

## Moving Forward, Together: Creating Dementia Supportive Communities the Right Way

### *Guidance for Community Members*

Dementia Supportive Communities are strongest when they are shaped **with** people living with dementia and their care partners, not just **for** them. People with lived experience bring unique insight into what feels welcoming, what creates barriers, and what truly makes a difference in daily life.

**As any member of the community**, you can support meaningful engagement through everyday interactions and choices.

- Pay attention to non-verbal cues and changes in comfort, confidence, or engagement.
- Meet people where they are by being ready with both open-ended questions (“*What would make this easier?*” or “*How does this feel for you?*”) and close-ended questions (“*Would you prefer the chocolate cake or oatmeal cookie?*”).
- Share observations respectfully with organizations or spaces that are trying to improve.
- Seek opportunities to build or strengthen relationships with people living with dementia.

Small moments of listening and validation help build trust, and trust is the foundation of meaningful inclusion.

**Amplifying impact means not only sharing the message, but sharing power, listening deeply, and moving forward together.**