you can visit:

- Dementia Friends USA www.dementiafriendsusa.org
- Dementia Friendly America www.dfamerica.org

