

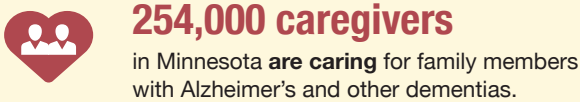
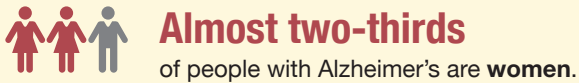


Is Your Community Prepared?

A community that is dementia-informed, safe, inclusive, and respectful across all community sectors is a community prepared to support people living with Alzheimer's and their family and friend caregivers. It's a dementia friendly community.

94,000 Minnesotans age 65+ live with Alzheimer's disease and the number is growing.

Our communities must ACT to be ready. Here's why:

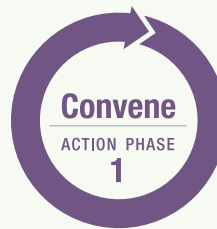


An estimated 70% of people with Alzheimer's or other dementias live in the community and **need support** from families and community members.

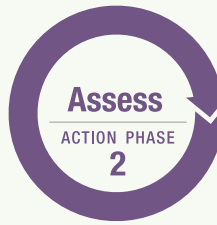
Older African Americans and Hispanics

are **more likely** than older whites, on a per-capita basis, to have Alzheimer's or other dementias.

The ACT on Alzheimer's® Dementia Friendly Communities Toolkit brings people together to make a difference.



Convene key community leaders and members to form an Action Team.



Assess dementia-related strengths and gaps within your community.



Analyze community needs and develop a plan to take action.



ACT Together to pursue priority goals and take action community-wide to become dementia friendly.

The toolkit has resources that assist communities through each action phase. Learn more at: www.actonalz.org/dementia-friendly-toolkit



Dementia Friendly Community



Creating a dementia friendly community includes:

- Raising awareness about dementia, changing the way people think, act and talk about dementia, and moving people to action as Dementia Friends
- Supporting family and friend caregivers by providing accessible information, resources, and in-person support
- Promoting meaningful participation in community life for everyone
- Including communities that experience inequities because of race, ethnicity, culture, language, sexual orientation, gender identity, mental illness, hearing/sensory differences, intellectual or physical abilities, and economic status

Visit www.ACTonALZ.org to learn about Minnesota communities ACTing on Alzheimer's, to download community-wide dementia friendly tools and resources, and to learn how to become a Dementia Friend and Dementia Friends Champion.

