

# Language



Creating Dementia Friendly Communities

**alzheimer's** **wa**  
the **dementia care** experts

# Tips for talking about dementia

Like you, I enjoy expressing myself in a variety of ways.  
There is no 'them' and 'us'. We are one community.

Appropriate language will be respectful, inclusive,  
empowering and non-stigmatising to me, thank you.



Like you, I go for a walk;  
I do not 'wander'



I live with dementia, I do  
not consider myself to be a  
'sufferer' or a 'victim'



Dementia is an umbrella  
term used to describe a  
range of symptoms



I have dementia,  
I am not 'demented'



Dementia can be  
challenging, not 'hopeless'

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