

# Little things make a big difference

**Dementia-friendly communities**

**Sach Mountfort and Noku  
Sibanda, Bupa**

May 2018

Wellington Knowledge Exchange





## A dementia-friendly community is...

A geographic area where people with dementia are understood, respected and supported, and confident they can contribute to community life.

In a dementia friendly community people are aware of and understand dementia, and people with dementia feel included and involved, and have choice and control over their day-to-day lives

## Why?



“People tend to put everybody into one big pile and say, ‘Oh, he’s got dementia’ and they pull away. They don’t want to know”

Alan, Auckland, New Zealand



“When I got a diagnosis of dementia, I was also given a superpower. The power to become invisible...People talk over me, around me, but not to me”

Tommy, Liverpool, UK



“In public places, like retail outlets and cafes, if you get confused or forgetful about what you are doing or ordering, then you get the ‘sour lemon look’”

Kate, South Australia

# WHY IS ROTORUA WORKING TO BECOME MORE DEMENTIA-FRIENDLY

“Dementia can affect anyone, however as we age the chance of developing dementia increases. New Zealand has an aging population. In our future it is likely that a significant number of us will be affected by dementia, whether it be living with dementia, as a care partner, or whānau.

We need to prepare ourselves and our community services to support those with dementia and those that care for them. Everybody in our community deserves to be nurtured and have the best quality of life that they can.

I whole heartedly support the conversations and action that the Dementia-Friendly Rotorua Steering Group will stimulate as our community grapples with this important issue.” **Mayor Steve Chadwick**

[http://www.rotorualakescouncil.nz/Rotorua2030/portfolios/people/Documents/Final\\_Dementia-friendly%20Rotorua%20Report.pdf](http://www.rotorualakescouncil.nz/Rotorua2030/portfolios/people/Documents/Final_Dementia-friendly%20Rotorua%20Report.pdf)

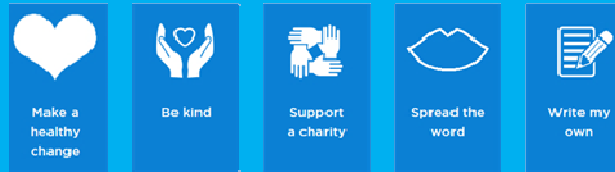
# A dementia-friendly world?



# Helping to create a dementia-friendly New Zealand



Dovetale press books



[www.bupa.co.nz/dementiacommitment](http://www.bupa.co.nz/dementiacommitment)

Dementia Commitment



Five sites and counting



Helping to create NZ's first dementia-friendly city



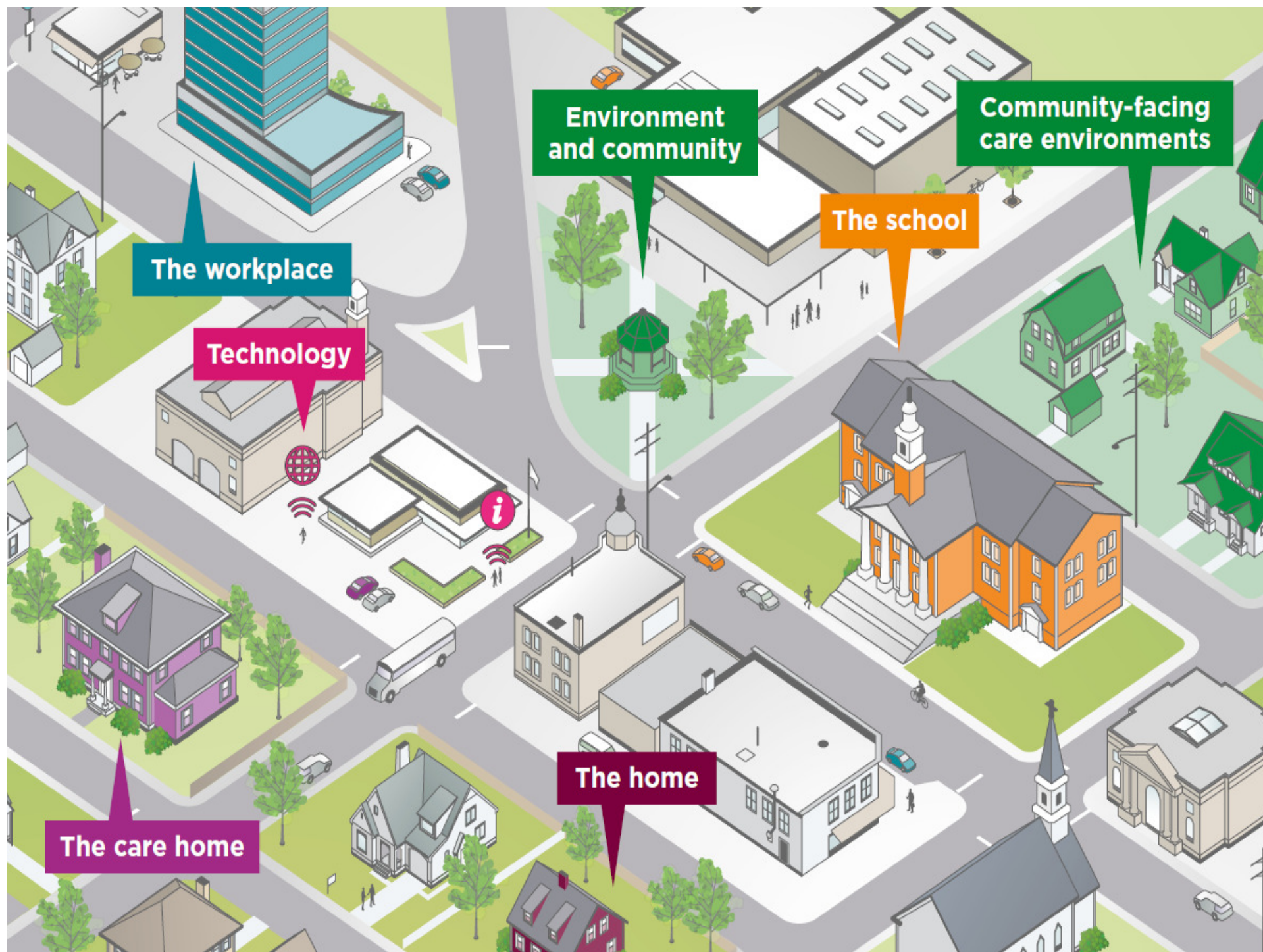
# First steps to a dementia-friendly Rotorua



