

Staying Socially Active



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Ways to be Socially Active



How to be Connected Even When You're Apart



Participating in Community

Key ideas:

- Connecting with others on a regular basis is important. Think about what you like to do to be socially active.
- We can still be connected with others even when we can't be together physically.
- Participating in your community is another way to feel connected.

Ideas to maintain social activity

- Talk with friends and family about your social needs
- Engage in conversation: with neighbours, in elevators, in a taxi, or with a store clerk
- Practice random acts of kindness
- Volunteer
- Maintain old friendships and make new ones
- Join a group or club
- Explore day programs in your area
- Explore service-organized activities in your area
- Walk in the neighbourhood

Connect with people you trust and who make you feel good about yourself.

Other ways to be connected

Sometimes we can't be with the people we can about. Here are some ways to stay connected even though you are apart:

- Write cards and letters or emails
- Explore museums, zoos, gardens and theme parks virtually.
- Make a regular time to phone friends and family.
- Read to a grandchild over the phone or a virtual platform of your choosing.
- Take out a box of photos and get in touch with people in the photographs. Reminisce about your shared memories and experiences.

Participating in your community is a great way to connect with others.

- Join a group or club (e.g., a choir or exercise class)
- Volunteer or join an advisory committee – you have a lot to share!
- Take part in community events (e.g., barbeques, holiday celebrations)

Notes, reflections, and goals:



How can I get started?

- Make a list of activities you enjoy and new activities you would like to try
- Contact your local Alzheimer Society to learn about what's available in your area

Where can I find more information?

- [By Us For Us Guide: Living and Celebrating Life through Leisure](https://tinyurl.com/39hdwa8u) - <https://tinyurl.com/39hdwa8u>
- [Dementia Advocacy Canada](https://dementiacanada.com/) - <https://dementiacanada.com/>
- [Alzheimer Society of Canada](https://alzheimer.ca/) - <https://alzheimer.ca/>