



## ORCA's Dementia-Inclusive Initiative Resources

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ORCA has developed many resources for its members since the initiative's inception and continues to provide additional resources each year. These include:

- **"I'm Olive"** ([download here](#)), a short video depicting a day in the life of a retirement community resident living well with dementia, available with **French subtitles** ([view here](#)) and **English subtitles** ([view here](#)).
- **E-learning modules:** "About Dementia Inclusivity", "Breaking Barriers", "Personal Expressions", and "Enhancing the Mealtime Experience."
- **Educational video series:** "Supporting Social Participation and Engagement of Residents Living with Dementia in Retirement Homes" and "Balancing Choice and Risk."
- A **Dementia-Inclusive Initiative Guide** providing insight into the stigma surrounding dementia, frameworks for understanding it, and how to support residents living with dementia; and
- A **Dementia-Inclusive Reflection Checklist**, designed to initiate discussions on whether current practices and services in a retirement community reflect an environment that is dementia-inclusive.

### What is Dementia?

Dementia is a broad term that describes a set of symptoms that may include memory loss, changes in mood or behaviour, and difficulties with thinking, problem solving and language. While they may seem small at the start, they can affect the day-to-day lives of people with dementia (Alzheimer Society of Canada, 2021). More than 600,000 people in Canada are living with dementia, and researchers project that number will be close to 1 million by 2030, and 1.7 million by 2050 (ASO, 2021). This increase in an aging demographic underscores the need for dementia-focused support systems.

### What is a Dementia-Inclusive Community?

A dementia-inclusive community is one that is committed to working together to promote a better understanding of dementia, reduce stigma, raise public awareness, and facilitate social inclusion and participation within a community. By fostering a dementia-inclusive environment, retirement communities can support their residents to age in a place they are comfortable and call home.

For more information on ORCA's Dementia-Inclusive initiative, please contact [info@orcaretirement.com](mailto:info@orcaretirement.com).

