

# Understanding & Embracing Dementia

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## The importance of building a dementia-friendly community

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A Dementia-Friendly community is one that understands and embraces the persons living with dementia.

Dementia is a rapidly growing phenomenon worldwide, particularly here in Singapore with our rapidly ageing population.

Dementia is a severely misunderstood label that the society conferred to the persons living with dementia, thereby robbing them of the opportunities to continue to contribute to the society.

Many in the society don't really know what cause the persons living with dementia to act in the way that they act; hence, choose to exclude them from the society as much as

possible & reduce the possibilities of having to interact with them. Some of you may be living with loved ones with dementia, and feel frustrated by the actions of your loved ones. Clearing the current misunderstanding re-creates opportunities for the persons living with dementia to continue to part of the community, and also helps the community to be better able to embrace these individuals with confidence. Join us at this fun, highly interactive and experiential workshop where you will also be introduced to useful post-workshop resources! For just \$120, you will achieve the following in this 4-hour workshop:



### I FOUND WISDOM

Experience living with dementia



### I FOUND HOPE

Learn how to tap on existing strength of the persons living with dementia for them to continue living a fulfilling and meaningful life.



### I FOUND LOVE

Learn communication techniques to better communicate with these individuals.



### I FOUND FAMILY

Tap on our post-workshop resources to help you be a better caregiver