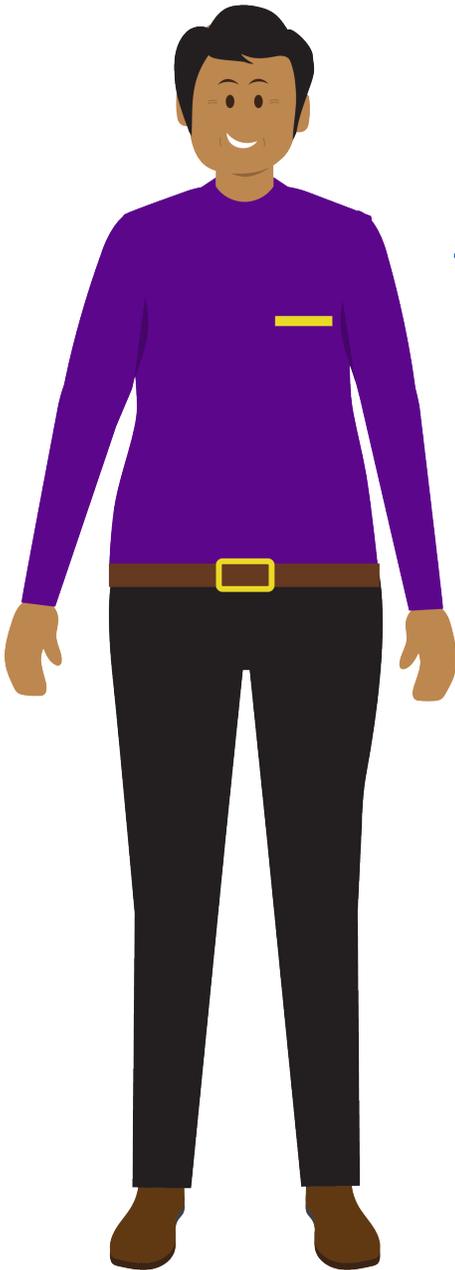


# How to be an Ally to 2SLGBTQI People Living with Dementia



1. Talk directly to me, don't talk as if I'm not there.
2. Let me make my own decisions. I might ask the person accompanying me for help understanding the information so I can make an informed decision. This does not necessarily mean they speak for me.
3. I may have difficulty or need extra time processing information due to my dementia. Please be patient.
4. When setting up a referral, ask me if there is any personal or relationship information I would like passed along ahead of time to make the transition safer and more comfortable for me.
5. Don't make assumptions about me or my abilities based on my identity or my diagnosis.
6. Don't make assumptions about my relationships or care networks based on my sexual orientation, gender, racial or ethnic background, age, or other aspects of my identity. This includes assumptions about the level of support I have available.



7. Make a habit of always using inclusive and affirming language, regardless of who you are talking to.
8. Share your pronouns as part of introducing yourself to others. Share them with everyone, not just some people. Being proactive sends a clear message of allyship! Don't wait for the other person to share their pronouns first.
9. Mistakes happen! If you make a mistake with someone's pronouns, simply apologize, correct yourself, and move on.
10. Be prepared. Keep up to date on the most recent research and information about dementia, dementia care, and 2SLGBTQI communities. This includes reading up on 2SLGBTQI history, experiences, and allyship practices.



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

*The creation of this resource was funded by a Dementia Community Investment grant from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.*