

Dementia in Europe Yearbook 2025

Transport and access to cultural life,
recreation, leisure and sport



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1. Preface



It is a great pleasure to introduce this Dementia in Europe Yearbook, this year focusing on the topics of transport and access to cultural life, recreation, leisure and sport.

These topics emerge frequently in our engagement with our European Working Group of People with Dementia (EWGPWD) and European Dementia Carers Working Group (EDCWG). Transport, whether public or private, is fundamentally important to allow people to remain connected and active, including going to medical appointments, taking part in activities or travelling for leisure. Similarly, the importance of maintaining an active life, continuing to do activities and hobbies, as well as remaining engaged in recreational and leisure activities after a diagnosis, is a message which has come up time and again.

Over the years, our members have shared the great examples of ongoing work in their respective countries in these areas, including some examples which were shared by our members in our Dementia in Yearbook 2019, which focused on dementia-inclusive communities and initiatives. We also gained some helpful insights in our “Guidelines on Inclusive Travel and Meetings for People with Dementia” published in 2024.

Despite this, neither topic has been the focus of a dedicated publication from Alzheimer Europe. As such, this year’s Yearbook is a timely opportunity to address this, particularly in light of the recent EU legislation relating to the EU Disability Card and the EU Parking Card.

Perhaps unsurprisingly, most countries (except for those which had already trialled the disability card or had implemented the EU Parking Card) are in the process of transposing this legislation to their national contexts. It is disappointing to see that the eligibility criteria for these cards (and the national equivalents) are often based on physical disability or mobility issues, with people with dementia only being eligible once their condition has progressed to a significant degree. Whilst not within the competence of the EU to set the definition

of disability or the eligibility criteria for either card, we would hope that the need to either introduce or reform existing legislation, would encourage governments to examine the eligibility criteria in their countries and ensure it is consistent with the UNCRPD.

However, we have been greatly encouraged by the examples shared with us by our member organisations, both from their own initiatives or those of governments or other organisations. Whilst our Yearbook only scratches the surface of the number of initiatives, projects and services currently available, there is a great deal of work underway, particularly at a local and regional level, to ensure that people with dementia are able to participate in activities that they enjoy. In particular, the engagement of the culture sector, as well as sports organisations, in providing dementia-specific events or opportunities was particularly welcome and hope to see expanded across European countries. However, the variations in schemes and projects for transport remain highly variable, even within countries, as well as between providers and modes of transport. Whilst overarching initiatives for disability and older people are of benefit for people with dementia, there is an evident focus on physical mobility, rather than people with cognitive difficulties.

The engagement of the EWGPWD and the EDCWG has been, as ever, a vital part of our Yearbook. Their highlighting of issues such as regional variations in policies and eligibility criteria, a lack of centrally available information on schemes and programmes, as well as variable experiences when seeking support to use transport, demonstrates that whilst there is much progress, there are still significant gaps and that policy does not always identify and address those areas which make the biggest difference to their lives. I would like to express my sincere thanks to them for their contributions to this Yearbook,

including those who wrote testimonials sharing their personal experiences.

Finally, I wish to thank our members for their contributions, without whom, this publication would not be possible. I would also like to acknowledge the work of our Policy Officer, Owen Miller, for his work in compiling this information and writing the Yearbook.

Jean Georges
Executive Director
Alzheimer Europe



2. Introduction

2.1. Background to this report

The Dementia in Europe Yearbook 2025 examines the subjects of transport and access to cultural life, recreation, leisure and sport and is the first report of Alzheimer Europe to be dedicated specifically to these topics. However, some of Alzheimer Europe's previous work has overlapped with these areas which in the process, has helped to identify relevant initiatives and themes, including:

- The [Dementia in Europe Yearbook 2015](#) “Is Europe becoming more dementia-friendly?”
- The [Dementia in Europe Yearbook 2021](#) “Dementia-inclusive communities and initiatives across Europe”.
- [Guidelines on Inclusive Travel and Meetings for People with Dementia 2023](#).

During engagement with both the European Working Group of People with Dementia (EWGPWD) and the European Dementia Carers Working Group (EDCWG), as well as the development of the Dementia in Europe Yearbook 2024 on Independent Living and Housing, both transport and access to recreation, leisure etc. emerged as key topics. As such, it was felt that each merited further exploration and that it made sense for the two to be examined together, as there was strong interconnection between the two.

For that reason, the Yearbook 2025 seeks to establish the extent to which there are dementia-specific or relevant policies, initiatives, programmes or publications, related to either transport or access to cultural life, recreation, leisure and sport. As part of this, we sought to understand where countries were in their implementation of the EU Disability Card and the EU Parking Card, or to understand how the national equivalents currently applied to people with dementia.

