

DEMENTIA FRIENDLY

COMMUNITIES

O N T A R I O



Dementia Friendly Communities are:

- ✓ Welcoming
- ✓ Inclusive
- ✓ Supportive

Why learn about dementia?

2025

2050



Persons living with dementia in **Canada**

771, 939

1,712,400



Persons living with dementia in **Ontario**

334, 500

750,000



Current medications for **curing** dementia

0

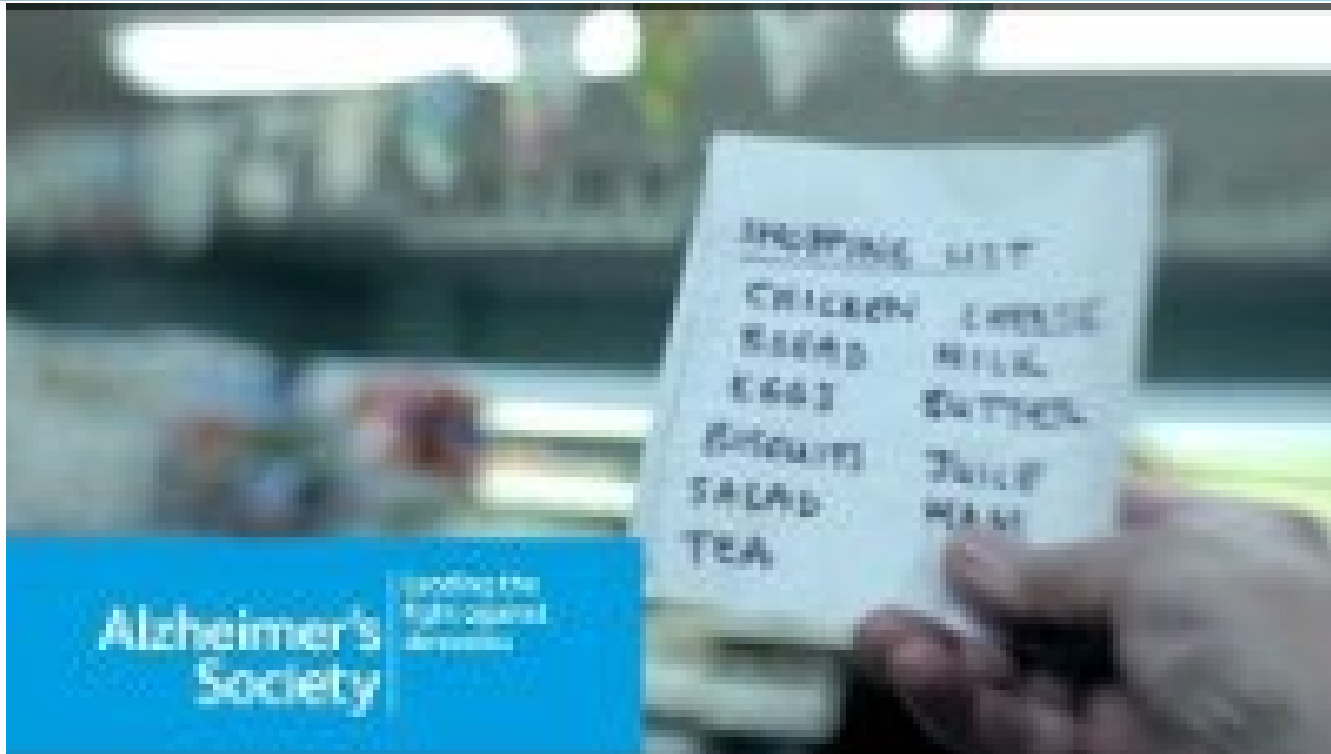
tbd

Mary Beth

Living with
Frontotemporal
Dementia



**We don't stop
living once we
are diagnosed.**



Alzheimer's Society. (2014, March 25). *Small changes help make a dementia friendly community – Alzheimer's Society* [Video]. YouTube. <https://www.youtube.com/watch?v=Fz8ACEu7Lho>

Dementia

(a set of symptoms)

**ALZHEIMER'S
DEMENTIA**

**VASCULAR
DEMENTIA**

**LEWY BODY
DEMENTIA**

**FRONTO-
TEMPORAL
DEMENTIA**

Treatable conditions

Soci t  Alzheimer Society



Will present like the diseases of dementia, yet are treatable & temporary



Depression



Delirium



Medication side effects



Metabolic disorders



Vision or hearing impairment



Sleep disorders



Nutritional deficiencies

How can I tell if a person might be living with dementia?



