



# Alzheimer's Disease International

*The global voice on dementia*



## Dementia Friendly Communities

Key principles

## Foreword

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This publication sets out the principles and the resources available to guide the development of dementia friendly communities. A second publication describes the development of dementia friendly communities around the world.

Fostering the development of dementia friendly communities is a priority for Alzheimer's Disease International.

At one level the concept of dementia friendly is beguilingly simple... namely, to work for the common goal of a better quality of life for people with dementia and their families. But it is much more than this. Dementia friendly communities has the power to change the way we think about living with dementia.

It marks a fundamental shift from a focus on meeting the physical and health needs of the person with dementia to supporting the person to achieve the best quality of life reasonably possible.

Only by engaging the wider community will we succeed where previous generations have failed in protecting the rights of people with dementia.

The task of increasing the awareness of dementia after centuries of neglect and institutionalisation is enormous. It is only since the turn of this century that we can discern changes in understanding and language that hold the prospect of a better life for people with dementia and their families and care partners.

Health and other services are critical to assisting the individual with dementia to retain their independence through meeting their unique needs, but it is the everyday things in life that matter if they are to retain their self-respect and quality of life.

To be able to access services in banks, retail and hairdressers without embarrassment. To continue the hobbies and activities of a lifetime. To communicate with people who understand the basics of how to communicate with people with dementia. Dementia should be everybody's business.

And for families and care partners to know that help is there when needed. Or for those who live alone or homeless to access supports that respond to their needs.

My thanks to Sarah Kerr for her work on this publication and to the many people have contributed to it to make it possible. ADI is committed to updating the latest developments on dementia friendly communities around the world on our website.

A handwritten signature in black ink that reads "Glenn Rees". The signature is written in a cursive, flowing style.

**Glenn Rees AM**

Chair  
Alzheimer's Disease International

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### Cover image

People with dementia and their families join young and elderly people for the Run Tomo event in Japan. Each participant runs or walks a short distance, passing a sash to the next person, with a total distance of 2,500km.



## Introduction



The *Dementia Friendly Store* initiative in Taiwan has resulted in shop staff ensuring people with dementia are safe while working closely with their families.

***“The importance of the concept of dementia friendly communities fits with the needs of our human rights and disability rights to be recognised. In the same way as any other person with a disability, we should be supported to remain independent in our communities for as long as possible. For example, if a wheel chair ramp is provided without hassle, there is no reason why all organisations and environments should not also be designed to be dementia enabling.”***

**Kate Swaffer**, Chair, Dementia Alliance International

The concept of “dementia friendly” is starting to capture the imagination of consumers, policy makers and researchers around the world.

At one level the concept of dementia friendly is beguilingly simple - namely, to work for the

common goal of a better life for people with dementia and their families. But it is much more than this. The framework of dementia friendly has the power to change the way we think about living with dementia.

It marks a fundamental shift from a focus on meeting the physical and health needs of the person with dementia to a holistic approach to supporting the person to achieve the best quality of life reasonably possible.

There are two very different underlying objectives of dementia friendly communities which have as their end goal a better life for people with dementia.

First, the objective of reducing stigma and increasing understanding of dementia by greater awareness and meaningful engagement for people with dementia of all ages...that is the lived experience approach.

Second, the objective of empowering people with dementia by recognising their rights and capabilities so that they feel respected and, to the extent that they are able, empowered to take decisions about their lives. This approach believes that the challenge is to create a society where dementia is normalised and people with

dementia are supported to continue to live fulfilling lives for as long as possible with the understanding that dementia is a disability.

Description or analysis of different approaches cannot adequately “bottle” the passion and commitment of those driving different initiatives or how they have developed and grown to what they are today. There is no one recipe for success but this publication seeks to identify the key principles which arguably are common to the development of the dementia communities around the world.

While dementia friendly communities should seek to preserve the safety and well-being of those living with dementia, they should also empower all members of the community to celebrate the capabilities of people with dementia, and view them as valuable and vital members of the towns, cities, villages and countries in which they reside. Getting this balance right is something which will be an ongoing focus for debate.