The Dementia in Europe Yearbook aims to provide a snapshot of the current situation in relation to these different aspects across Europe, highlighting good examples in law, policy or practice, as well as reflecting the views of people with dementia, their families and carers through testimonies from the EWGPWD and the EDCWG. It further aims to provide a set of targeted recommendations for European and national decision-makers, addressing identified gaps in either policy or practice.

2.2. Methodology

In February 2025, Alzheimer Europe sent out a draft questionnaire to a small number of members, requesting feedback on the theme and questions. The amended survey was then sent out to all our national member organisations in February 2025, with a deadline for responses of early April 2025.

In total, Alzheimer Europe received 34 responses from 31 countries (including two from Belgium, two from Poland and two from the United Kingdom). Table 1 and the accompanying map show the countries from which responses were received.

Alzheimer Europe analysed the findings from the completed surveys, identifying overarching trends and themes, as well as examples and resources which may be of interest to other organisations working in the field of dementia.

The results in each thematic section are presented by each country in line with the feedback of member associations who have noted that it is most helpful for them to compare the situation in neighbouring countries, or those with similar characteristics to their own.

Countries which responded to the survey

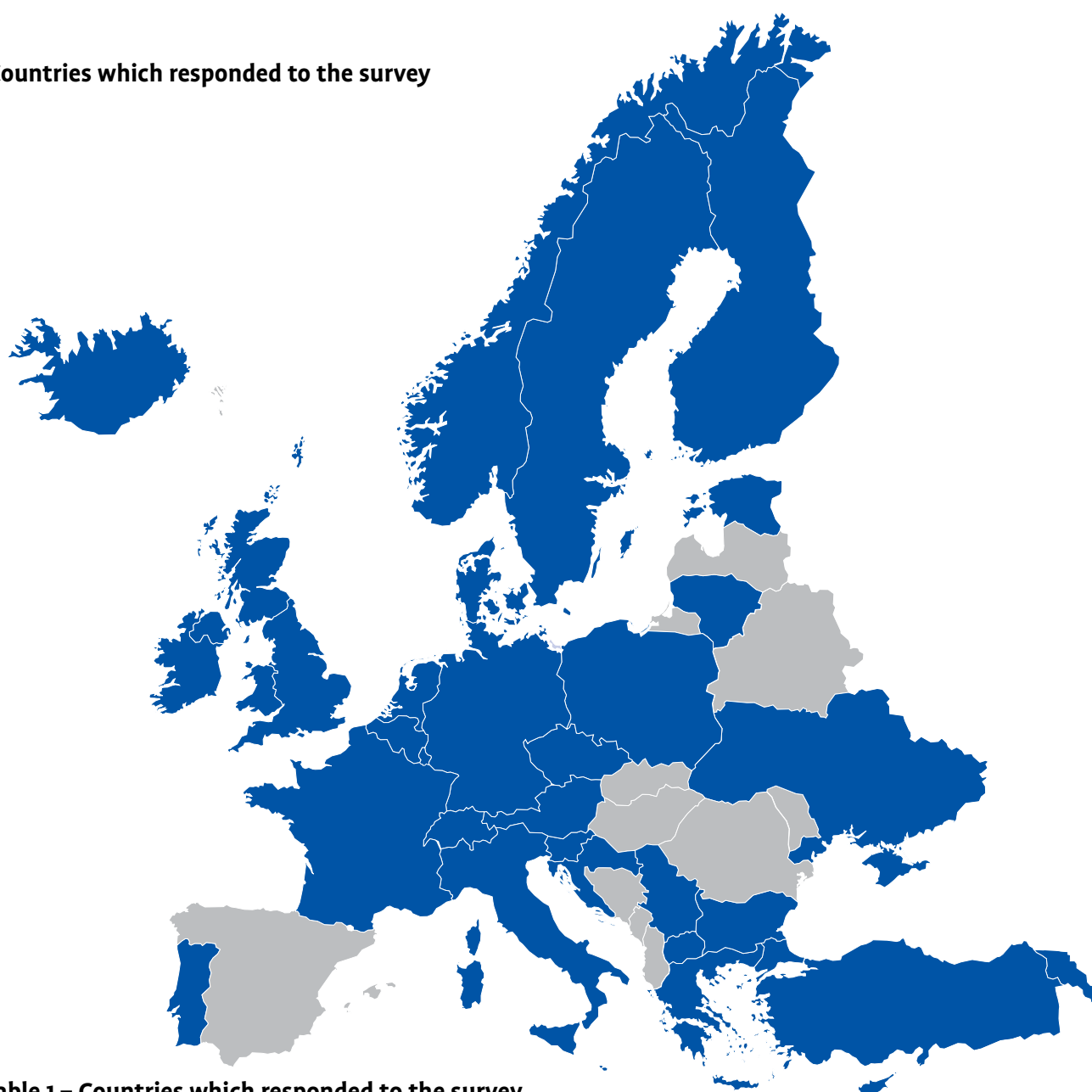


Table 1 – Countries which responded to the survey

Armenia	France	Norway
Austria	Germany	Poland
Belgium – Flanders	Greece	Portugal
Belgium – Federal and Wallonia	Iceland	Serbia
Bulgaria	Ireland	Slovenia
Croatia	Italy	Sweden
Cyprus	Lithuania	Switzerland
Czechia	Luxembourg	Türkiye
Denmark	Malta	Ukraine
Estonia	Netherlands	United Kingdom – England, Wales and Northern Ireland
Finland	North Macedonia	United Kingdom – Scotland

2.3. Caveats to this report

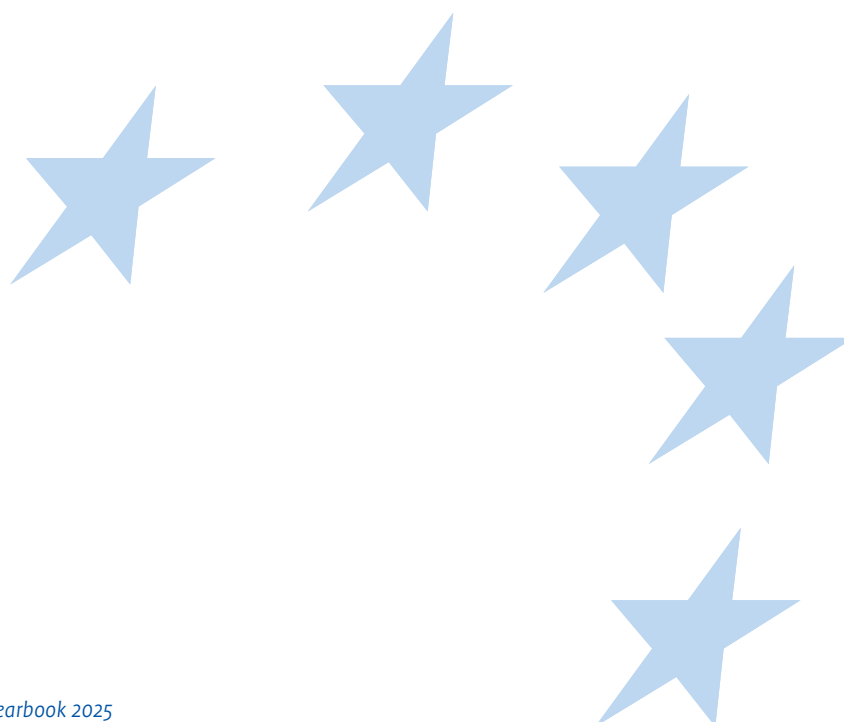
The Dementia in Europe Yearbook is written with the following caveats.