Memory changes that affect day to day abilities

The person may:

- forget things more often
- struggle to retain information





Changes in mood, personality and behaviour

The person may:

- quickly become tearful or upset for no obvious reason
- act differently from what is normal for them

Changes in language and communication

The person may:

- forget simple words
- use wrong words without noticing
- have difficulty understanding what others are saying





Problems with abstract thinking

The person may:

- have trouble making sense of symbols and pictures
- humour isn't understood

Difficulty doing familiar tasks

The person may have trouble:

- Doing things that are quite routine
- understanding what things are for or how they work





Misplacing things

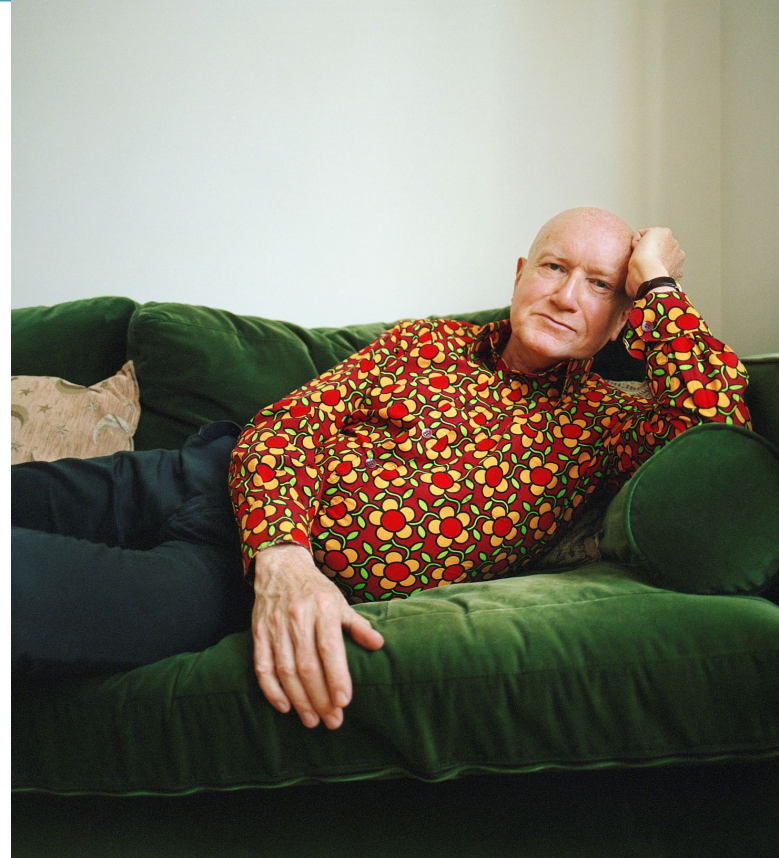
The person may:

- lose things often
- put things in unusual places
- believe someone has taken the item when they can't find it

Loss of initiative

The person:

- on their own, may not take part in things previously enjoyed
- may be willing to participate if you suggest something to do





Disorientation of time and space

The person may:

- lose track of time
- not recognize the day, month or even year
- become lost, even in a familiar place

Challenges understanding visual and spatial information

The person may:

- bump, trip over things
- search for what is right in front of them



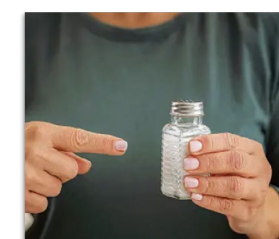
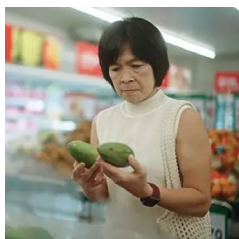
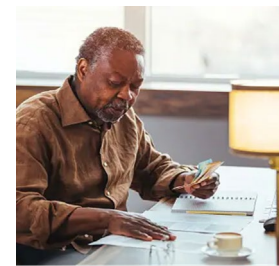
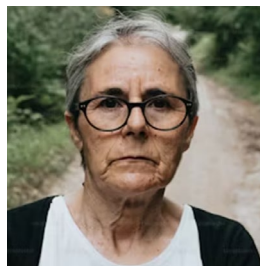
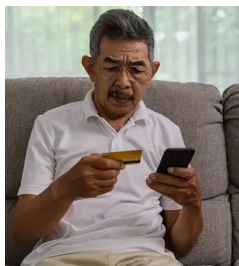


Impaired judgement

The person can make uncharacteristic decisions, such as:

- dressing in warm clothing on a hot day
- making risky financial decisions

How can I tell if a person might be living with dementia?



Risk of Going Missing



- Sometimes these changes put people living with dementia at risk
- Risks include: getting lost, home & community safety, finances

Risk of Going Missing



FINDING Your Way[®]

*For people with dementia,
every step counts.*

Website Learning modules Videos Resources
for everyone!

