

Executive Summary: Dementia-Friendly Communities Supporting the Life Trajectory of People Living with Dementia

What You Need to Know

The Dementia-Friendly Communities Supporting the Life Trajectory of People Living with Dementia program was developed to enhance the well-being and community engagement of individuals living with dementia and their care partners. Spearheaded by the Research Centre on Aging at the Université de Sherbrooke, the project targeted people living with dementia in Sherbrooke, Quebec, and the Wendake community of the Huron-Wendat Nation. This initiative involved community consultations to identify challenges and co-design tailored community action plans. These plans resulted in dementia-friendly training for first responders and municipal employees, the creation of a local vulnerable persons registry, the development of educational resources, and community events to raise awareness of dementia. Through these events and innovative resources, the program promoted awareness of dementia and supported the active participation of individuals living with dementia in community life.

Program Goals

- Increase knowledge and awareness of dementia among first responders, service providers, and municipal employees.
- Enhance the ability of people living with dementia and their care partners to engage in community activities and daily living.
- Raise awareness of dementia-friendly approaches to foster inclusion in cultural, recreational, and community activities.

Achievements and Impact

From 2019 to 2023, the program delivered dementia-friendly training to over 700 participants, residents of long term care and retirement homes.

Key Outcomes

- The creation of a vulnerable persons registry, titled "Let's get you home," in both French and English, implemented by local police services.
- The production of short educational videos on dementia-friendly communication and engagement strategies, made available in French and English.
- Community events, such as a film screening and discussion, that successfully changed perceptions of dementia for 83.5% of participants.

Lessons Learned

- Reducing stigma and addressing cultural norms can improve recruitment and engagement in dementia-friendly programs.
- Sustainability planning ensures the continuation of initiatives as roles and priorities evolve. Strong partnerships with organizations such as police and fire services are essential for long-term success.

Why It Matters

The Dementia-Friendly Communities Supporting the Life Trajectory of People Living with Dementia program identified promising practices for communities to foster inclusion, reduce stigma, and create supportive communities for individuals living with dementia.

Visit the website to learn more:

- [Dementia-Friendly Communities Supporting the Life Trajectory of People Living with Dementia](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).