

DEMENTIA **FRIENDLY**

COMMUNITIES

O N T A R I O



Dementia Friendly Communities are...

- Welcoming
- Inclusive
- Supportive

Why learn about dementia?

2024

2050



Persons living with dementia in **Canada**

733,040

1,712,400



Persons living with dementia in **Ontario**

300,000 +

750,000



Current medications for **curing** dementia

0

tbd



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>

What did you notice about the person's **ability** to use services such as public transportation, the ATM, grocery shopping?

What **reactions** from others did the person encounter? How would you **feel** if people responded to you that way?

Dementia

(a set of symptoms)

ALZHEIMER'S
DISEASE



=60-80 %

VASCULAR
DEMENTIA



= 20 %

LEWY BODY
DEMENTIA



= 5 - 15 %

FRONTOTEMPORAL
DEMENTIA



= 2 - 5 %

Treatable conditions



Depression



Delirium



Medication side effects



Metabolic disorders



Vision or hearing impairment



Sleep disorders



Nutritional deficiencies

Defining Dementia

Progressive

- The amount of damage done by the disease increases over time

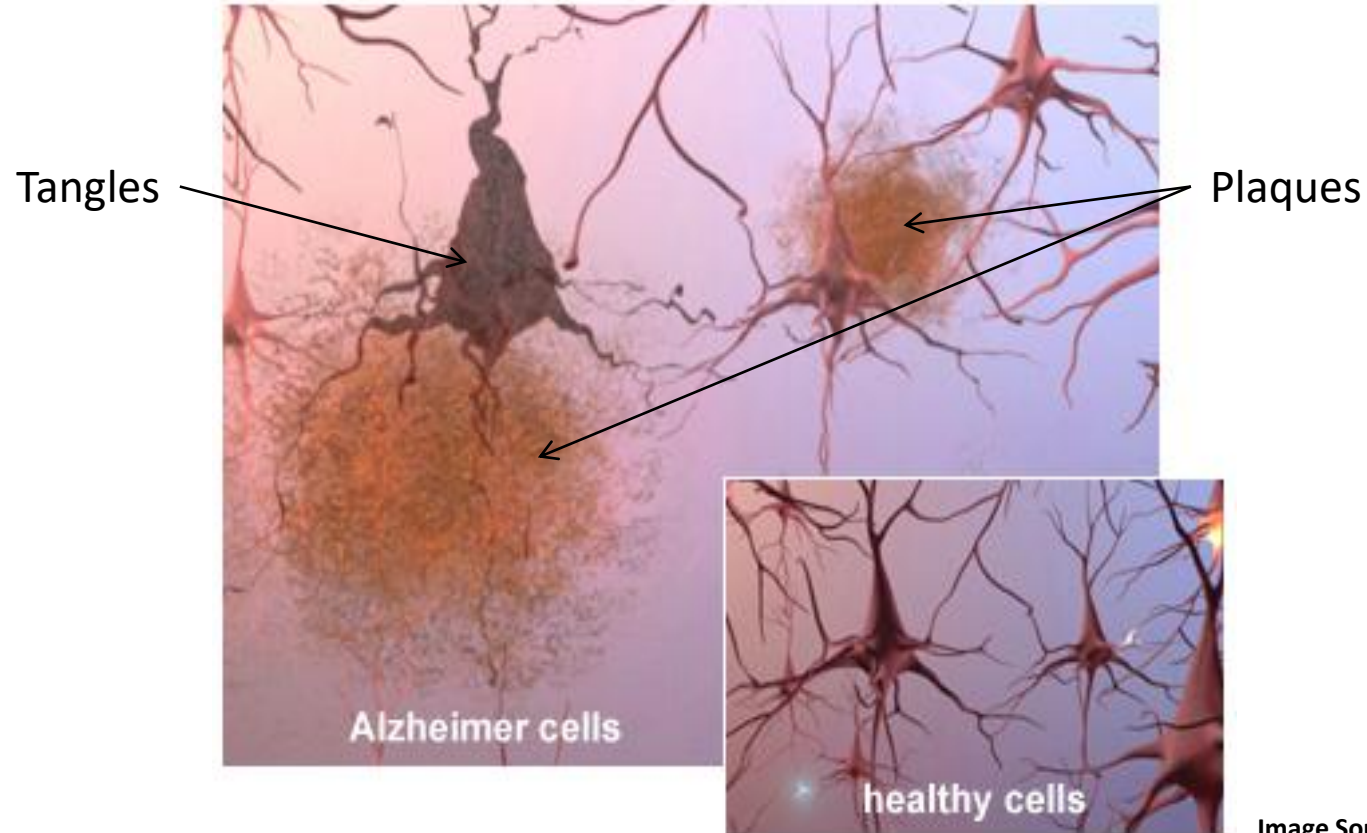
Degenerative

- The nerve cells/neurons in the brain degenerate or break down

Irreversible

- Damage caused by the disease cannot be repaired

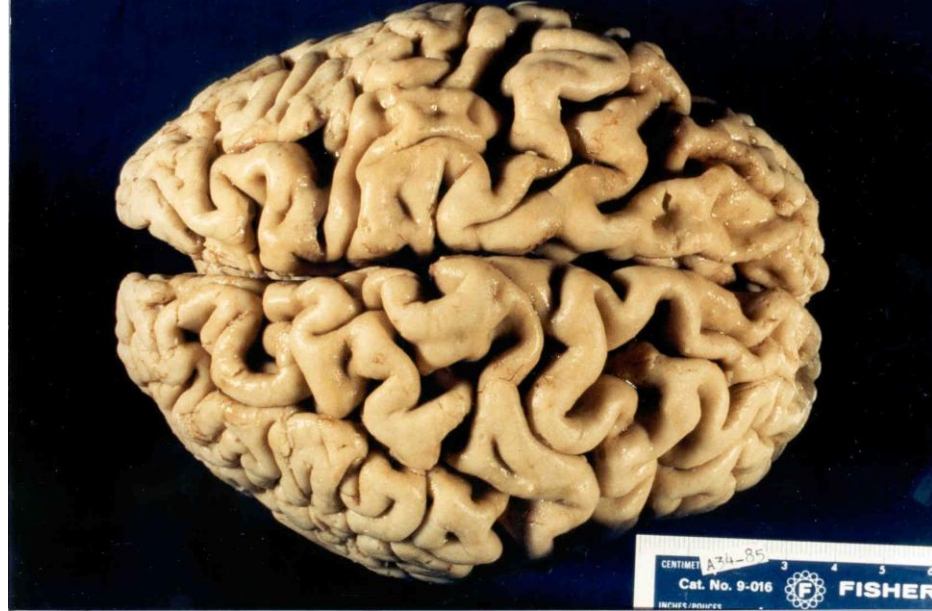
Neurons (brain cells)



Healthy Brain vs. Alzheimer Brain



Normal Brain



Brain Atrophied by Alzheimer Disease

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

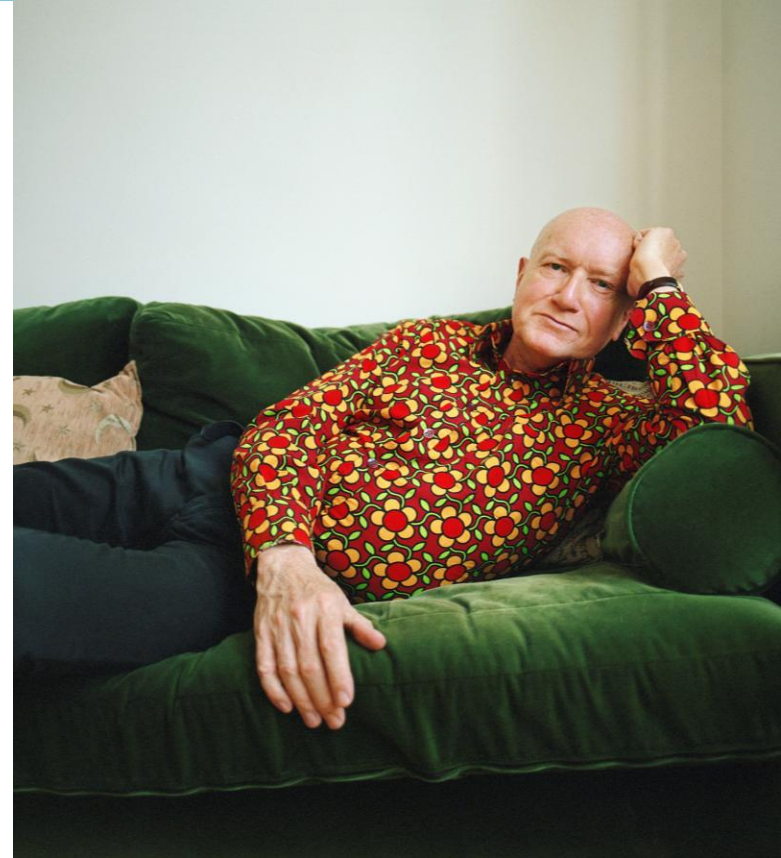
The person may:

