

The First Steps to Building a Dementia-Friendly Future





Thank you for your interest in making your world more dementia-friendly!

Dementia Australia research shows 81% of those with a loved one living with dementia felt that people in shops, cafes and restaurants treated people with dementia differently.

That's why we're encouraging everyone to take a few simple actions to create a dementia-friendly future for **everyone** in the community.

What does a dementia-friendly community look like?

When you start seeing your world through the eyes of someone with dementia or their carer, you suddenly notice many hidden challenges – and many opportunities for improvement.

A dementia-friendly community might include:

- Local businesses that provide accessible services to people with dementia including having staff who understand and know how to communicate with people living with dementia.
- Volunteering and employment opportunities for people living with dementia.
- ‘Memory cafes’ or coffee mornings for people living with dementia and their families.
- Choirs, walking groups, sporting clubs and social groups that are welcoming and inclusive of members living with dementia.
- Accessible areas, with clear signage, seating or lighting to support independence when out in the community.



“

Fundamentally, that is what a dementia-friendly community is about: People living with dementia and the people who support them want to belong to the community. They want to be a part of the community. They want to feel valued. ”

Person living with dementia

How to get started

Step 1



Start by gathering interested people to help you.

Reach out to people living with dementia and their carers, friends, family, neighbours and co-workers. Contact your local council and healthcare providers. Be sure to include people living with dementia: they are the ones who know what's needed and their insights are essential to the success of your project.

Step 2



Hold a meeting and brainstorm ideas.

Invite opinions from people with a lived experience of dementia. Aim to make your meeting as inclusive as possible, with options to join online for carers who need to stay home.

Step 3



Take action!

Getting the ball rolling might seem difficult, but you can get inspiration from what other communities have done.

Around Australia, communities are stepping up to take action and build a dementia-friendly future.



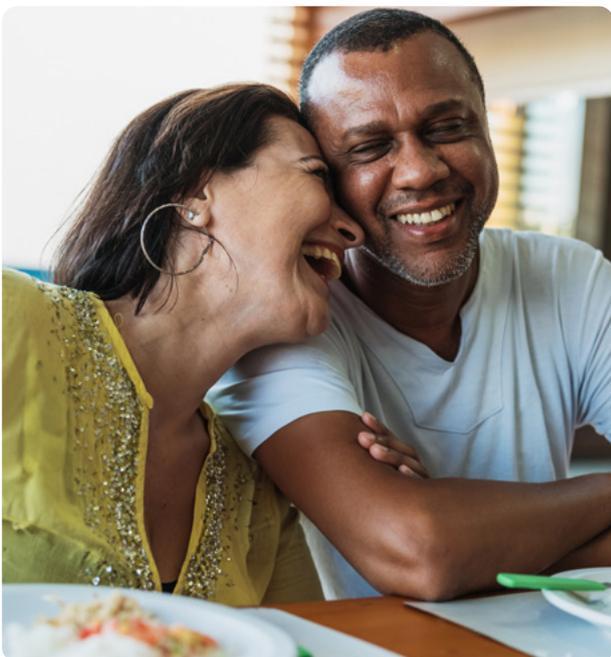
In Western Australia

Green Head Community Association

Despite its small population, this town has created many awareness and engagement activities that reflect their commitment to inclusivity.

Actions included:

- Town audit to identify areas for improvement.
- Collaboration with people living with dementia, community and business groups to create a drop-in centre for people experiencing loneliness and isolation.
- Forums to share information about dementia, tailored to local needs.



“

We've turned our small size into our biggest strength, uniting to support each other and the challenges of dementia together. ”

Community member



In Sydney

Canterbury-Bankstown Dementia Alliance

With a community of people from 123 countries, translation was key.

Actions included:

- Printed and digital copies of dementia resources in languages other than English.
- Interactive webinars to improve understanding of dementia in cultural settings.

“ We’ve seen first-hand the positive impact of providing resources in various languages and training local businesses to be more inclusive. ”

Council officer



In northern NSW

Café Connect Coffs Harbour

A local group created a monthly gathering of people living with dementia and their carers at a local café.

Actions included:

- Name tags
- One long table where people can sit and mingle
- Trained staff who understand dementia

“ This café has made a lot of difference to me. I feel as though I can talk to just about anyone now and I just talk about anything. ”

Participant with dementia

Checklist for choosing a project

No	Question	✓
1	What have people impacted by dementia told you they want? Make sure you've asked people living with dementia and carers about what would improve their life.	
2	Does anything similar already exist? Check with your council or Dementia Australia so you can collaborate with other groups.	
3	Is it inclusive? Make sure your idea is accessible for people living with dementia – and people with disabilities or from non-English speaking backgrounds.	
4	Do people need training or education? If you're involving others in the community, share resources or create sessions to educate about dementia.	
5	How will it be funded? Some activities require money. Consider funding sources such as government grants or business sponsorship, or consider some free activities.	
6	Who can help? No need to do it alone! Gather like-minded people to help you, or contact Dementia Australia for advice.	

National Dementia Helpline

1800 100 500



For language assistance
call **131 450**

Find us online
dementia.org.au



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