The findings in sections 4 and 5 reflect the information received through the survey responses, which were completed by our national member organisations. The good practice examples and resources included within this report in sections 5.2 and 5.3 are those which have been suggested by our members. The process for the development and distribution of the survey is outlined in the previous subsection.

Alzheimer Europe strives to include the information collected from its survey of member organisations as fully as possible. If a country is not listed in a section, it means that either no activities were reported in this area (for example, they do not have a national dementia strategy) or no information was provided.

It is important to note that the existence of policies or legislation in a country, for example, within a dementia strategy or other policy document, does not guarantee that the specific measures are being implemented or universally applied across that country.

The Alzheimer Society of Ireland specifically asked for the following disclaimer to be included: “The Alzheimer Society of Ireland would like to note that while we have considered as many sources as possible, that this list of supports/services in Ireland is not exhaustive. Information therein has been reviewed by staff at The ASI, including a member of our Irish Dementia Working Group. We have also linked in regarding content with the Irish representative on the European Group of Governmental Experts on Dementia.”



3. Current policy context

In this section, Alzheimer Europe provides a high-level overview of the key points in relation to the current policy context at a European and International level. In particular, this section sets out key policy developments, including those relating to transport and access to cultural life, recreation, leisure and sport, which have been developed and have come into effect during the past two decades.

3.1. United Nations Convention on the Rights of Persons with Disabilities (UNCRPD)

3.1.1. Relevant articles of the Convention

The [United Nations Convention on the Rights of Persons with Disabilities \(UNCRPD\)](#) was adopted on 13 December 2006, opened for signatures on 30 March 2007 and entered into force on 3 May 2008.