Risk of Going Missing



4/10 people living with dementia
wander/get lost at least once

4.47 hours average lost time (think:
weather)

8.91 km average distance between
last seen and found

If you suspect someone is missing, contact 911 right away- do not wait

Identifying someone who may be lost



- Inappropriately dressed for the weather
- Standing still
- Looking around for a long period of time
- Pacing
- Looking confused, disoriented, or fearful
- Repeating the same question or statement within a short period of time



Identifying someone who may be lost



If you encounter someone who appears lost and confused, try and look for a bracelet or identifier.

ID CARD



MedicAlert: SAFE & FOUND



PROJECT LIFESAVER





Identifying someone who may be lost

People living with dementia and their care partners can be **pro-active** and fill in these forms for First Responders or agency staff to use.

Cool-Aid / Information Vial

How to Prepare for Arrival of Paramedics

- Move all cars, motor vehicles, and boats to a safe location.
- Turn on outside lights.
- Try to remain calm, stay in one place!

• Check and clean the door.

• Clear a path to the house/boat and remove anything that could block the way.

• Secure Pets.

Please call us at 916.936.1111 For emergencies call 9-1-1

MIDDLEBURY-LONDON EMS

"COOL AID" PROGRAM

Name: _____

Preferred Language Spoken: _____ Phone Number: _____

Address: _____ Phone Number: _____

Doctor: _____ Phone Number: _____

Emergency Contact: _____ Phone Number: _____

Health Card Number: _____ Date of Birth: ____/____/____

Do Not Resuscitate Confirmation Form: Yes No Attached: Yes No

Medical History (check all that apply)

<input type="checkbox"/> Heart Attack (see date)	<input type="checkbox"/> Stroke	<input type="checkbox"/> Parkinson
<input type="checkbox"/> Epilepsy	<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Emphysema
<input type="checkbox"/> Congestive Heart Failure	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Incontinent (Catheterizer)
<input type="checkbox"/> Asthma	<input type="checkbox"/> Seizures	<input type="checkbox"/> Other (please specify)

Current Medication and Dosage (prescribed): _____

Allergies That You Have: _____

Recent Surgeries: _____

FYW ID KIT

Alzheimer Society

FINDING Your Way
For people with dementia
FIND YOUR WAY

Search for an emergency kit
DO NOT DELAY
Call 911 if a person living with dementia is missing

IDENTIFICATION FORM

1 BASIC INFORMATION

First name: _____ Last name: _____

Former last name(s): _____

Nickname(s) - please circle those preferred: _____

Address: _____

City: _____ Postal Code: _____

Phone #: _____ Cell #: _____

Date of birth: _____ Sex: _____ Ethnicity: _____

Language(s) spoken - please list and indicate first language _____

Birthplace - address if possible/known: _____

Current living arrangements:
 Alone With family Facility Other (please describe) _____

2 APPEARANCE & PHYSICAL DESCRIPTION

Height: _____ Weight: _____ Shoe size: _____

Eye colour: _____ Hair colour: _____

Hair style (i.e. curly, straight, bangs, etc.): _____

Facial hair (describe the style if applicable): _____

Complexion: _____ Dominant hand: Left Right

Distinguishing features - please check all that apply and provide further details:
 Scars Tattoos None Other: _____

Speech habits/diosyncrasies (i.e. accent, talks with a stutter, etc.): _____

www.findingyourwayontario.ca

The screenshot shows the top section of the website. On the left is the 'FINDING Your Way' logo with a stylized leaf icon and the tagline 'For people with dementia, every step counts.' On the right is the 'Soci t  Alzheimer Society ONTARIO' logo. Below the logo is a 'Contact' link and a language dropdown menu currently set to 'English', which is circled in red. To the right of the language menu are several utility buttons: a large orange '+' button with a '100%' indicator, a blue '-' button, a blue 'Text' button, and two smaller blue '+' and '-' buttons. At the bottom is a blue navigation bar with white text links: 'LIVING SAFELY WITH DEMENTIA', 'BUILDING SAFE COMMUNITIES', 'ONLINE LEARNING', 'RESOURCES', 'FOR FIRST RESPONDERS', and 'LOCATING TECHNOLOGY'. The entire navigation bar is enclosed in a red rounded rectangle.

FINDING Your Way[®]
For people with dementia,
every step counts.