*“I have found participation in a Dementia Friendly Communities project has enabled me to remain engaged in the community and to contribute positively not only to the community in general but to others with a dementia or other disability. Participation encourages a positive outlook on the rest of my life, not the prescribed death of the person before the death of the body. Active participation is also about changing people’s ideas about dementia and breaking the stigmas of dementia.”*

**Dennis Frost**, Chair, Southern Dementia Advisory Group (Kiama, Australia)



In attempting to define what dementia friendliness means to India, the Alzheimer's and Related Disorders Society of India conducted five workshops in different parts of the country. The workshops encouraged participants to identify the challenges faced and barriers to creating dementia friendly communities.



## The need for dementia friendly communities



The *Creative Spaces* project, run by the Sensory Trust in Cornwall, UK, supports people with dementia to partake in outdoor activities, such as fishing and woodland skills and walking. *Picture courtesy of Sensory Trust*

**“Having dementia is very tough but having a city who excludes dementia – that is really tough.”**

**Bart Deltour**, Foton Dementia Charity, Bruges

The *World Alzheimer Report 2015: The Global Impact of Dementia* estimates that there are currently 46.8 million people living with dementia around the world, with numbers set to increase to 74.7 million by 2030 and 131.5 million by 2050. There are over 9.9 million new cases of dementia each year worldwide, implying one new case every 3 seconds.

Lack of awareness and understanding of dementia remains a major concern around the world despite the important developments in the recognition of the issue at the global level in the work of agencies such as the World Health Organization, G7 and Organisation for Economic Cooperation and Development and the adoption in an increasing number of countries of national dementia plans.

It is commonplace to hear people with dementia and their families and care partners say that the first consequence of the diagnosis of dementia was stigma and increasing social isolation. This should not altogether be surprising as it is only since the turn of this century that there has been a greater understanding of dementia as a chronic disease and a move by some Alzheimer’s organisations to be inclusive of people with dementia.

The knee-jerk reaction to dementia in times past has been institutionalisation. Increasingly policy

is recognising the need for priority to be given to home care including respite care, nursing and personal care, food and transport services that enable people with dementia to live independently in the community for as long as possible (OECD (2015), *Addressing Dementia: The OECD Response*, OECD Health Policy Studies, OECD Publishing, Paris). As for any chronic disease it is in large part the responsibility of government to provide access to health and care services. Dementia friendly communities are needed to complement the responsibilities of government in meeting the needs of the person with dementia for social engagement and participation in society as well as access to health and care services.

The emergence of dementia friendly communities is a recognition that dementia is both a social and health issue. Across the world 70 per cent or more of people with dementia live in the community getting on with their lives as best they can, overcoming the stigma and social isolation that are often the consequence of dementia. And the majority of the 46.8 million people with dementia globally have no formal diagnosis and as a consequence do not have access to information, support, care and treatment.

The recognition of the responsibilities of the wider community to be inclusive of people with dementia, and to respect their rights to services and activities we all expect to enjoy is not a rationale for governments to step back from funding badly needed home care and health services. To the contrary all the evidence is that government support at some level, whether local or national, is critical.

## Considerations for creating a dementia friendly community



Student volunteers trained in *TimeSlips Creative Storytelling* facilitate stories at Chai Point's adult day programme in Milwaukee, Wisconsin, USA. Humour and smiles are common side-effects of the regularly offered programme facilitated by university students each semester.

***“In creating your dementia friendly society, always remember the answers to these two questions: If your mother developed dementia how would you like her to be treated by society? If you yourself develop dementia at some time in the future, how would you like to be treated by society?”***

**James McKillop**, Scotland

When starting out on the road to creating a dementia friendly community there are a number of points for consideration. The concept of changing how people think about living with dementia involves a cultural shift, which is not possible with a short one-off campaign or a series of spontaneous events. Creating a dementia friendly community should be approached with a view to long-term commitment from all parties. Dementia friendly communities should be underpinned by core values and are more than a collection of projects or programmes that may be time-limited. Rather than running alongside other activities, dementia friendly communities should encapsulate all efforts undertaken to include and empower people with dementia in all activities and aspects of everyday life, and result in the longer term in a change in the way communities think about dementia.

