



Empowering Dementia Friendly Communities Project

The Empowering Dementia Friendly Communities Project looks to the voices of people with lived experience to change perceptions and lead systemic change

Where do we look for direction to guide our work? Maybe it's our education, research, experiences, influence from colleagues and mentors . . . maybe it's a combination of all the above. Now ask yourself, of the above, what single factor has impacted and changed the way that you do things for the better? Is it experience? While education and research help to ground and support the direction of our work, it is our experiences that take things to another level. We see for ourselves what works, what doesn't and why some things that should theoretically work or make sense, simply don't.

Chances are that if you are working in healthcare, you aren't in it for the money, power, or status. Your priority may be to help others and use your knowledge, skills, and abilities to positively influence or even change lives. What better way to do this than to apply real life experience to really evaluate your work and learn from experience to grow, change, and create new and better ways of doing things?

The Empowering Dementia Friendly Communities (EDFC) Project strives to do just this. The EDFC Project (2020-2023) is funded by the Public Health Agency of Canada's Dementia Community Investment. Our work is inspired and guided by incredible individuals who are sharing their experiences living with dementia and who work alongside the Hamilton Council on Aging and project partners: the Alzheimer Society, GERAS, Haldimand Senior Support Services, Hamilton Health Sciences, McMaster University, the Regional Geriatric Program central, and Age Friendly Hamilton to examine and challenge the status quo to create more dementia-inclusive communities.

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Our guiding principle is that lived experience provides the unique perspective to identify issues most relevant to people who live with dementia. We require this insight to honestly evaluate and as necessary, change the way we do things.

Empowering Dementia Friendly Communities Project Continued..

We have learned through this project that there is a lot that needs to be changed for people who live with dementia. This begins with healthcare providers, decision-makers, family, friends, and the community at large really listening to individuals who live with dementia to learn, grow, and reinvent dementia-care through the experience of those who know best! Learn more about the Empowering Dementia Friendly Communities Project at www.FacesOfDementia.ca and read a snapshot of some of our work here.

Faces of Dementia: An awareness campaign to highlight stories of living with dementia.

Through compelling videos, beautiful posters, and imagery, Faces of Dementia has been crafted around the stories of people living with dementia and their individual messages that they are so much MORE than their diagnosis. We are grateful for the contributions of the 7 amazing individuals and their families who shared their stories and voices to create this compelling campaign. Learn more about Debbie, Doug, Phyllis, Vera, Ruby, Terry, and Vera. Listen to their wisdom and hear their messages that their diagnoses do not define who they are. View the campaign by visiting their website www.FacesOfDementia.ca.

Faces of Dementia Campaign



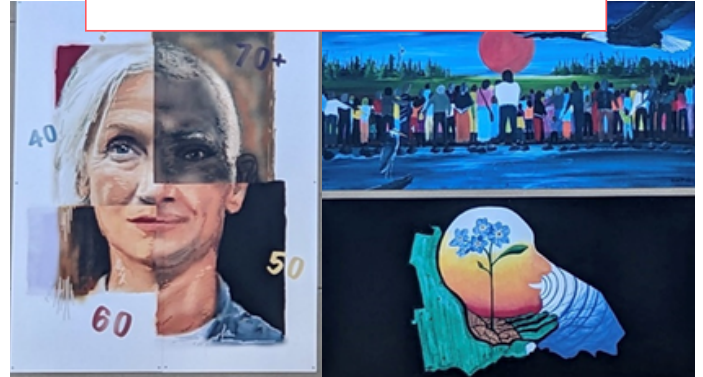
M.I.C.E. Haldimand (Memory+ Inclusive Communities Everywhere)

Memory+ Inclusive Communities Everywhere (M.I.C.E.) is a committee of citizens from Haldimand County who live with memory loss and other cognitive challenges. Members have different diagnoses and journeys. They are committed to using the insight they have gained through their experiences to inspire a more understanding, helpful and inclusive community. Since M.I.C.E. established last year, they have accomplished a lot. They successfully hosted the 1st M.I.C.E. Festival, a free community event to bring people together. They created a contest to engage the Haldimand community, inviting artists to submit concepts for a public mural.

Empowering Dementia Friendly Communities Project Continued..

They installed this mural, beautifully depicting inclusive communities everywhere! Please check out the M.I.C.E. Mural, featuring the winning artwork from this contest at the Medicine Shoppe, Caledonia! The M.I.C.E. team is passionate, creative, and committed to change. We can't wait to see and learn from what they do next! Please visit www.MICEHALdimand.ca to learn more

M.I.C.E. Mural winning artwork at the Medicine Shoppe, Caledonia



1-Hour Empowering Dementia Friendly Communities Certificate Education Program

From businesses to faith communities to service clubs, we all play a role in creating dementia-friendly communities! We offer a free 1-hour training course to help you learn how to be part of the solution in creating dementia-friendly communities! The Empowering Dementia Friendly Communities Certificate Education Program is available online or in-person. Upon completion, you will receive a certificate and be equipped with tools to improve your services and understand how to create more inclusive environments for people who live with dementia! Please visit www.FacesofDementia.ca to register for an upcoming workshop or organize a free personalized workshop for your group/team by contacting Wendy at wendy@hamiltoncoa.com

ATTENTION: BUSINESSES, ORGANIZATIONS, GROUPS & EVERYONE WHO WANTS TO LEARN MORE!

Join us for a **FREE** workshop to learn how we can work to create dementia-friendly communities!



Hear about first-hand perspectives and experiences of a person with dementia



Gain useful tips on how to interact and work with people with dementia



Earn a Dementia-Friendly Education Certificate in 1-hour to use for professional development

Sign Up

Register for an upcoming workshop at FacesOfDementia.ca or organize a personalized workshop for your group/team by contacting Wendy at wendy@hamiltoncoa.com

www.facesofdementia.ca

Empowering Dementia Friendly Communities Project Continued..

Dementia Friends has issued 3 newsletters to date, each with a unique theme.



Dementia Friends in our Community- Hamilton

Dementia Friends in our Community - Hamilton came together to challenge stereotypes about living with dementia and empower people living with it. Team members are individuals from Hamilton, ON, with different backgrounds, interests, and each lives with dementia. In 2022, Dementia Friends launched a newsletter to share the knowledge and insight gained through their experiences living with dementia. Dementia Friends has issued 3 newsletters to date, each with a unique theme. Their recently released third edition follows the theme: "Living well wherever home is means something different for each one of us." We encourage everyone: healthcare providers, family, friends, the public and others who live with dementia to please read this newsletter to learn about what has helped members from Dementia Friends in their personal journeys and to consider a different perspective about living with dementia. Visit www.FacesOfDementia.ca to subscribe and learn more!

Stay connected to the Faces of Dementia Campaign!



www.FacesOfDementia.ca



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