

3. RESOURCES

Be aware of what support is on offer both locally and nationally. Knowing where to signpost, can give you confidence. You don't have to be a dementia expert!

Use your notice boards and websites and have some key information available for support.

There are **local Dementia Directories** available. Scan the QR code to visit the **Notts Help Yourself** website for more information.



- Use social media to promote local resources and services
- Use "Working to become Dementia Friendly" Logo (see QR code for RDAN)
- Work through comprehensive guides available via the Alzheimer's Society eg: for Businesses, Sports Clubs
- Achieve accreditation via Carer Awareness Training www.nottinghamshirecarers.co.uk
- Take A Seat Initiative www.nottinghamshire.gov.uk/care/health-and-wellbeing/take-a-seat
- **CredAbility Kite Mark:** Shows facilities and provisions are in place to suit the needs of people with disabilities and their carers
- **For Leisure Centres:** Water Well Accreditation, with Fact Sheets covering various health conditions www.swimming.org/swimengland/health-and-wellbeing/

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Integrated Care System
Nottingham & Nottinghamshire



Nottinghamshire
County Council



Nottingham and
Nottinghamshire



Working to become Dementia Friendly

Creating community spaces and environments that are supportive, safe and welcoming to people living with dementia.


Toolkit



Building Our Dementia Friendly Communities

Scan the QR code for more information about the Toolkit on our website.

Rushcliffe Dementia Action Network (RDAN)



'Working to become dementia friendly' is about being on a journey - one that reflects your commitment and aspiration to do things differently within your team, organisation, or service.

It means recognising how dementia can affect people's lives and starting to think more carefully about how to support customers, staff and volunteers who are living with dementia.

It's all about taking those first steps, guided by a simple plan that helps turn good intentions into meaningful action.

Use this Toolkit and tick the boxes as you work towards becoming Dementia Friendly

1. PEOPLE



A good place to start is by supporting your staff and volunteers to improve their knowledge and understanding of dementia. Here are two excellent resources. We recommend you use both!

Dementia Friends

Staff and volunteers can become a Dementia Friend

Dementia Friends Information Session

Access a free session online or face to face, approx. 45-60 mins long



OPTIONS

Arrange a session in person (minimum 10 people)

Find your nearest location

Watch online

CONTACT DETAILS

Email: dementiafriends@alzheimers.org.uk
www.dementiafriends.org.uk

www.dementiafriends.org.uk/WEBSession

www.dementiafriends.org.uk/register-digital-friend

Hidden Disabilities Sunflower



The hidden disabilities sunflower indicates that the wearer has a disability that may not be apparent and they may need a helping hand or more time and kindness

Find out more in this YouTube video www.youtube.com/watch?v=qWPqg3PJ0D4

2. PLACES/PREMISES



Organisations can work to ensure that their places are accessible and easy to navigate by reviewing signage and other environmental factors. Making small changes can improve accessibility for many people, not just those affected by dementia. Consider conducting a walkthrough using the checklist, perhaps with someone who is affected by dementia.

The Alzheimer's Society has produced a simple one page Environment Checklist/audit, with specific suggestions.

Visit their website to find out more:

www.alzheimers.org.uk/get-involved/dementia-friendly-resources/organisations/dementia-friendly-environment-checklist

Here are the Headlines to consider:

- Signage** Clear, bold with text and images, particularly toilets and exits; at clear decision points; eye level, well lit
- Lighting** Well lit particularly entrances/exits; maximise natural lighting
- Seating** Important if people have to wait anywhere
- Flooring** Non-reflective, non-slippery; beware of pattern and contrast eg: mats at entrances
- Toilets/Changing rooms** Space for a carer if needed; potentially offer unisex toilet
- Navigation** Specific landmarks to help navigate eg: plants/pictures
- Quiet Space** The offer of somewhere to rest if anxious/confused

Even if you can't make adjustments in all these areas, small changes can make a real difference