At the same time, some of the best international examples of dementia friendly communities are small locally-driven projects that have focused on creating social opportunities for people with dementia. Therefore these considerations should not limit small locally-driven projects but instead provide a broader framework to Alzheimer's organisations, governments and other large community organisations on how to bring together and maximise the impact of the varied initiatives.

### Outcomes

For evaluation and analysis, it is important to identify what outcomes are being sought. In brief, the key outcomes which Alzheimer's Disease International believes should be pursued within dementia friendly communities include:

- a. Increased awareness and understanding of dementia
- b. Increased social and cultural engagement for the person with dementia
- c. Legal and other measures in place to empower people with dementia to protect their rights
- d. Increased capability of health and care services to develop services that respond to the needs of people with dementia
- e. Actions to improve the physical environment whether in the home, residential care, hospitals or public places

The evaluation of the approach must include both a measurement of the objective changes which have occurred (for example, time to see a specialist) as well as measuring the lived experience of people with dementia and their families and care partners through surveys, focus groups and individual interviews.

## Defining a community

The most common definition of a community in terms of dementia friendly communities is a geographic location. Initiatives that aim to transform a specific village, town, city, region or country into a dementia friendly community are most common worldwide. Other initiatives, such as the Dementia Friends programme in the UK ([www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)) focus on a national approach to raising awareness and understanding. There are also campaigns that support minority communities defined by race, religion, sexuality and social situation.

## No one size fits all

Dementia friendly communities are a social construct and, of necessity, infinitely variable in their local or cultural responses. Although the broad principles (see page 10) should be the same across any dementia friendly community programme, there is no 'one size fits all' solution that will work for every community.

People with dementia and carers from different communities, whether defined by geographical area or culture, often face very different challenges. The experiences of people with dementia in the local community should be at the forefront of any dementia friendly community programme. During the planning stages for a new dementia friendly community programme, people with dementia and their families should be consulted to identify key local priorities and needs before any dementia friendly community plan is drawn up.

*“Being involved in our local Dementia Friendly Community project has given me a way to advocate for the needs of my partner, and myself, within our regional community. It’s something to ‘sink your teeth into’: it offers action, real change, encourages conversations about what needs to be done within our*

*immediate context, the chance to work together with remarkable people ‘from the ground up’ and to be part of a global political movement, and is relevant to our community, but that may not be to some other community.”*

**Lynda**, a care partner

International experience suggests that some of the most successful projects have two interacting layers of networks and consultation. First, projects often begin as organic, grassroots, “bottom-up” networks comprised by people with dementia engaging socially in their community. This is an essential component of any dementia friendly project. People with dementia and their families can provide valuable information on what is working well within a community and what needs to change. A local network of people with dementia or family members can be established to help provide oversight and vision for the project.

Secondly, projects may result from a “top down approach” by governments and national organisations, for example, businesses such as banks and healthcare organisations. Japan and the UK are important examples of where a national commitment and funding from government has supported the development of dementia friendly communities. This approach has been assisted in those countries by support of Dementia Friends campaigns to promote awareness of dementia. Alzheimer associations have been instrumental in many countries at the national and local level in promoting the concept of dementia friendly communities.

It follows that in planning, building and developing dementia friendly communities, there is a need to recognise both layers.

Just as all dementia friendly community building programmes should be driven by or include those living with dementia, the initiatives should grow organically and not be forced upon communities. They should also have some fluidity and overlap. Efforts should be streamlined and not duplicative but should feed into one another, all working towards the common goal of a better life for people with dementia and the elimination of stigma.