For the EU, the Convention entered into force on 22 January 2011, with Ireland becoming the final Member State to ratify the UNCRPD in 2018. Each signatory is subject to reporting to the UN Committee on the Rights of Persons with Disabilities on a five-year cycle, with the most recent cycle of the review of the EU taking place early in 2022.

The Convention is intended to be a human rights instrument with an explicit, social development dimension, affirming that persons with disabilities must enjoy all human rights and fundamental freedoms. It clarifies and qualifies how all categories of rights apply to persons with disabilities and identifies how adaptations should be made for persons with disabilities to effectively exercise their rights.

The UNCRPD contains 50 articles in total, of which the first 30 are directly relevant to the rights of the individual. Alzheimer Europe has identified 17 articles for which this subject matter has direct or indirect

relevance in relation to persons with dementia, transport and access to cultural life, recreation, leisure and sport:

- Article 1 - Purpose
- Article 2 - Definitions
- Article 3 - General principles
- Article 4 - General obligations
- Article 5 - Equality and non-discrimination
- Article 6 – Women with disabilities
- Article 8 - Awareness-raising
- Article 9 - Accessibility
- Article 12 - Equal recognition before the law
- Article 18 - Liberty of movement and nationality
- Article 19 - Living independently and being included in the community
- Article 20 - Personal mobility
- Article 21 – Freedom of expression and opinion, and access to opinion
- Article 23 – Equality between men and women
- Article 26 - Habilitation and rehabilitation
- Article 28 – Adequate standard of living and social protection
- Article 29 - Participation in political and public life
- Article 30 - Participation in cultural life, recreation, leisure and sport.

There is also an Additional Protocol to which 22 EU Member States are signatories. However, as the Protocol deals primarily with governance and operation of the UNCRPD, rather than the rights of persons with disabilities, the articles of the Protocol have not been included here.

3.1.2. General Comments

The UNCRPD Committee provides guidance, called [General Comments](#), about the provisions of the Convention through detailed documents which set out how States Parties should interpret and implement the Articles of the Convention, as well as how the Committee will do so when conducting reviews of the adherence of States Parties. In this section, we briefly outline four of the General Comments which are most relevant for transport, and access to culture, recreation, leisure and sport, highlighting the key themes identified by the guidance.

General Comment No. 2 (2014) – Article 9: Accessibility

[General Comment No. 2](#) highlights that accessibility is a necessary precondition for people with disabilities to live independently and participate fully and equally in society. It explains that without access to the physical environment, transportation, information and communication etc., people with disabilities would not have equal opportunities for participation. It is also noted that people with disabilities face both technical and environmental barriers, often in the built environment, which can prevent or discourage access to places or services.

General Comment No. 5 (2017) – Article 19: Living independently and being included in the community

[General Comment No. 5](#) is specifically focused on the equal right of all people with disabilities to live independently and be included in the communities in which they live, with the freedom to choose and control their lives. It primarily concerns the obligations of States Parties, whilst also noting that Article 19 is one of the widest-ranging and most intersectional article of the Convention.

General Comment No. 6 (2017) – Article 5: Equality and non-discrimination

[General Comment No. 6](#) is centred on the principles of equality and non-discrimination in the context of international law, disability-based discrimination continues to exist. The aim of this general comment is to clarify the obligations of States Parties regarding non-discrimination and equality as enshrined in article 5 of the Convention on the Rights of Persons with Disabilities.

3.2. The Charter of Fundamental Rights of the European Union

[The Charter of Fundamental Rights of the European Union](#) consolidates the key personal freedoms and rights enjoyed by citizens of the EU into a single legally binding document. The Charter was declared in 2000 and came into force in December 2009 along with the Treaty of Lisbon.

The purpose of the Charter is to promote human rights within the EU. Many of the rights contained in the Charter were previously set out in the EU Treaties, the European Convention on Human Rights and various case law of the Court of Justice of the European Union. These contain 54 articles, spread across seven titles, including:

- Dignity
- Freedoms
- Equality
- Solidarity
- Citizen's rights
- Justice
- General provisions governing the interpretation and application of the Charter.

As with the section on the UNCRPD, the following articles from the Charter are those we consider as having the greatest relevance for people living with dementia and their carers, in the context of transport and access to cultural life, recreation, leisure and sport.

Dignity

Article 1 – Human dignity – everyone has the right to be treated with dignity.

Freedoms

Article 6 – Right to liberty and security.

Article 7 – Respect for private and family life.

Article 12 – Freedom of assembly and of association.

Article 13 – Freedom of the arts and sciences.

Equality

Article 20 – Equality before the law.

