



SUPPORTING PEOPLE WITH DEMENTIA

## A guide for political representatives

### 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. As age is the main risk factor the number of people living with dementia will grow significantly over the coming years as our population ages. It is a major constituency issue and must be a political priority. 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 in their community that makes the biggest difference to their experience.

### All-Party Oireachtas Group on Dementia



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on Dementia

An All-Party Oireachtas Group on Dementia has been convened by Deputy Mary Butler and Senator Colette Kelleher. This group aims to build understanding, consensus and cross-party support for long term planning and increased investment to support people with dementia and their family carers. You can find out more by contacting us at [allpartygroup@alzheimer.ie](mailto:allpartygroup@alzheimer.ie)

### There are practical steps you can take to support people living with dementia in your constituency:



#### Keep informed

Learn more about dementia and make sure that you and your constituency staff are aware of local Alzheimer Society of Ireland services and supports.



#### Get involved

Work with your local Alzheimer Society of Ireland service to explore the possibility of hosting an event such as an information evening for people with dementia and their families.



#### Support our campaigns

Support Alzheimer Society of Ireland advocacy campaigns and highlight these campaigns to your party colleagues.



THE ALZHEIMER  
SOCIETY of IRELAND

## How do you know if a person needs extra support?

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



- 1.** Remembering names or details



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



- 3.** Navigating through complex, confusing or noisy environments

When communicating with people with dementia there are simple things you can do to help:



### Body language

Smile warmly, make eye contact and listen carefully to people.



### The environment

Ensure your constituency office has appropriate signage, safe and comfortable seating and reduce any unnecessary noise.



### Write clearly

Keep information materials and letters short and to the point. Avoid jargon and use clear language.



**DEMENTIA FRIENDLY COMMUNITIES**

To find out more about Dementia Friendly Communities in Ireland please see [www.alzheimer.ie](http://www.alzheimer.ie) or call **1800 341 341**



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Alzheimer National Helpline: **1800 341 341**



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