## Not about us, without us

*Dementia Alliance International is a non-profit group of people with dementia worldwide*

**Being dementia friendly is less about being 'friendly' and more about accessible communities**



**and human rights. It is much more than simple awareness about dementia. People with dementia need support and commitment from people without dementia to work together to make our shared communities more accessible, in the same way that people living with other disabilities do.**

Dementia friendly communities are more about respect, human rights, and not being discriminated. They must be about full inclusion and the right to citizenship. They must also provide, in the same way a wheel chair ramp does, access, dementia-enabling environments, and support for disabilities. They are about autonomy, equality and equity, and they must include us. These principles are aligned with the *UN Convention on the Rights of Persons with Disabilities*, and people with dementia have every right to expect to receive these things.

By not including people with dementia, the stigma, discrimination, myths about dementia and isolation are continued, and if the organisations and service providers claiming to advocate for us are not including people with dementia in this work, it exacerbates the stigma, discrimination and isolation. These initiatives must also include wide representation of people living with dementia, and not just one or two individuals.

These initiatives and campaigns need to respect and empower people with dementia. Very importantly, they need to promote, and use, respectful and enabling language. When they engage with the media, it is important to insist the language being used is aligned with the most recently updated dementia language guidelines. They can be found on the Alzheimer's Australia website; without using them, the media, and the organisation, will never be dementia friendly.

*The Dementia Friends campaigns and initiatives must not focus on deficits; otherwise we will never transform the way the world and our communities think, act toward and talk about people with dementia.*

Therefore, Dementia Friends campaigns and dementia friendly community initiatives, campaign material, and campaign media, must focus instead on supporting our disability and human rights. Our needs must be fully supported, and Local Dementia Working Groups of people with dementia should be set up in each dementia friendly community initiative to guide and inform the work.

We understand in many non English-speaking countries, this is more difficult due to factors such as stigma and delayed diagnosis. We also know there are excellent examples of dementia friendly initiatives in spite of this, such as in Japan and Taiwan, and as an organisation we would always support these countries in any way to empower people with dementia to become more involved. We acknowledge and respect the cultural, socio economic and other differences around the world.

*If it's about us without us, it cannot be dementia friendly.*

Dementia Alliance International believes the Kiama Dementia Friendly Communities initiative is the gold standard globally, primarily because they have set up, and support a very active Dementia Advisory Group of people with dementia supported by their care partners or significant others, who lead the work. This was modelled on the Scottish Dementia Working Group, and the Alzheimer's Australia Dementia Advisory Committee, and the six national Dementia Groups globally are successfully empowering more people with dementia to advocate for others with dementia, and for themselves.

Dementia Alliance International feels it is important that all dementia friendly community initiatives use this approach, or it continues to be 'about us, without us'.

# Dementia friendly communities: the principles

## Overview

A dementia friendly community can be defined as: a place or culture in which people with dementia and their carers are empowered, supported and included in society, understand their rights and recognise their full potential.

### **The cornerstones of a dementia friendly community**

In addressing the twin objectives of reducing stigma and increasing understanding of dementia and empowering people with dementia, Alzheimer's Disease International suggests that the four essential elements needed to support a dementia friendly community are people, communities, organisations and partnerships.

## People

### **Involvement of people living with dementia**

Dementia friendly communities should be shaped around information about the social and economic impacts of dementia, the needs and opinions of people living with dementia, together with input from carers. Only by ensuring that initiatives are inclusive of people living with dementia at all stages of development, will we succeed in giving them the sense of respect, dignity and purpose they seek.

*Some of the ways to achieve this include:*

- Community consultations and workshops on strategies for the development of dementia friendly communities
- A charter of rights on the model of the Scottish Charter that identifies the rights of people with dementia and their family carers at every stage of the illness
- A consumer survey to seek feedback on the experiences of people living with dementia in their community and changes they would like to see put in place
- Resources (for example, how to communicate with people with dementia and information on dementia) to support the inclusion of the views and voices of people living with dementia in their community

## Communities

### **The social environment**

There is a need to tackle the stigma and social isolation associated with dementia through strategies to engage and include people with dementia in community activities. The availability

of accessible community activities that are appropriate to the needs of people living with dementia, along with suitable transport options, are important for a community to become dementia friendly. The engagement of people living with dementia in existing community activities rather than only specialised activities is also important. Providing people with dementia the opportunity to remain in their homes and within their communities should be a guiding principle.