Article 21 – Non-discrimination.

Article 22 – Cultural, religious and linguistic diversity.

Article 25 – The rights of the elderly.

Article 26 – Integration of persons with disabilities.

Solidarity

Article 34 – Social security and social assistance.

Citizens' Rights

Article 45 – Freedom of movement and of residence.

developed by the European Union. The focus of the EPSR is primarily about access to and participation in the labour market; however, it also features a number of principles regarding the social rights of individuals (e.g. healthcare).

All 20 principles relate to some extent to the lives of people with dementia, their families and carers, and persons with disabilities, to some extent, we have only included those with direct relevance.

Equal opportunities and access to the labour market

2. Gender equality

3. Equal opportunities.

Fair Working Conditions

9. Work-life balance.

Social protection and inclusion

12. Social protection

14. Minimum income

15. Old age income and pensions

17. Inclusion of people with disabilities

20. Access to essential services.

3.3. European Pillar of Social Rights

3.3.1. Articles of the European Pillar of Social Rights

[The European Pillar of Social Rights \(EPSR\)](#) was proclaimed in 2017 by the EU to act as a compass for a strong social Europe. The EPSR sets out 20 principles in three main areas:

- Equal opportunities and access to the labour market
- Fair working conditions
- Social protection and inclusion.

Unlike the UNCRPD or the Charter of Fundamental Rights, the EPSR is not a legally binding document, but rather a strategic outline of the principles which should underpin and guide the policies and legislation

3.3.2. European Pillar of Social Rights Action Plan

In March 2021, the European Commission launched the European Pillar of Social Rights Action Plan to implement the principles of the EPSR. The plan outlines concrete actions and proposes headline targets to be achieved by 2030.

A key element in the plan was a commitment to develop a [report on access to essential services in the EU](#), which was published in 2024. Amongst the topics covered within this plan was transport, including an overview of the accessibility of transport for people with disabilities. As part of this, the report provided examples of national schemes or programmes aimed at ensuring that public transport was affordable (for example for people with reduced incomes or disabilities). It further noted that EU-supported schemes for

transport primarily came from Cohesion Funding or Recovery and Resilience Funds, usually in the form of infrastructure investment for rail and roads.

The EPSR Action Plan was reviewed in 2025, with a new Action Plan due for release at the end of 2025. At the time of writing, the new Action Plan was still under development.

3.4. European Strategy for the rights of persons with disabilities 2021-2030

In March 2021, the European Commission adopted the [Strategy for the rights of persons with disabilities 2021-2030](#), which built upon the previous European Disability Strategy 2010-2020. The objective of this Strategy is to progress towards ensuring that all persons with disabilities can participate fully in society, as equal citizens.

This Strategy considers the diversity of disability comprising long-term physical, mental, intellectual or sensory impairments (sometimes referred to as “invisible disabilities”), in line with Article 1 of the UNCRPD.

The Strategy therefore contains an ambitious set of actions and flagship initiatives in various domains and with numerous priorities, such as accessibility, living independently with a good quality of life and equal participation (including equal opportunities in and access to culture, sport and tourism).

The seven flagship initiatives of the Strategy are:

- AccessibleEU: a knowledge base providing information and good practices on accessibility across sectors.
- European Disability Card: a European Disability Card with the stated aim of making it easier for persons with disabilities to receive support when they travel or move to another country in the European Union. More on this in the following subsection.

- Guidance recommending improvements on independent living and inclusion in the community. This will contribute to enabling persons with disabilities to live in accessible, supported housing in the community or to continue living at home.
- A framework for social services of excellence for persons with disabilities.
- A package to improve labour market outcomes of persons with disabilities.
- Disability Platform: The Disability Platform brings together national authorities responsible for implementation of the Convention, organisations of persons with disabilities and the Commission. It supports the implementation of the strategy and enhances cooperation and exchange on implementing the Convention.
- Renewed HR strategy for the European Commission, including actions to promote diversity and inclusion of persons with disabilities.

Additional relevant measures within the Strategy included:

- A review of the passenger rights regulatory framework including rights for persons with disabilities and reduced mobility in transport by air, water, bus and coach.
- Production of an Inventory of Assets on rail infrastructure, looking at accessible parts of train stations, to identify existing obstacles and barriers to accessibility.
- Revision of the Regulation on Union Guidelines for the development of the trans-European transport network to strengthen the provision on accessibility.
- Revision the Urban Mobility Package to strengthen Sustainable Mobility Planning (which requires Member States to adopt local mobility plans taking into consideration the needs of different groups, including persons with disabilities).