Soci t  Alzheimer Society
ONTARIO

Contact English Language

+ 100%

- Text + -

LIVING SAFELY WITH DEMENTIA | BUILDING SAFE COMMUNITIES | ONLINE LEARNING | RESOURCES | FOR FIRST RESPONDERS | LOCATING TECHNOLOGY

Interacting with a person living with dementia



**Offer Appropriate
Help**



**Enhance Your Own
Communication**



**Support the
Person's reality**

Dementia Friendly - Offer appropriate help

- ✓ Approach in an open, friendly manner from the front
- ✓ Ask if and how you can help
- ✓ Avoid making assumptions
- ✓ Offer simple choices
- ✓ Provide clear instructions



Dementia Friendly - Enhance communication



- ✓ Reduce distractions
- ✓ Make eye contact
- ✓ Use short, simple sentences
- ✓ Allow person time to respond
- ✓ Speak slowly and clearly using a comforting tone of voice

Dementia Friendly- Support the Person's Reality

- ✓ Recognize how the person might be perceiving the situation
- ✓ Offer reassurance
- ✓ Connect, don't correct
- ✓ Observe the person's actions and body language



Interacting with a person living with dementia



**Offer Appropriate
Help**



**Enhance Your Own
Communication**



**Support the
Person's reality**

Interacting with a person
living with dementia

+

The Built Environment



= Dementia Friendly Design

*(considering the physical environment is part of creating a Dementia Friendly Community which is **welcoming, inclusive and supportive**)*

The Built Environment

Signage/wayfinding

Waiting areas

Entrances & Lighting

Washrooms

Flooring

Background noise

Seating

Surfaces

The Built Environment

Tips for Dementia-Friendly Spaces

Use this checklist to assess your workplace environment and develop your action plan for making the space more dementia friendly.

If changes are not possible right away (or outside your control), consider what you can do in the meantime — such as developing the communication skills to support people living with dementia to navigate the space.

Lighting

Check if satisfactory or leave blank if not applicable	Notes/Improvements
<input type="checkbox"/> Inside lighting is adequate to improve visibility	
<input type="checkbox"/> Light fixtures, window coverings and lamps are positioned to avoid bright glare and dark shadows	
<input type="checkbox"/> All entrances and exits are well lit to provide a safe and welcoming atmosphere	

Tip: Consider offering sensory-friendly periods where the lighting is adjusted

Sound

Check if satisfactory or leave blank if not applicable	Notes/Improvements
<input type="checkbox"/> Radio, background music or other sources of noise are minimized	
<input type="checkbox"/> Quiet areas are available to provide a less distracting atmosphere and/or hold private discussions	
<input type="checkbox"/> PA system delivers clearly audible announcements, when necessary	

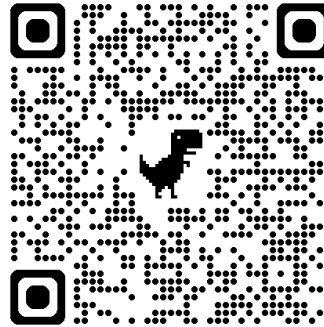
Tips:

- Offer periods of time when background music and other sources of noise (e.g., phones, PA system) are completely turned off
- Consider sound dampening building materials and d cor (e.g., acoustic wall panels, fabric furniture, curtains, etc.)
- Try to seat/work with people living with dementia as far as possible from the noisy areas in your space (e.g., reception, kitchen)

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Small changes may have big impact

Resources available:

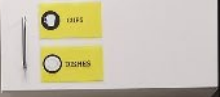


- Alzheimer Society of Canada website
- DFC Friendly spaces checklist





Figure 2: A ward refurbished with dementia at the heart of the design | Debra Carberry. (2022). Retrieved 16 May 2022, from <https://www.theguardian.com/commentisfree/2016/apr/15/johns-campaign-dementia-warring-halton-nhs>



Toilet



Hot Water



Towels



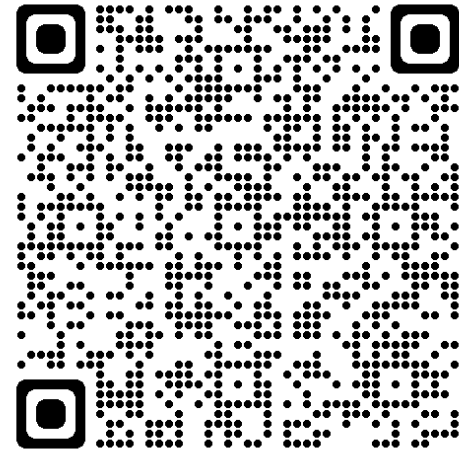
Working towards a Dementia Friendly Community

Our goal is for people living with dementia to be welcomed, included and supported in their community.

What will you do?



DEMENTIA
FRIENDLY
COMMUNITIES
ONTARIO



www.dementiafriendlyontario.ca

Contact Information

To locate your local Alzheimer Society,

www.alzda.ca

To find out about upcoming ALZeducate sessions

www.alzeducate.ca

By email: andy.gibb@alzda.ca

By phone: (905)-529-7030 ext 215

We want your feedback

Soci t  Alzheimer Society



If you have a QR scanner on your phone or tablet – you can scan this QR code to get to the survey

<https://www.surveymonkey.com/r/FYWseminarsurvey>