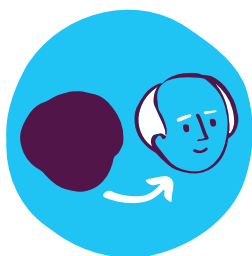


Dementia: Understand Together



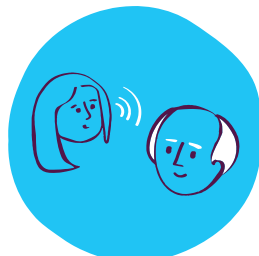
There are 6 simple actions we can take to help support people living with dementia and their families.



See the person,
not the dementia



Talk about
dementia



Stay in touch



Ask how you
can help



Support people to
keep up hobbies and
interests



Make sure your
service or space is
easy to use

Find out more at

understandtogether.ie

Dementia: Understand Together - creating dementia inclusive communities.

Partner organisations and many local people are joining the HSE campaign to support people with dementia and their families to stay connected and involved in their local communities.

The Dementia Inclusive Community symbol was developed by people with dementia. By displaying the symbol, you are sending an important message. You understand, you care and you support people with dementia.



Get Involved

You can be part of this movement.

If you'd like to learn more about dementia and understand how you can help, we would love to stay in touch. Sign up to become a Community Champion.

Community Champions come from all walks of life. Most of us are already champions without even realising it. Whether through our work, or in our personal lives, being a champion is about leading by example. It's showing people kindness, understanding and offering support if needed. We can support you to build a dementia inclusive community where you live.

Find out more and sign up for updates about events, activities, training opportunities, and get practical tips and advice at:

understandtogether.ie

or scan the QR code below



dementia
understand together