These are the opportunities we all have a right to expect: paid or unpaid activities, social opportunities though sporting activities such as golf and bowls, meeting with friends, participation in community activities such as choirs and walking clubs, access to retail, banking and other services.

*Some of the ways to achieve this include:*

- A Dementia Friends initiative that builds community understanding of dementia
- Working with schools to raise awareness in younger people about dementia
- Showcasing the stories of people with dementia volunteering within the community
- Programmes to support people with dementia to remain in employment
- Collaborations with local community organisations to provide education on dementia in order to support continued involvement of people with dementia in community activities

### **The physical environment**

A physical environment that supports the needs of people living with dementia is critical. It needs to be accessible and easy to navigate. Pathways, signage and lighting all need special consideration.

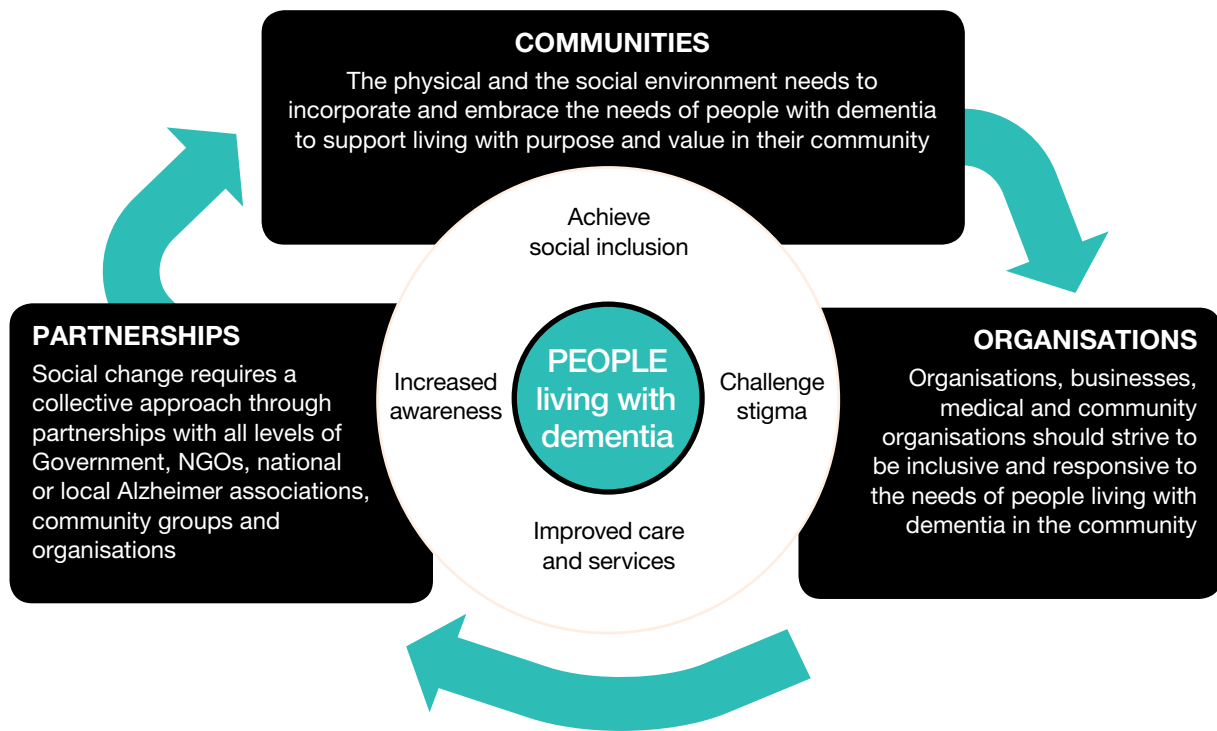
*Some of the ways to achieve this include:*

- An assessment of the local environment to identify key spaces and ways to improve them for people with dementia
- Identification of opportunities for collaboration with age friendly initiatives

## Organisations

### **Dementia friendly organisations**

For people living with dementia to remain engaged within their communities, businesses and organisations need to demonstrate



awareness, respect and responsiveness. Encouraging organisations to establish dementia friendly approaches and implement strategies that help people with dementia will contribute to a dementia friendly society.

