

Exploring Dementia Friendly Villages

Dementia Friendly Community - Definition

“A dementia-friendly community is one in which people with dementia are empowered to have aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them.”

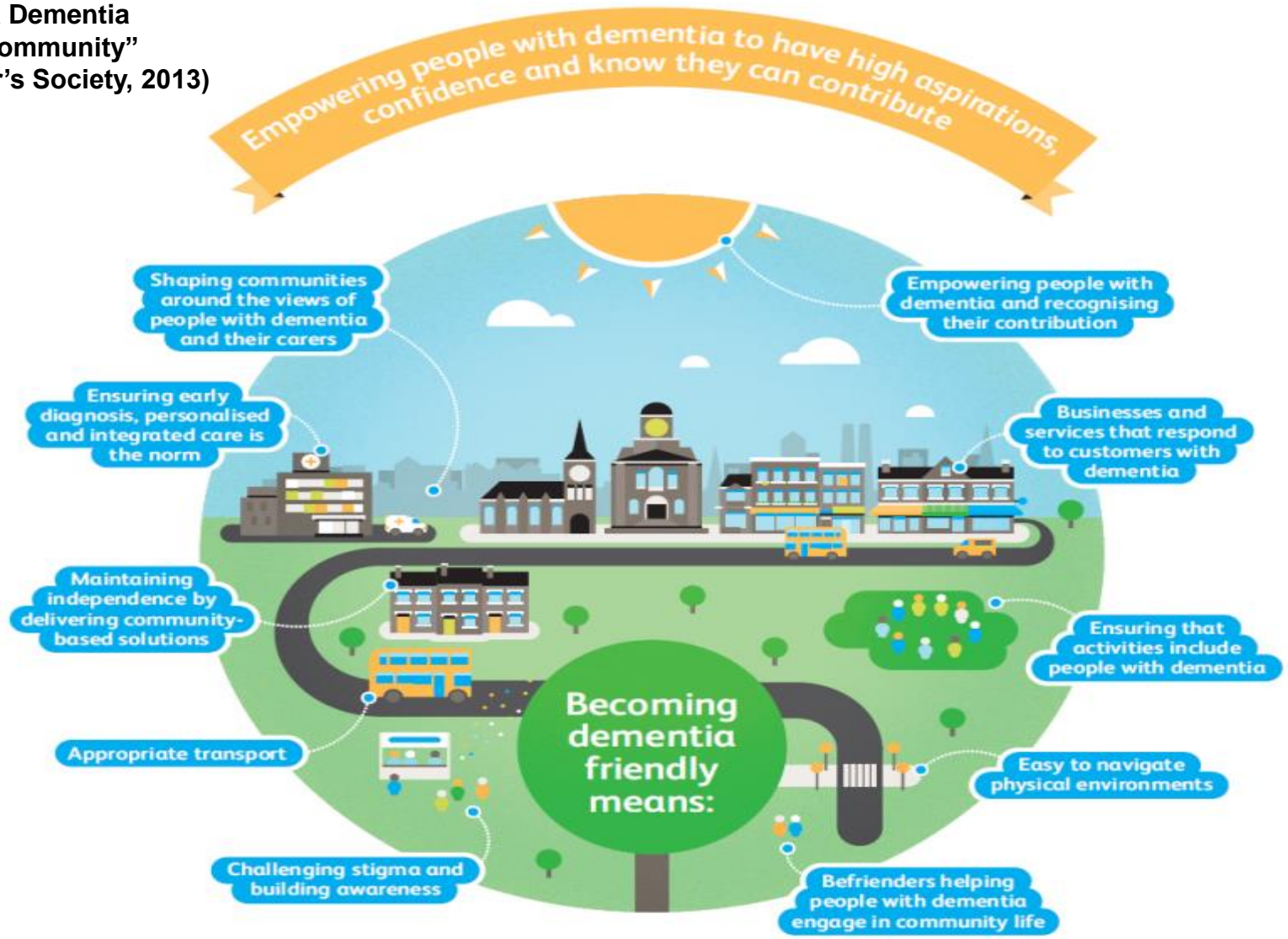


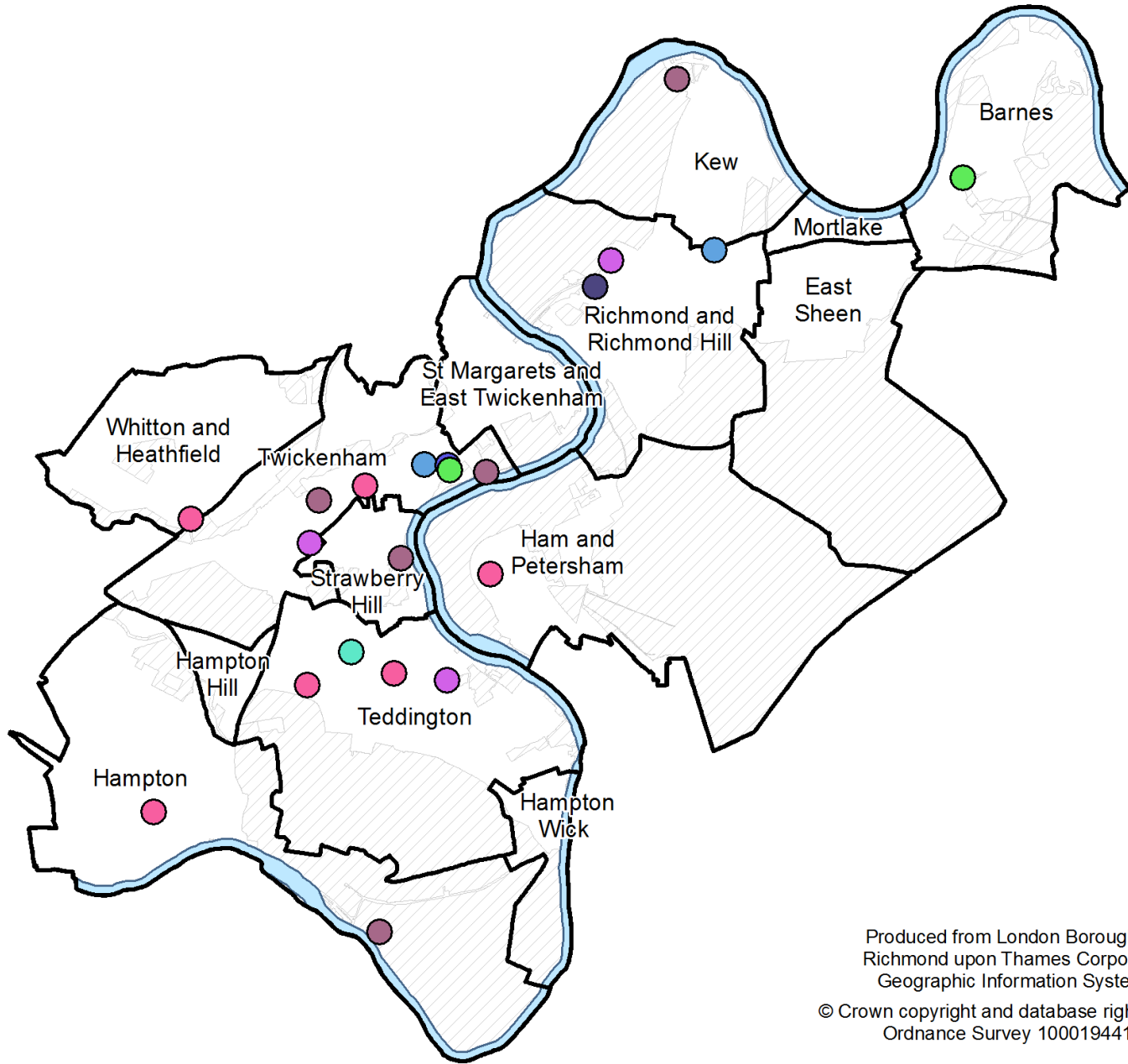
Working to become
**Dementia
Friendly**

NHS
Richmond
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**Vision of a Dementia
Friendly Community”
(Alzheimer’s Society, 2013)**





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What is dementia? – Quick recap

- Umbrella term. The brain physically changes in its structure. (Caused by diseases like Alzheimer's, Vascular dementia etc.)
- Dementia affects: memory, communication, motor skills, sequencing, visual perception, changes in inhibition
- Often feelings of frustration, depression, anxiety
- The part of the brain that manages emotions is more resilient to dementia.
- Each person with dementia is an individual – with likes and dislikes, a full life history and other needs.
- People with dementia tell us: “I don't go out , I don't do the things I used to love, or go to the places I used to go to.”

National Dementia Declaration

7 outcomes people with dementia would like to see in their lives:

- I have personal choice and control or influence over decisions about me
- I know that services are designed around me and my needs
- I have support that helps me live my life
- I have the knowledge and know-how to get what I need
- I live in an enabling and supportive environment where I feel valued and understood
- I have a sense of belonging and of being a valued part of family, community and civic life
- I know there is research going on which delivers a better life for me now and hope for the future



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