The European Disability Rights Strategy completed all its outputs by the close of 2024. The new Commissioner for Equality, Hadja Lahbib, committed to further actions and flagships during 2025. At the time of writing, the Commission Work Programme envisaged that the updated strategy would be published in Q2 of 2026.

3.4.1. European Disability Card and European Parking Card for Persons with Disabilities

On 6 September 2023, the Commission made a proposal to create the European Disability Card and extend the European Parking Card for Persons with Disabilities. It was complemented in October 2023 by the Commission's proposal to extend the scope of the directives to third-country nationals legally residing in a Member State.

Both Directives (2024/2841, 2024/2842) were approved by the European Parliament (on 17 September 2024) and the Council of the EU (on 14 October 2024). Member States have 30 months from the date of entry of the Directives into force to adopt and publish the laws, regulations, and administrative provisions necessary to comply with them and 42 months to apply those measures. The cards are therefore expected to be operational in 2028.

The Directives set out the rules for both cards, concerning:

- The scope
- The beneficiaries
- The physical format
- The process for agreeing on the digital format
- The conditions, rules and procedures for issuing or withdrawing cards
- Accompanying information to be provided on the special conditions and preferential treatments.

The European Disability Card will serve as a proof of disability status across all EU countries when accessing a wide range of services. The card will grant the holder access to special conditions and preferential treatments offered to persons with disabilities. However, special conditions may apply when using transport, attending cultural events and visiting museums, leisure and sports centres etc., for example through:

- Free entry
- Reduced tariffs
- Priority access
- Personal assistance
- Mobility aids.

The European card will complement national disability cards, which will continue to be awarded by national authorities, based on their own criteria.

The European Parking Card for persons with disabilities will serve as proof of rights to parking conditions and facilities reserved for persons with disabilities for holders of the card in all EU countries. It will also contain security features to prevent and combat fraud. The new Parking Card will replace national parking cards.

In this Yearbook, we examine the situation in each country relating to national and European disability and parking cards in section 5.1.

3.5. Passenger rights and assistance

There is considerable legislation setting out the rights of passengers when travelling by different modes of transport across the EU. This section provides a brief overview of some of the rights of passengers by transport type, with a focus on the assistance to which an individual is entitled.

3.5.1. Planes/airports

The rights of air passengers with disabilities are primarily dealt with through the following legislation and guidance:

- [EU Regulation on air passenger rights \(dating from 2004\)](#)
- [European Commission Interpretative Guidelines on air passenger rights](#)
- [European Commission Interpretative Guidelines concerning the rights of disabled persons and persons with reduced mobility when travelling by air.](#)

When travelling by plane and through airports, an individual has the right to assistance, free of charge. This includes the following assistance in airports, before, during and after the flight:

- Assistance with luggage.
- Boarding and exiting the plane
- Free transport of recognised assistance dogs, medical equipment and up to two pieces of mobility equipment.

Airlines are not obligated to help with tasks such as eating or taking medication during a flight.

Individuals are advised to contact the airline, ticket seller or tour operator at least 48 hours before their trip, explaining the kind of assistance they require, whether they will be accompanied or not, as well as whether they will be travelling with an assistance dog and any mobility devices they will bring. If an individual is accompanied by a person who provides assistance, the airline should seat the individual and supporter together, wherever possible.

If the airline, ticket seller or tour operator was not informed of the need for assistance at least 48 hours before the trip, they must still make reasonable efforts to assist the person to travel as planned.

Boarding may not be denied on the basis of disability, except in the following situations:

- The aircraft or the aircraft door is physically too small; or,
- National, international or EU safety regulations or the decision of the competent authorities responsible for aviation safety prevent the airline from transporting the individual.

Carriers may also require an individual to be accompanied by a person who can provide the assistance required by the applicable safety rules. However, in such cases the carrier is not obligated to transport this person free of charge.

At the time of writing, the Council and European Parliament have adopted their respective positions on a Commission Proposal for the revision of the regulation.

3.5.2. Rail

The rights of passengers with disabilities are primarily dealt with through the following legislation, which replaced legislation dating from 2007:

- [EU Regulation on rail passengers' rights and obligations.](#)

When travelling by rail, passengers with disabilities have the right assistance, free of charge, including:

- Boarding and alighting from the train/transferring to a connecting train service (for which one has a ticket)
- On board (including accessing on-board services) and at the station before and after the journey.

Individuals should contact the railway company, station manager, ticket seller or tour operator at least 24 hours in advance of their intended travel, to explain of the required assistance. The railways company or station personnel can ask the individual to arrive at a designated point in the station up to an hour before the scheduled departure or final check-in time for the train. If the railway company, station manager, ticket seller or tour operator were not informed of the need for assistance at least 24 hours in advance, they must still make all reasonable efforts to ensure that the individual can travel as planned.

