



Be a DEMENTIA STIGMA BUSTER

Stigma Hurts People With The Disease / Condition.
Stigma Discourages People To Get The Support They Need.

Here is how:

1 Learn the facts. Be informed.
Sharing accurate information is key to dispelling misconceptions about the disease/condition.



2 Share your knowledge about dementia with others.
Engage in conversations about the need for prevention, better treatment and an eventual cure. Talking about dementia lessens the fear and increases understanding.

3 Don't make assumptions. Dementia is a progressive disease and affects each person differently. A diagnosis doesn't mean the person will have to stop his daily routine, or that his life ends there.

4 Treat people with dementia with respect and dignity.
No matter what stage of the disease, the person is still who he always was, only with unique abilities and needs. Appreciate the person for who he is and what he's still capable of.

5 Be kind and supportive. Stay connected.
It is key for people with dementia to stay engaged in meaningful relationships and social activities. This helps slow the progression of the disease.



Don't stand for stereotyping which perpetuates stigma and myths. Give people with dementia the opportunity to live the life they deserve.