



Invitation for People Living with Dementia

You are invited to join the conversation on issues related to stigma on ageing and dementia. **Putting Social Citizenship into Action** is a research project seeking strong community involvement.

Many people living with dementia talk about being:

- devalued
- socially excluded
- discriminated against



As a result, they experience:

- negative physical and mental health consequences
- diminished sense of self
- multiple barriers to services
- sense of despair
- loneliness and isolation

Please join us in this opportunity to **share your voice and experience**. We will be a small group meeting monthly with the aim of **identifying strategies for addressing stigma and promoting inclusion** in our local communities.

If you wish to learn more, please contact Project Manager Ania Landy
ania.landy@ubc.ca || 604-822-7503