Impact


10x



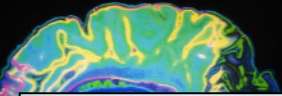


# Resources available to help at [Bupa.co.nz/dementia](http://Bupa.co.nz/dementia)

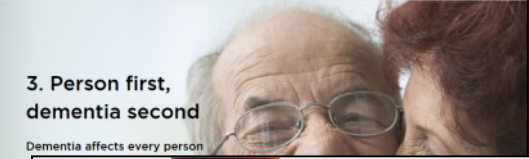
**1. Kia ora**  
Creating a better world for people living with dementia starts with us.




**2. Understanding dementia**




**3. Person first, dementia second**  
Dementia affects every person



**4. Reducing your risks**



**5. What's it like to live with dementia?**



Dementia watch Alan

**6. Make your commitment**  
You can help to create a dementia inclusive New Zealand by making a commitment.

[Get involved](#)

3 MINS

**Building dementia-friendly communities**  
**Raising awareness of dementia in Rotorua**


Affinity is an interactive light sculpture depicting the brain and the effects of dementia. When the lights are on, the sculpture glows and sounds play to tell the story of dementia in Rotorua Lakes Council's installation to Rotorua.

Here are some tips:

**Building dementia-friendly communities**  
**Creating a dementia-friendly garden**

Here are some ideas from Bupa Huhia Green Care Home, where a dementia-friendly garden has been created.

**Building dementia-friendly communities**  
**Holding a dementia-friendly Christmas carol concert**



**Building Dementia-Friendly Communities**

There are lots of things you can do to make your community dementia friendly. Here are some ideas from Rotorua in 2016.

- 1. Planning:** Spend time planning the garden. Who's going to create it? Who's going to maintain it?
- 2. Available any time:** Make the garden beautiful at any time of the year. It can be enjoyed all year round.
- 3. Seasonal plants:** Choose plants that are in flower at different times of the year. It's nice to have flowers all year round.
- 4. Walkways:** Make the garden easy to walk around, so that everyone can enjoy it. Use paving or gravel for the paths.
- 5. Materials:** Choose materials that are safe and durable. The turf is artificial, so it's safe for people with dementia to walk on.

"We were just passing by - it's amazing how many stories of local people with dementia we saw."

Affinity was created by the Rotorua Lakes Council, of wonder and beauty.

**You can help to build a dementia-friendly community.**  
Make a dementia commitment at [bupa.co.nz/dementia](http://bupa.co.nz/dementia)  
To find out more about dementia in Rotorua, visit [rotorualakescouncil.govt.nz](http://rotorualakescouncil.govt.nz)

"An exceptional place for the residents to visit and a great place to live."

Frank Lock

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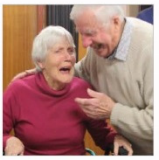



- 1. Listen:** Speak to people with dementia to find out what they need. Talk to people who are involved in dementia events to find out what they need.
- 2. Advertise:** Spread the word about dementia events in the community. Advertise in the local newspaper, on the radio, and in the community newsletter. Send invites to people who are involved in dementia events.
- 3. Accessible:** Choose a location that is easy to get to. Choose a time that is convenient for people with dementia. Choose a venue that is accessible for people with dementia.

Thank you to everyone who helped to make the Rotorua Dementia-Friendly Communities project a success. Special thanks to the Rotorua Lakes Council for their support.

"I really really enjoyed to hear the old people's stories. It made me happy."

Heather

**First Steps to a Dementia-Friendly Rotorua**

## Remember

**He aha te mea nui o te ao**

***What is the most important thing in the world?***

**He tangata, he tangata, he tangata**

***It is the people, it is the people, it is the people***



**Thank you**