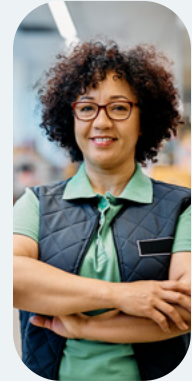


Moving Forward, Together: Creating Dementia Supportive Communities the Right Way

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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.**

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