

Executive Summary: Building Capacity for Meaningful Participation by People Living with Dementia

What You Need to Know

The Building Capacity for Meaningful Participation by People Living with Dementia project promotes the full social citizenship of individuals with dementia by supporting the creation of community-based initiatives that foster inclusion and reduce stigma. Led by researchers from the University of British Columbia and Lakehead University, this project employs an asset-based community development approach to foster partnerships with local community organizations. These partnerships emphasize community-building and the meaningful engagement of people with dementia and their care partners in a range of community activities.

Program Goals

- Enhance well-being and social inclusion for people living with dementia.
- Support community organizations in building their capacity to deliver dementia-inclusive programs.
- Develop educational resources to reduce stigma and improve understanding.

Achievements and Impact

From 2019 to 2023, the project supported the creation of diverse initiatives, including cafés, workshops, and peer support groups, in Vancouver, BC, and Thunder Bay, ON. It trained over 200 volunteers and staff, developed resources like the Flipping Stigma toolkit, and launched educational campaigns to enhance community awareness and inclusion.

Key Outcomes

- Increased confidence and capacity among community partners to support dementia-inclusive environments.
- Enhanced social inclusion and well-being for people living with dementia and their care partners through the creation of diverse initiatives.

- Development of tools and resources, such as the Flipping Stigma toolkit, awareness campaigns, peer support groups, and educational videos.

Lessons Learned

- Building strong relationships with communities and organizations is crucial. Leveraging existing partnerships in the community can support the success and sustainability of an initiative.
- Addressing stigma requires community dialogue and sustained awareness efforts.
- Flexibility and small, iterative steps enable progress and innovation.
- Champions—both individuals living with dementia and organizational advocates—play a vital role in reducing stigma and promoting inclusion.

Why It Matters

The Building Capacity for Meaningful Participation by People Living with Dementia project empowers individuals with dementia to remain active and socially connected while equipping communities with the tools to foster inclusion.

Visit the website to learn more:

- [Building Capacity for Meaningful Participation by People Living with Dementia](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).