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Dementia Friendly City



Together for a better life with Dementia

Who is part of it? Who are the protagonists?

- The City administrative structure
- **Citizens and their city, together**
- Concerned families
- People with dementia
- Committed volunteers

A 'To Do List' for : **citizens and their city***

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« Dementia Friendly Cities » | « To Do » List





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CITIZENS AND THEIR CITY

« TO DO LIST »

To interest and involve the general public

- To use different means and tools (posters, information stands, etc)
- To create an internet website and keep it updated
- To involve the local press and keep them updated
- To seek to establish personal contacts with representatives of the media, and to maintain these contacts
- To assess the partnership with the media on a subregional level
- To place people (man and women) at the heart of the story
- To tell stories (« storytelling ») to exemplify one's personal destiny
- To create consternation to 'give a face' to a theme
- To assess in a realistic way one's own financial capacities





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- To seek local partnerships (press agencies ; newspapers ; printing-houses; ...) to produce documents at good value
- To involve the general public and the partners in the reflexion and action processes by informing them

To be present in several ways

- To promote transparency towards the outside
- To continually seek exchanges and contacts
- Not to exclude any group of people
- To go where people are (in the public space, on the markets, to public demonstrations and events, parties, ...)
- To seek partnerships in all social sectors (business, economy, schools, nursery schools, parish, health places, non-profit organizations, service club,...)
- To regularly keep communal decision-makers informed
- To maintain contacts outside the framework of the City, Commune (urban districts/Region/National and international levels) for a transfer of competences and a collegial way of sharing





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To work within a partnership

- To promote existing activities and to use them as starting points
- To seek common points for a concrete cooperation and to actively put it forward
- To establish a trust relationship, to respect the promise that has been given
- To plan regular feedbacks
- To plan and organize cooperations and to deliberately use them within the framework of communal projects (e.g. events, 'open – doors' days; inaugurations; etc.)
- To bring together around the table several protagonists who share the same interests (e.g. rest homes and nursery schools)
- To create a virtual market for 'committed people' (individuals or groups). Theme: 'I'm offering / I'm seeking'
- To establish a 'communal cover' to facilitate and ensure the start of a new project
- To put forward a financial/material support emanating from the communes and/or partners (e.g. to make places available; presence; training sessions; financial support to the activities)
- To use geographical proximity with the partners for regular meetings and visits
- To chose local attraction spots attainable to and known by everyone (communal houses, associations' centers, etc.)





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→ To practice the « thank you » and the valorization as encouragement and basis for communication

Independence in the co-partnership

→ To plan an intensive preparation (to know the theme and the content)

→ To make ressources available or to ask for them

→ To ingratiate the economy protagonists, the industry as support and sponsorship

→ To inform all participants, in advance (especially the parents when children are involved in the project)

→ To choose appropriate types of behaviour and communication when dealing with older and/or demented people (briefing and specific information in advance)

→ To take into account the different paces of life of the people who are part of the project (e.g. children, adolescents, older people)

→ To accept non-participation, self-restraint

→ To give feedbacks (proceedings) of the activities to the communal service, to release them

→ To make possible 'limited in time projects'

→ To initiate and support crossed involvements of the volunteers and the professionals

**Based on de "Arnsberger "Lern – Werkstatt" Demenz – Handbuch für Kommunen,*