Should a Member State decide to apply a longer (up to 36 hours) pre-notification period for rail travel, then it can do so only until 30 June 2026, but it will have to explain why this is necessary and what measures have been foreseen to overcome the shortcomings which made the longer pre-notification period necessary.

A person cannot be denied boarding because of disability or reduced mobility, unless for reasons relating to security concerns or safety rules. Railway operators can require that an individual must be accompanied when travelling, however, they may only do so if this is absolutely essential to comply with existing non-discriminatory access rules already in place (for example as a result of the design of train or station infrastructure). In this situation, the accompanying person is entitled to travel free of charge and should, where possible, be seated next to the individual. Assistance dogs are allowed to accompany an individual in line with any local rules in the country.

3.5.3. Bus/Coach

The rights of passengers with disabilities are primarily dealt with through the following legislation which amended legislation from 2006:

- [EU Regulation on rights of passengers in bus and coach transport.](#)

Passengers with disabilities are entitled to assistance free of charge if their journey involves using a long-distance journey, where the scheduled distance of the service (not the individual trip), is 250 km or more. Individuals have the right to assistance, however, this is limited at [designated terminals](#), and with getting on and off the bus/coach. In addition, the company must let a person of their choice travel with them free of charge - if this solves any safety concerns that would otherwise prevent them from travelling.

It is advised that a person requiring assistance contact the bus/coach company, ticket seller or tour operator at least 36 hours before the trip to explain what assistance is required. The operator or the terminal manager may ask the person to arrive at a designated point up to one hour before the scheduled departure.

A person may not be prevented from buying a ticket, making a reservation or getting on board because of a disability or reduced mobility, except where it is strictly necessary to comply with legal safety requirements or where the infrastructure cannot guarantee safe transport.

3.5.4. Boat or ship

The rights of boat/ship passengers with disabilities are primarily dealt with through the following legislation and guidance:

- [EU regulation on rights of passengers in bus and coach transport.](#)

A person is entitled to assistance, free of charge, boarding, disembarking, or transferring between ships on-board and at the port. Individuals are advised to advise the carrier, ticket seller or tour operator at

least 48 hours before the trip and explain the kind of assistance required. If not requested ahead of time, the carrier and terminal operator must still make all reasonable efforts to assist the person.

If a person has specific needs in terms of accommodation, seating, assistance, or bringing medical equipment, it is recommended to advise the ticket seller when making the reservation.

Carriers can refuse to transport the person on the grounds of safety reasons stipulated in national, international or EU rules, or because of the way the ship or the port infrastructure is designed. The carrier may require the person to be accompanied by a person who can provide the assistance required by the applicable safety rules. In this case, the carrier must transport this person free of charge.

3.6. European Accessibility Act

The [European Accessibility](#) Act is a directive which aims to improve the functioning of the internal market for accessible products and services by removing barriers created by divergent rules in Member States, increasing the availability of accessible products and services in the internal market, and improving the accessibility of relevant information.

The Directive defines persons with disabilities in line with the UNCRPD, including people who have long-term physical, mental, intellectual or sensory impairments. The Directive promotes full and effective equal participation by improving access to mainstream products and services that, through their initial design or subsequent adaptation, address the particular needs of persons with disabilities.

The Directive highlights the concept of “persons with functional limitations”, including people who have any physical, mental, intellectual or sensory impairments, age-related impairments, whether permanent or temporary. It notes that these limitations, in interaction with various barriers, result in reduced access to products and services, leading to a situation that requires those products and services to be adapted to their particular needs.

The European Accessibility Act covers the following products and services:

- Computers and operating systems
- ATMs, ticketing and check-in machines
- Telephones and smartphones
- TV equipment related to digital television services
- Telephony services and related equipment
- Audiovisual media services, such as television broadcast and related consumer equipment
- Services related to air, bus, rail and waterborne passenger transport
- Banking services
- E-books
- E-commerce.

Additionally, labelling, instructions and warnings should be available via more than one sensory channel,

presented in an understandable way, and in fonts of adequate size.

The product and user interface, should contain features, elements and functions that allow persons with disabilities to access, perceive, operate, understand and control the product. Notifications must also be outlined via more than one sensory channel, providing alternatives to vision, auditory, speech and tactile elements. The service provider must also consider access for aspects such as identification methods, electronic signatures, and security and payment services that are perceivable, operable and understandable.

The EAA entered into application on 28 June 2025, with a transitional period until 28 June 2030 for services and products created before 28 June 2025.

4. National policies and strategies

Alzheimer Europe wished to determine the strategic and policy positions of countries in relation to transport and access to cultural life, recreation, leisure and sport.

