



Holding



What matters?

- A life beyond dementia**
- Feeling recognised and having opportunities to be helpful**
- Staying connected and not feeling alone**
- Knowing where to find support and help with navigation**
- Freedom from negative attitudes and life-limiting stigma**
- Support and breaks for family carers**

What can make a difference?

- **Proactively confronting stigma and harmful stereotypes**
- **Co-produced, place-based strategies and plans engaging with and**
- **drawing on the assets of the whole community**
- **Investing in early and ongoing support and navigation, from diagnosis until death (and beyond)**
- **Scaffolding mutual support**

What can make a difference?

- **Widening circles of support to stay connected and active and provide family carers with time out**
- **Increasing the supply of accessible housing and home adaptations**
- **Developing inclusive and accessible public spaces, transport, goods and services**
- **Harnessing technology**
- **Promoting innovation in community-based care and support, including support for family carers**

**"I just want to be able
to dance"**

