



# Tips to Promote Dementia Inclusion



**For Medical Professionals Advising Patients Living with Dementia**

This sheet was co-created with the **National Council of Dementia Minds**, and aims to assist in creating a more dementia-inclusive environment in healthcare. Tips are based on real experiences from individuals living with dementia.



## 1. Nothing About Us, Without Us.

Speak directly to the patient, not the care partner. Be clear and concise to ensure the patient understands. Talk slowly and review information when needed. Include the patient in all decisions. Encourage them to ask questions. Provide a summary of the appointment.

## 2. Assist.

Patients often have more than one provider, and may have several patient portals to monitor. Ensure your patients know how to use your patient portal by providing written, pictorial, and/or video instructions.

## 3. Encourage Technology Use.

Encourage patients to find a method to keep track of daily schedules such as calendar apps, fitness trackers, blood pressure monitors, or medication dispensers.

## 4. Practice Appointment Etiquette.

Ask office staff to ensure that before a patient leaves, they enter their next appointment into their phone or notebook calendar, and provide enough time for them to do so. Also, provide a physical copy of the date of their next appointment and or any needed instructions to take along with them.

## 5. Seeing a New Patient?

Thank you for reviewing their chart thoroughly!



**NATIONAL COUNCIL OF  
DEMENTIA MINDS**

Insights of Persons Living Well with Neurocognitive Disorders



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