

Small Changes, Big Differences.

The following gives a list of ideas that many communities are putting into action to help create dementia friendly communities.

- **Raise awareness and understanding of dementia amongst the whole community**
- A dedicated 'no hurry' checkout lane in supermarkets.
- Individual arrangements with local shops, services etc. between owners and people with dementia/families/carers to support them to continue to enjoy daily/weekly/monthly activities, eg arranging for family/carer to pay for hairdressers, newspaper at end of the week.
- Having a nominated dementia champion within a company that can be the point of contact for staff (and costumers) on issues associated with dementia.
- Informing retailers about the use of chip and signature cards.
- Tours of theatres, galleries, public buildings etc. by people with dementia to offer suggestions for better customer care or environmental factors (signage, lighting, space). For example in the theatre having dedicated seating set aside that is near to exits or aisles so people can leave if necessary.
- Local branches of banks to go and give talks to local memory cafes about financial issues and what support the bank can offer, eg chip and signature cards.
- Local police to visit memory cafes to talk about community safety and support.
- Pharmacies to visit memory cafes to talk about what they offer as well as having a list of local support groups and information of where to get help on a notice board or in a folder
- Opticians & Dentists - awareness training and support
- Producing a very quick reference guide for local shops/businesses with details of where they can get help or advice if they meet someone who has dementia that needs support (eg local numbers for GP/Carers Organisations) in their community.
- People with dementia (memory cafes) doing a 'walking tour' of town centres and offering suggestions about environmental issues, signage, accessibility.
- Schools including dementia throughout the curriculum and having opportunities to educate through creative arts, linking with local residential/nursing homes
- Local Parks/Leisure facilities - look at facilities, safety, walking routes.
- Working with local Chamber of Commerce or Business Improvement Districts (BIDS) to promote work of local alliances and raise awareness to its members.
- Providing a sticker/logo to businesses/retailers to show that they are dementia aware.

For more information on any aspects of this document please contact Carol Clifford, Project Manager, West Region Alliances on 07715 805662 or email carol.clifford@alzheimers.org.uk