



Why should you care?

There are currently 55,000 people living with dementia in Ireland. The majority of people with dementia (63%) live in the community and use local services; services just like yours. Dementia should not mean someone stops doing the things they love, but as time goes on, they may need support to do so. Do not underestimate the difference you can make if you have a basic understanding of dementia. People with dementia have told us that it is the attitude of those providing services which makes the biggest difference to their experience.

How do you know if a person needs help?

Everyday challenges differ for people with dementia some of the common difficulties they may experience in social settings include:



Remembering names
or specific details



Finding words can be
difficult which makes
it harder for the person
to tell you what they
need or want



Navigating through
complex, confusing
or noisy environments



There are simple things you can do to help:



Body language

Smile warmly and make eye contact. Check if there is anything you can do to help the person get involved or to stay involved.



It's good to talk

Ask the person how they are getting on. Encourage them to let you know if they are experiencing new difficulties in staying involved in their chosen activity and let them know you are there to help.



The environment

Identify if there are any ways you can improve the physical environment by ensuring you have appropriate signage and reduce any unnecessary noise.



Take time

By giving someone extra time and making allowances for any mistakes or mishaps that may arise, small things like this can enable a person to stay involved.



Provide information

If you have an information area, provide leaflets about dementia in your club or centre as this may enable members to get some practical tips and information on supports that are available locally.



Get involved

Work with your local Alzheimer Society of Ireland service to explore the possibility of hosting a dementia friendly social event or activity.



DEMENTIA FRIENDLY COMMUNITIES

To find out more about Dementia Friendly Communities in Ireland please see www.alzheimer.ie or call **1800 341 341**



**THE ALZHEIMER
SOCIETY of IRELAND**



Alzheimer National Helpline: **1800 341 341**



www.alzheimer.ie



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