



Tips for Practice: Dementia-Inclusive Principles

- Assess and engage with the person living with dementia to understand their preferences, goals, experiences, abilities, and challenges – as you would with people without dementia. Think about how your programs and facility can be challenging to them, and how they might be adapted to meet their needs.
- Pay attention, be patient, and communicate clearly. Encourage all staff to do the same.
- Your physical activity delivery should be based on the individual and will not vary just based on the presence of dementia alone.
- Reflect on the variety of changes that a person living with dementia can experience and how you might accommodate different cognitive, sensory, and physical challenges in your programming and facility. For instance, think about the ways you would design your programming to accommodate the variety of changes in persons living with dementia.
- To create a realistic physical activity plan, consider whether the person living with dementia will need support, and what supports they already have (spouse, children, friends, etc.). For example, the person living with dementia may need help to get to a program or remember the timing.