- 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



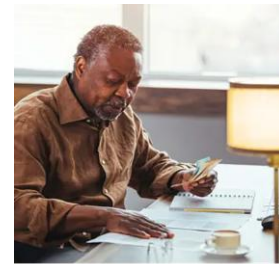


Impaired judgement

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



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.

FYW ID KIT

The image shows a printed identification form titled "IDENTIFICATION FORM" under the Alzheimer Society logo and "FINDING Your Way" branding. It includes a "DO NOT DELAY" warning. The form is divided into two main sections: "1 BASIC INFORMATION" and "2 APPEARANCE & PHYSICAL DESCRIPTION".

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, long, 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/idiosyncrasies (i.e. accent, lingo with a slutter, etc.): _____

www.findingyourwayontario.ca

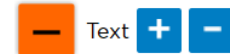


Société Alzheimer Society
ONTARIO

Contact

English

Language



LIVING SAFELY WITH DEMENTIA

BUILDING SAFE COMMUNITIES

ONLINE LEARNING

RESOURCES

FOR FIRST RESPONDERS

LOCATING TECHNOLOGY

Forms of Communication



Verbal

- Spoken Words
- Written Words

Non-Verbal

- Body language. Facial expression, gestures
- Tone, volume, pace
- Proximity

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**

Person Centered Language



PERSON CENTRED LANGUAGE GUIDELINES

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:

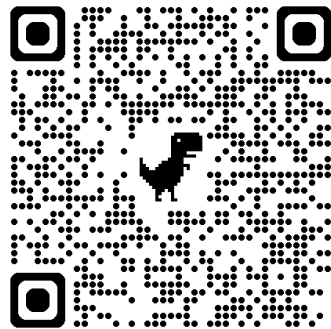
- Offer periods of time when background music and other sources of noise (e.g., phones, PA system) are completely turned off
- Consider sound dampening building materials and décor (e.g., acoustic wall panels, fabric furniture, curtains, etc.)
- Try to seat/work with people living with dementia as far 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.

Financing contribution from:  **Financing contribution from:**  **Financing contribution from:** 

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>





Environment principles – dementia enabling environments: Alzheimer's WA. *Dementia Enabling Environments* | Alzheimer's WA. (n.d.-b).
<https://www.enablingenvironments.com.au/dementia-enabling-environment-principles.html>

Working towards a Dementia Friendly Community

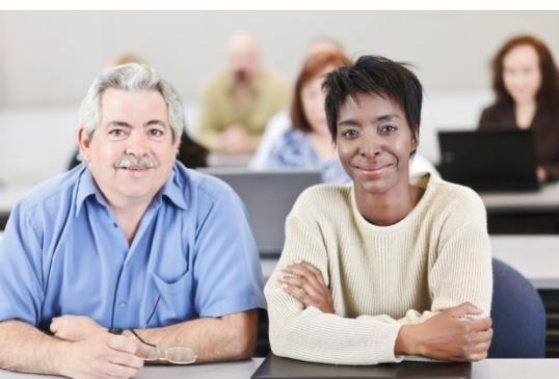
Our goal is for people living with dementia to be welcomed, included and supported in their community.

What will you do?



