



DEMENTIA EMPOWERMENT
NETWORK

RÉSEAU D'AUTONOMISATION
DES PERSONNES ATTEINTES
DE TROUBLES NEUROCOGNITIFS

Tips for Making Others Feel Included

1. Ask questions



That are easy to answer and take everyone back to a time they can remember! (if you don't know where to start, ask a goofy icebreaker question)

2. Use their name

Name tags help with this! (introduce yourself to new members and introduce people to each other)





3. Be non-judgmental

Helps create a welcoming environment.

4. Be compassionate

Through words and actions!



Walking into a room where you don't know many people is a bit scary - greet everyone at the door when you can and smile!

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