



Tips for Practice: Rights of People Living with Dementia to Inclusion

- People living with dementia have a right to be included in community programs and services. It is our responsibility as exercise providers to ensure that they are included, understood, respected, and supported.

- Reflect on your preconceptions of dementia. Challenge yourself to see each person living with dementia as an individual with strengths and challenges, just as you would any other client.

- Use appropriate terminology when referring to dementia and persons living with dementia. Reflect on how your language affects the experiences of people living with dementia and those around them.

- Remember that not everyone uses the same language to talk about dementia. Learn about how the person you are working with describes their condition and use their preferred language.