

MAKE TIME FOR DEMENTIA



AND HELP ME STAY
WELL FOR LONGER

There are little things everyone can do to help someone with dementia feel welcome and supported.

Talk to me: Many people with dementia feel they become invisible. Continue to talk to them as you normally would and include them in conversations with others.

Be patient: Don't finish their sentences, even if you think you know what they're going to say. Give them time to respond and avoid interrupting. Be patient if they're taking longer in a queue.

Use kind words: Sometimes people joke or make light of dementia, but this can result in someone hiding their diagnosis and isolating themselves from friends, family, and their community.

Help me join in: Support people with dementia to keep doing what they love. Social contact and being part of their community can help them stay well for longer. There are little things everyone can do to help someone with dementia feel welcome and supported.



Remember, no two people with dementia are the same:

Everyone's experience is different. Dementia is a progressive condition, but with a little help from us all, many people can keep their daily routines going for years.