

## HINTS AND TIPS NO.1 – BECOMING A DEMENTIA FRIENDLY COMMUNITY



### **Form your 'steering group'**

Dementia-friendly communities work best when they're led by local people so your next step can be to join with other interested people locally and agree what you want to do.

### **Raise awareness**

People in the community need to understand dementia before they can take dementia-friendly actions so we are hoping a big part of your plan will be to raise awareness of dementia. You can do this through one hour face-to-face Dementia Awareness sessions. These help people to find out more about how they can help. Contact us at the address below to find out more.

### **Involve people affected by dementia**

A good way of deciding what you want to do is by hearing the experiences of people affected by dementia where you live. You could do this by inviting people with dementia to join your group; visiting other groups such as Memory Cafés or hosting a community event.

### **Join the Shropshire Telford and Wrekin Dementia Action Alliance (STW DAA)**

The Dementia Action Alliance aims to make sure that we make the most of the power of social action to bring about change for people affected by dementia. As part of the DAA we want you to have access to networks, support and information as well as recognition of your commitment to improve support for people affected by dementia. Its free, if you want to join contact u at the address below.

### **Tell the world**

You're doing something amazing, so make sure your community knows about it. It's a great way to get more people on board and to celebrate your successes. You could consider sharing news on social media; writing a press release for your local newspaper, or taking part in community events and fayres.

**CONTACT US AT [shropshiretelfordandwrekindaa@gmail.com](mailto:shropshiretelfordandwrekindaa@gmail.com)**

