4 Ways to Be Dementia-Friendly

1. 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

2. 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

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

References
1. Alzheimer’s Association, Know the 10 Signs
   http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp
2. Alzheimer’s Society—Communicating
   https://www.alzheimers.org.uk/info/20064/symptoms/90/communicating_and_language

Adapted from Dementia Friendly America and ACT on Alzheimer’s developed tools and resources.