

# dementia

understand together



**See the person,  
not the dementia**



**Talk about dementia**



**Ask how you can help**



**Stay in touch**



**Support the person to keep up  
hobbies and interests**



**Make sure your service or  
space is easy to use**

# Dementia: Understand Together in Communities

**Join the many** individuals, businesses and organisations already taking steps to make their communities dementia inclusive.

**With your help** we are creating communities where people with dementia and their families are respected, supported and connected.

**Take one small action** and make a difference to the quality of life of people with dementia and their families.

For information and supports visit: [www.understandtogether.ie/get-involved/](http://www.understandtogether.ie/get-involved/)

Contact your local Community Champion at:



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service