*Some of the ways to achieve this include:*

- Guidelines on the key principles of dementia friendly organisations
- Consultation on the possible use of a symbol to denote dementia friendly organisations
- Develop a dementia friendly symbol to support organisations that are working towards becoming dementia friendly
- Work with key government agencies, emergency services, retail and banks to encourage uptake of the programme
- Promote becoming dementia-friendly to mainstream businesses and provide advice and support to encourage uptake
- Develop a dementia friendly organisations resource kit, which includes an action plan to support the establishment of dementia-friendly organisations

### **Access to appropriate health care**

A timely diagnosis of dementia and early treatment is a critical component of a dementia friendly community. Delivering dementia friendly services that respond to the unique needs of people with dementia at the right place at the right time.

*Some of the ways to achieve this include:*

- Activities that encourage total health and wellbeing

- Timely diagnosis and post diagnostic support
- Promoting the message of timely diagnosis and treatment through appropriate professional bodies and primary health care professionals
- Seeking to make hospitals more dementia friendly

### **Partnerships**

The establishment of dementia friendly communities as a social action initiative needs cross-sectoral support and collective action to effect change. It is no one organisation's sole responsibility to effect change of this scale, therefore the collective commitment to this cause and working in collaboration and partnership is critical. The strengths and focus of organisations within a community need to be identified and built into the plan for establishing a dementia friendly society.

*Some of the ways to achieve this include:*

- Meetings with ministers, local governments, business organisations, consumer groups, service agencies
- Development of a partnership agreement template to assist communities to strengthen local partnerships
- Identify the critical partnerships at the national level to support this work and establish relationships through possible partnership agreements
- Explore opportunities to further represent the views and priorities of people living with dementia and the importance of creating dementia friendly communities



## Programme management and evaluation



Alzheimer Cafés were introduced in the Netherlands in 1997. There are now 230 Alzheimer Cafés run by volunteers in the country and the concept has been adopted in more than 15 countries worldwide.

The creation of dementia friendly communities is a social action initiative. It is important to research and evaluate the initiative without imposing unnecessary bureaucracy. Where possible this role should be undertaken by a national Alzheimer association who then provide an overarching framework. This enables local communities to carry out their grassroots projects without the burden of evaluation.

*Some of the ways to achieve this include:*

- A work plan with intended outcomes to support the implementation of a dementia friendly strategy
- Support the meetings of a dementia friendly working group with wide representation
- Develop a survey instrument to collect the views of people with dementia and family carers and their partners on the implementation and outcomes of the dementia friendly initiative.
- Develop a communications strategy to reduce stigma and increase community awareness, which includes: utilising public awareness campaigns

and social media, and developing publications to include support for dementia friendly communities

- Present at conferences and conduct workshops on dementia friendliness
- Develop resources to promote becoming dementia friendly
- Work collaboratively with a university to pilot an initial evaluation model or survey tool
- Monitor outcomes throughout the dementia friendly initiative and be responsive to emerging areas of interest in this work
- Lead, collaborate and link all aspects of the dementia friendly communities initiative



In July 2015, Alzheimer Slovenia (Spominčica) provided training to 100 medical professionals, supporting the University Medical Centre Ljubljana in their first steps towards becoming the country's first dementia friendly hospital.

## Global examples



The 21 chapters of Association Alzheimer Suisse in Switzerland host annual Fokus-Prize awards ceremonies to recognise local people who have gone to great lengths to support people with dementia and their carers or families.

The concept of dementia friendly communities has been implemented, to varying degrees, in many countries across the world. In some countries the development of dementia friendly projects has been assisted by policies at the national level to make dementia a national health priority. In others, local initiatives have developed purely as the consequence of locally committed people. The types of activity described vary enormously depending on whether the approach has been national or local, the balance of the priorities set in terms of the twin objectives of reducing stigma and empowering people with dementia, and the outcomes that are being sought. The following table may help to illustrate this.



