

DEMYSTIFYING

DEMENTIA

(NC) According to the latest national data from 2020-2021, almost 477,000 people aged 65 and older living in Canada have been diagnosed with dementia. The number is likely to be higher when accounting for people living with undiagnosed dementia.

Dementia symptoms differ.

Not everyone experiences the same dementia symptoms or behaviours. Memory challenges are not always a symptom. Thinking abilities, such as attention, planning, memory or awareness of place and time, may be affected. It may be harder for people living with dementia to express thoughts or quickly understand what others are saying.

In fact, symptoms can vary from person to person, day to day, across different settings and at different times of the day. It is important to avoid making assumptions about the abilities of people living with dementia.

Challenge stereotypes.

There's a lot of misinformation about dementia that may result in people wanting to hide their symptoms and isolate themselves.

People living with initial symptoms of dementia can often continue many of their previous activities, including going to work, attending social events and taking care of family members.

As dementia progresses, individuals may need more assistance, but they can still be involved in their community and participate in activities they enjoy.

There are ways to help.

Refuse to accept action and language from others that is belittling, patronizing, or discriminatory toward people living with dementia. Your actions can help encourage an inclusive environment and help discourage stigma and negative attitudes toward dementia.

Being intentional about your own behaviour around someone living with dementia can help put the person more at ease and reduce anxiety and related behaviours that may result when they feel confused or overwhelmed. Listening patiently, providing reassurance and using calm body language and tone of voice will help improve the chances of positive interactions.

To find out how you can support people living with dementia visit canada.ca/dementia-inclusive.



Listen and respond to the feelings of the person living with dementia, not just the words.

Tips for communicating with someone living with dementia

(NC) A person living with dementia may have challenges with understanding others as well as being understood. Keep these tips in mind to help make it easier to communicate:

Minimize distractions.

Before you begin a conversation, turn off any background noise such as the radio or a running dishwasher. This may help the person living with dementia to focus. If you're in a crowded public space, try to find a quieter area to communicate. It also helps if you stay still during your conversation so they can focus on you.

Keep communication clear.

Speak slowly in a friendly tone and use short, simple sentences that focus on one idea at a time. When asking questions, try to use yes or no options, or questions that offer one choice. If the person living with dementia repeats themselves or says something that is not accurate, avoid correcting them as this may lead to feelings of frustration and confusion.

Be aware of your body language.

Try to avoid body language that indicates frustration or anger, such as crossed arms, rolling your eyes or letting out a loud sigh. You can also use gestures to help reinforce the message you're trying to deliver, such as pointing at the thing you're talking about.

Aim to be an active listener.

Active listening means giving time for the person living with dementia to finish speaking. You can nod, make eye contact or repeat back some of what you heard.

CELEBRATE OUR DIVERSITY!

Spring Holidays and Celebrations

Ramadan begins Mar. 11; Eid al-Fitr – April 9

St. Patrick's Day – Mar. 17

Good Friday – Mar. 29; Easter Sunday – Mar. 31



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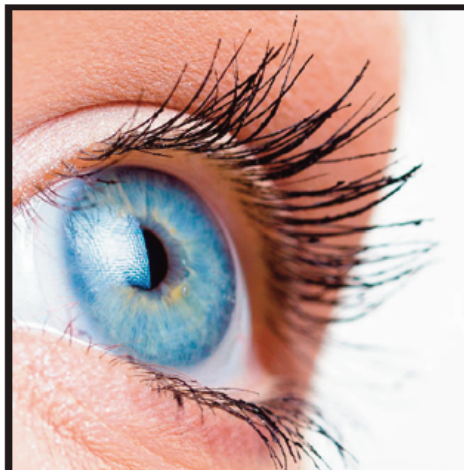
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View their menu at <https://krsmaindianrestaurant.com>

as well as links to ordering online for pickup, Door Dash and Uber Eats.



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