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# 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

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## 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**  
[http://www.alz.org/alzheimers\\_disease\\_10\\_signs\\_of\\_alzheimers.asp](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](https://www.alzheimers.org.uk/info/20064/symptoms/90/communicating_and_language)

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## 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](http://www.dementiafriendsusa.org)
- Dementia Friendly America  
[www.dfamerica.org](http://www.dfamerica.org)



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