Alzheimer Society of Toronto

AST Services and Programs



Alzheimer Society TORONTO

- First Link Program
- Counselling and Support Groups
- Active Living
- Education/Training
- AST Music Project
- Finding Your Way (FYW)

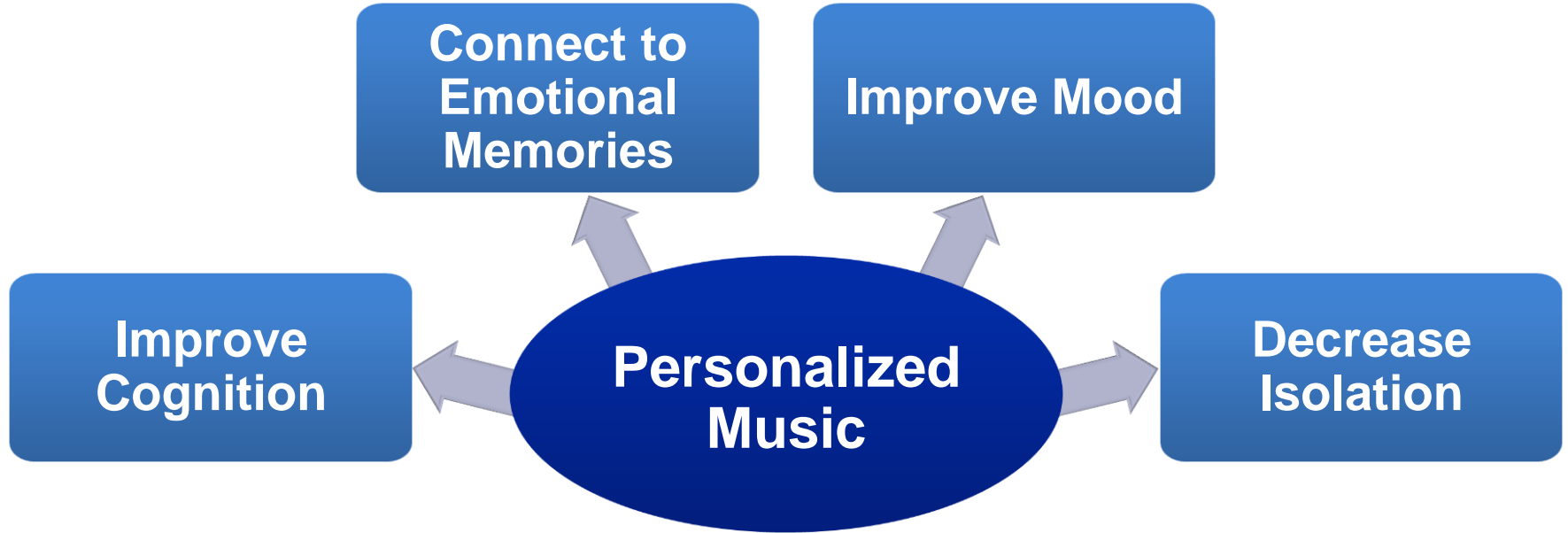


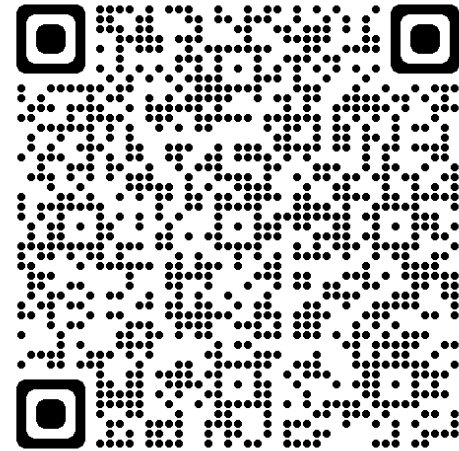
Eligibility Criteria

- ✓ Diagnosis or suspected diagnosis of **dementia or cognitive impairment**
- ✓ Residing in participating regions



Benefits of Personalized Music





www.dementiafriendlyontario.ca

THANK YOU!

Questions?

Alzheimer Society of Toronto

 **416-322-6560**

 **www.alz.to**

Find your local Alzheimer Society

 **www.alzheimer.ca**

www.dementiafriendlyontario.ca

We want your feedback



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>