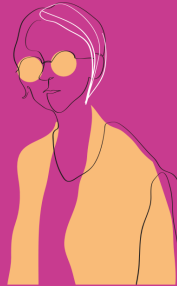


BUS PLACARDS

We still get the same thing from people: "YOU DON'T LOOK LIKE YOU HAVE DEMENTIA"...

Tell me what dementia looks like, because had I known I would have changed my hairstyle.



@westsideseniorshub

STIGMA is when other people make assumptions about a person based on their actions or appearance. Dementia affects everyone differently. Remember that every person's capacity, needs, and priorities are different.

Help us **FLIP STIGMA ON ITS EAR !**

www.flippingstigma.com

A DEMENTIA VENTURES INITIATIVE
LEARN MORE HERE



DEMENTIA VENTURES

Westside
Seniors Hub



I was asked to lead the stretching in my exercise class and could not remember what went first. Then a man said: **WHAT'S THE MATTER WITH YOU, HAVE YOU GOT DEMENTIA?**

That's STIGMA. He made me feel so terrible, I quit.

@westsideseniorshub

Jumping to the conclusion that I'm defective and I have dementia is an unhelpful and dangerous stereotype.

I AM MORE THAN MY CONDITION.

I want to feel encouraged and included.

Help us **FLIP STIGMA ON ITS EAR !**

www.flippingstigma.com

A DEMENTIA VENTURES INITIATIVE
LEARN MORE HERE



DEMENTIA VENTURES

Westside
Seniors Hub



Whenever I say: I'm having trouble... My friend says: **OH, I HAVE THE SAME TROUBLE, NO PROBLEM.**

No you don't! I'm trying to explain myself and you are trying to make me feel good. That doesn't help me.



@westsideseniorshub

Reassuring a person with dementia that this happens to everyone discounts their diagnosis and experience. It minimizes their feelings.

In this situation, ask yourself:

AM I HELPING THIS PERSON, OR AVOIDING A CONVERSATION THAT MAKES ME UNCOMFORTABLE?

Help us **FLIP STIGMA ON ITS EAR !**

www.flippingstigma.com

A DEMENTIA VENTURES INITIATIVE
LEARN MORE HERE



DEMENTIA VENTURES

Westside
Seniors Hub



DEMENTIA VENTURES

Westside
Seniors Hub