Dementia Namibia used Alzheimer's Society's Dementia Friends materials, developed for England and Wales, to run dementia training for shop staff in the small coastal town of Henties Bay.



In Beechworth, in rural Victoria, Australia, a photo journal exhibition was held during Dementia Awareness Week in 2015. Photos of local people with dementia were displayed in the windows of ten businesses alongside stories about their lives.



In Uji, Japan, the *LemonAid* Dementia Action Alliance is beginning to provide employment or volunteering opportunities for people with dementia.



Primary Outcome	Type of Activity
<b>Awareness</b>	<p><i>Dementia Friends</i> national initiatives with basic training to promote a greater awareness of dementia among large numbers of people (Canada; Japan; UK – England, Scotland and Wales)</p> <p>State-wide mobile teams visiting communities to promote an understanding of dementia (India)</p> <p>Increasing understanding of dementia among culturally and linguistically diverse communities (Bradford, UK – England; Victoria, Australia)</p> <p>Survey groups including people with dementia, family carers, service providers, religious organisation to assess the extent to which a country or community is dementia friendly and the action needed (Australia; India; Singapore)</p> <p>Intergenerational activities to assist young people in understanding what it is like to live with dementia (South Korea)</p> <p>National awareness programmes to promote and change attitudes around brain health (Finland)</p>
<b>Social and cultural engagement</b>	<p>Perhaps the most common expression of dementia friendly is the establishment of local alliances to implement dementia friendly communities involving people with dementia and family carers. Some like those in Uji (Japan) and York (UK – England) have an extensive and impressive range of projects (Australia; Germany; Japan; UK – England and Wales)</p> <p>Local social engagement through Alzheimer/Dementia/Memory Cafés (introduced in the Netherlands and now established in many other countries)</p> <p>Buddy programmes to support people with dementia in voluntary or paid employment or in access to sports programmes (Donegal, Ireland; Netherlands; South Australia; Uji, Japan)</p> <p>Transportation services to respond to the special needs of people with dementia (Florida, USA; Liverpool, UK – England)</p> <p>Dementia friendly city charter which commits local governments to provide a range of services including dementia training for professionals, Alzheimer’s Café and offering respite care (Belgium)</p>
<b>Human rights</b>	<p>Building on a human rights framework to illustrate the practical measures needed to achieve respect for people with dementia and the human rights, notably <i>The Scottish Charter of Rights for People with Dementia and their Carers</i></p> <p>Providing a right to a service, for example a right to a timely diagnosis (UK) and a guarantee of post diagnostic support for 12 months to those newly diagnosed (UK – Scotland)</p>
<b>Capability building and access to dementia friendly services</b>	<p>Training and education resources and programmes (for example Dementia Friendly America, a collaborative of more than 35 national organisations providing sector guides and tool kits to non-profit, banking, government, legal, health and pharmaceutical sectors; in Taiwan a series of separate, but related, dementia friendly initiatives including education projects for the police and school children and dementia friendly retail, clinics and family day care)</p> <p>Promoting access to services nationally through major networks such as banking or retail (Taiwan; Netherlands; UK)</p>
<b>Physical environment</b>	<p>The possibility of linking environmental considerations for people with dementia to the Ageing Cities movement (Singapore)</p> <p>An interactive map to allow users to map places and spaces that they feel could be improved to enable people with dementia to better access care and support (Kiama, Australia)</p> <p>Providing best practice design for domestic and residential dementia care (Christchurch, New Zealand; DEEP project, Australia; Norway)</p>

For more information about the dementia friendly communities initiatives included in the above table as well as other projects, see our accompanying publication *Dementia friendly communities: global developments* or visit [www.alz.co.uk/DFC](http://www.alz.co.uk/DFC)



## Further reading

Alzheimer Europe. Dementia in Europe Yearbook 2015: Is Europe becoming more dementia friendly? 2015. Luxembourg, Alzheimer Europe

