

Just a reminder of how you can help me

Here are seven ways you can make things
a little easier for someone like me
living with dementia.

1

Make home life easier for me
with a few smart changes.

2

Give me a little space
to do things for myself.

3

Listen to me, don't always
try to solve my problems.

4

Give me a minute to find
the right words.

5

Remind me with clever technology.

6

Help me plan my own social life.

7

Encourage me to stay active
and healthy.

Find out more at dementia.org.au/actionweek

This Dementia Australia initiative received
funding from the Australian Government.

Dementia. A little
support
makes a lot of
difference