

We can't cure dementia yet

BUT WE CAN ALL  
CURE THE STIGMA



Making Edinburgh  
dementia friendly



Alzheimer Scotland  
*Action on Dementia*



ScottishCare



evoc



HAPPY TO TRANSLATE

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For someone with  
dementia, it's the  
little things that  
make the difference.

HERE ARE SIX EASY  
WAYS YOU CAN HELP.





## 1. LEARN THE FACTS

Find out about dementia and how it affects people who have it. That way you will know what to do to help them. Share your knowledge with friends, families and workmates. The more people there are who know about dementia, the easier things will become for the people who have it.



## 2. HELP ME JOIN IN

Don't write someone off because they have dementia. Dementia affects everyone who has it in a different way. It does get worse over time but, with a little help from others, people with dementia can live good lives and keep their daily routines going for many years.



## 3. USE KIND WORDS

People often joke about dementia. They forget it is a fatal condition. They make light of dementia. Using words such as 'losing their marbles' or 'going gaga' can be hurtful. It also causes people to hide their dementia.



## 4. TALK TO ME

Not knowing what to say to someone with dementia can stop people talking to them. Many people say that they become invisible as soon as they tell others they have dementia. This can be hurtful. So, don't be afraid. Give it a go and keep on talking!



## 5. BE PATIENT

There are little things everyone can do to help someone with dementia. Giving someone a bit more time in a queue is one. Giving a person time to find their words if they are having problems speaking is another. Help them keep doing the things they do every day.



## 6. BE A FRIEND

Keep in touch. Social contact can help slow down the progress of dementia. The support of friends and family helps someone with dementia stay connected and part of their community. Show your support by becoming an Alzheimer Scotland 'Dementia Friend'.

## USEFUL CONTACTS

Find out about the Dementia Stigma campaign  
[www.edinburgh.gov.uk/demetniastigma](http://www.edinburgh.gov.uk/demetniastigma)

Become a dementia friend at  
[www.dementiafriendsscotland.org](http://www.dementiafriendsscotland.org)

Find out more about dementia, services and support  
[www.alzscot.org](http://www.alzscot.org)

Alzheimer Scotland  
24 hour dementia helpline  
**0808 808 3000**

[#dementia6littlethings](https://twitter.com/dementia6littlethings)