The Alzheimer Society of Ireland, Innovations in Dementia. Report on Creating Dementia Friendly Communities. 2012. Dublin, The Alzheimer Society of Ireland

Alzheimer's Australia dementia language guidelines: <https://fightdementia.org.au/about-dementia/resources/dementia-language-guidelines>

Alzheimer's Australia NSW. A Guide to Becoming a Dementia-Friendly Community. 2014. NSW, Alzheimer's Australia

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Alzheimer's Society. Building dementia friendly communities: a priority for everyone. 2013. London, Alzheimer's Society

Alzheimer's Society. Creating a dementia-friendly workplace: A practical guide for employers. 2015. London, Alzheimer's Society

Alzheimer's Society. Guidance for communities registering for the recognition process for dementia-friendly communities. 2013. London, Alzheimer's Society

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Tilly J, Wiener JM, Gould E. Dementia-capable States and Communities: the Basics. 2014. Washington, DC, Administration for Community Living

Wisconsin Healthy Brain Initiative. A Toolkit for Building Dementia-Friendly Communities. 2015. Madison, WI, Wisconsin Department of Health Services

World Health Organization. Global age-friendly cities: a guide. 2007. Geneva, World Health Organization

## Useful websites

Act on Alzheimer's dementia-friendly resources, USA: [www.actonalz.org/communities-action-resources](http://www.actonalz.org/communities-action-resources)

Alzheimer Nederland, Netherlands: [www.alzheimer-nederland.nl/dementievriendelijk](http://www.alzheimer-nederland.nl/dementievriendelijk)

Alzheimer's Australia resources for dementia-friendly communities: [fightdementia.org.au/about-us/campaigns/dementia-friendly-communities](http://fightdementia.org.au/about-us/campaigns/dementia-friendly-communities)

Alzheimer's Society resources and guidance for creating dementia-friendly communities, UK: [www.alzheimers.org.uk/site/scripts/documents\\_info.php?documentID=2631](http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2631)

Dementia Alliance International: [www.dementiaallianceinternational.org](http://www.dementiaallianceinternational.org)

Dementia Enabling Environments, Australia: [www.enablingenvironments.com.au](http://www.enablingenvironments.com.au)

The Dementia Engagement and Empowerment Project (DEEP) Guides: <http://dementiavoices.org.uk/resources/deep-guides>

Dementia Friendly America Toolkit, USA: [www.dfamerica.org/toolkit](http://www.dfamerica.org/toolkit)

Dementia Friendly Bruges, Belgium: [www.dementievriendelijkbrugge.be](http://www.dementievriendelijkbrugge.be)

Dementia Friendly Japan Initiative (DFJI): [www.dementia-friendly-japan.jp](http://www.dementia-friendly-japan.jp)

Dementia Friendly Netherlands: [dementievriendelijk.nl](http://dementievriendelijk.nl)

Joseph Rowntree Foundation's Dementia Without Walls resource hub, UK: [www.jrf.org.uk/dementia-without-walls](http://www.jrf.org.uk/dementia-without-walls)

World Health Organization's Age Friendly World website: <https://extranet.who.int/agefriendlyworld>

## About Alzheimer's Disease International

Alzheimer's Disease International (ADI) is the international federation of over 80 Alzheimer associations supporting people with dementia and their families.

Each of our members is a non-profit Alzheimer association supporting people with dementia and their families.

ADI was founded in 1984 and registered as a non-profit organization in the USA. Based in London, ADI is in official relations with the WHO since 1996 and has consultative status with the UN since 2012.

ADI's vision is an improved quality of life for people with dementia and their families throughout the world. ADI aims to make dementia a global health priority, to build and strengthen Alzheimer associations, and to raise awareness about dementia worldwide. Stronger Alzheimer associations are better able to meet the needs of people with dementia and their carers, and to be the global voice on dementia.

Alzheimer's Disease International:  
The International Federation  
of Alzheimer's Disease and  
Related Disorders Societies, Inc.  
is incorporated in Illinois, USA,  
and is a 501(c)(3) not-for-profit  
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**Alzheimer's Disease  
International**

*The global voice on dementia*