

Global Action Plan on the Public Health Response to Dementia

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People with dementia and their carers How can you contribute to change?

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As a person with dementia or caring for someone with dementia, you can play an active role in improving dementia awareness, care and planning by:

- Advocating for the protection of your human rights, freedoms and dignity as well as legislation against discrimination.
- Participating in public awareness campaigns to improve understanding and acceptance of dementia.
- Seeking evidence-based information related to dementia – its risk factors, prevention, diagnosis, treatment, care and existing support.

More specifically, you can:

Influence government policy-making by:

- Advocating for access to high-quality, community-based dementia prevention, diagnosis, treatment and care that reflects your wishes and preferences.
- Participating in the development of government policies, legislation, strategies, plans and care planning for dementia to ensure that programmes respond to your needs.
- Requesting the creation of a formal role for your participation and influence on the development and implementation of policy and care solutions.

Raise public awareness by:

- Participating in global, national and local public health and awareness campaigns, such as World Alzheimer's Month, to encourage dementia-friendly attitudes in the community, public and private sectors.
- Joining community-based organizations and associations of people with dementia, their carers and families to demand improvements in dementia prevention, diagnosis, treatment and care as well as reforms in social laws, policies, strategies, plans and programmes.

Increase your community participation by:

- Advocating for the creation of social and physical environments that are age- and dementia-friendly.
- Requesting the creation of programmes that more systematically foster your cultural, social and civic participation and enhance your autonomy.

Support progress towards finding a cure for dementia by:

- Providing input into the development of a national research agenda on dementia prevention, diagnosis, treatment and care.
- Participating in social and/or clinical research to identify better prevention, diagnosis, treatment and care options.

Who can you partner with?

- National, sub-national and local **government** to provide input into policy and care planning.
- International, regional, national, and sub-national **nongovernmental organizations**, such as Alzheimer's Disease International, Dementia Alliance International and other mental health and ageing organizations, to raise dementia awareness, understanding and acceptance.
- **Community-based organizations** and health and social **care providers** to access evidence-based dementia information, care and support.