DEMENTIA-FRIENDLY COMMUNITY-BASED SUPPORTS

Living independently at home, often with some support, is a hallmark of a dementia-friendly community. People with dementia and their caregivers need to understand the disease, care options, and community services available to support a meaningful life.

Supports that foster independence and quality of life include:

- Dementia-friendly, community-based service providers who are aware of and use best practices in serving people with dementia.¹
- Education, counseling and support for caregivers and families that allows them to continue their critical role in supporting people with dementia.²
- Wellness programs – such as nutrition, physical activity, and physical, speech, and occupational therapy – that help people live well with dementia and reduce the severity of the disease.³
- Risk reduction services that address home safety to avoid accidents and injuries, including those related to driving.⁴,⁷
- Meaningful activities and engagement opportunities, such as memory cafes, adult day programs, and art, music, and theater tailored to people with dementia.⁵
- Advance care, financial and legal planning to prepare for the future.⁵
- Independence at home services, including chore services, meal delivery, home care, and other home-based services that help people with dementia adjust to changing needs.³,⁷
- Dementia-aware and dementia-friendly culture programs, such as Dementia Friends, and community trainings that leverage the broader community in providing a support network.⁵
**Resources**

1. ACT on Alzheimer’s® Community-Based Service Provider Practice Tool: http://www.actonalz.org/provider-practice-tools
3. Alzheimer’s Association Minnesota North Dakota 24/7 Helpline, 1-800-272-3900 or http://www.alz.org/mnnd and Senior LinkAge Line®, 1-800-333-2433
4. Action Resources for Transportation and Driving: http://www.actonalz.org/transportation-driving
5. Action Resources for Dementia Friendly Communities: http://www.actonalz.org/dementia-friendly

Every part of the community can strive to be dementia friendly within the collective community process of creating a supportive environment for people with dementia and their families. Learn more about the process and the Minnesota communities ACTing on Alzheimer’s at www.ACTonALZ.org.