



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 the services you provide. It is essential that people living with dementia remain connected with their local communities and that they have access to the right information at the right time. 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 they meet in 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, when seeking information they can encounter a range of difficulties including:



Reading and writing skills may be affected and they may find completing forms difficult



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



Navigating complex, confusing or noisy environments



There are simple things you can do to help:



Body language

Smile warmly, make eye contact and assure the person that you are there to help.



Limit choices

While choice is good, for a person with dementia too many options can be confusing particularly if they are presented it all at once. Try to meet the needs of the person but keep the information simple.



Take time

By giving someone extra time you can enable a person to remain independent.



Provide information

Provide leaflets about dementia in your information area as this may enable people to get some practical tips about dementia and the supports available locally.



The environment

If possible, provide a private space to talk to people. Identify if there are any ways you can improve the environment by ensuring you have appropriate signage and reduce any unnecessary noise.



Get informed

Work with your local Alzheimer Society of Ireland service to explore the possibility of hosting a dementia awareness event or training for staff.



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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