In this section, we examine the situation in each country, with references to relevant strategy documents or policies, including national dementia strategies, older persons strategies and disability strategies. In some instances, our member organisations have also provided additional information related to other policy areas, which we have provided below.

4.1. Strategies for people with dementia

Armenia

No mention of transport within the national dementia strategy.

Austria

The Austrian Dementia Strategy contains two overarching objectives, with recommendations for actions, both which have relevance for both topics. Objective 1 concerns the promotion of participation and self-determination/independence for people with dementia and their carers, including the following recommendations for action:

- The public and professionals should become more aware of dementia and should better understand dementia, which can be achieved by:
 - Removing the stigma of dementia.
 - Creating a dementia-sensitive living environment (e.g. check-list for communities, improving technology and closer-to-home services).
- People with dementia should be able to participate in social and community life, which can be achieved by:
 - Improving community support services.
 - Improving and promoting self-determination by supporting self-help groups and support networks in the community, by involving people with dementia in planning their care (advance care planning) and by ensuring legal representation, if necessary.

- Involving people with dementia in applied research.

Additionally, Objective 2 “Ensure high-quality knowledge of and raise awareness of dementia in the public but also in special target groups” identifies the importance of people with dementia, their families and carers, as well as the public, having access to good-quality information on dementia and relevant services through:

- Broad information and media campaigns
- Supplementary information for special target groups
- Easily accessible information on diagnosis and care services,
- The development of a code of good practice for media information.

Belgium

Belgium does not have a federal national dementia plan.

Belgium – Flanders

There are no dedicated actions or policy ambitions formulated in the current Flemish Dementia Strategy at the regional level. The broader concept of dementia-friendly communities is mentioned in the Strategy, with the intention of sustaining existing efforts and enhancing new initiatives; however, there is no tangible framework to validate existing and future initiatives.

Bulgaria

Bulgaria does not have a national dementia strategy.

Croatia

Croatia does not have a national dementia strategy.

Cyprus

Cyprus does not have a national dementia strategy.

Czechia

The Czech national dementia strategy (NAPAD) mentions transport briefly in article 1.2, as part of a specific objective in relation to the completion of a multi-level care network. Within this, it notes that services are an essential part of a functioning carer system ensuring adequate transport to outpatient health and social services responding to the specific needs of the target group.

In relation to cultural life, recreation, leisure and sport, this is mentioned in the context of article 1.3 of NAPAD, with the specific objective of creating conditions for people with dementia to remain in their own social environment for as long as possible. Specific measure 1.3.2. “Promoting natural sources of support for informal carers, families and people with dementia” aims to support a range of examples of good practice, information campaigns and other community social capital development projects, disseminating the idea of a caring and dementia-friendly community.

Examples of natural sources of support for informal carers include volunteering, creating self-help groups of carers based on mutual assistance, exchanging services, sharing care or time banks, creating conditions for good neighbourly relations, joint leisure activities, visits, church work and intergenerational projects, among others. The aim is to prevent the social isolation of caring families and to express solidarity and social appreciation.

Denmark

The Danish national action plan for dementia states that society should be more dementia-friendly, which includes making public transportation more inclusive for people with dementia. It also highlights the responsibility of Danish municipalities to provide transportation for people with dementia to day and respite care services. Additionally, it addresses that there is a need for more knowledge regarding dementia in society to reduce stigma, suggesting that there should be an increased focus on dementia friendliness in all aspects of society.

There is a specific action within the strategy, with DKK 25 million dedicated to establishing local and national partnerships where volunteers create activities for people with dementia and their supporters/next of kin between 2020-2027.

The Danish plan expires in 2025 and there has been no confirmation of a replacement.

Estonia

Estonia does not have a national dementia strategy. The Dementia Competence Centre Strategic Plan for 2023–2027 recognises that limited access to transportation poses a barrier to receiving services and participating in community life. However, it does not outline specific measures to address this issue. Additionally, it does not specifically address cultural life, recreation, leisure, or sport for people with dementia and/or their carers and supporters.

Finland

Finland does not have a dementia strategy.

France

France does not have a national dementia strategy but has a national neurodegenerative diseases strategy launched in September 2025.

Under Axis 1 “Inform and change perceptions”, there is a dedicated mission focused on “better information on the recommendations of the framework for driving

among people with neurodegenerative conditions". Following a decree in 2022, a person diagnosed with a neurodegenerative condition was automatically prohibited from driving; however, a new framework will be proposed to allow for an assessment of driving ability.

There is a brief reference to sport under Axis 2 "Prevent and detect earlier", however, this is part of a broader focus on prevention. Whilst there is broader reference to rights and awareness raising in the document, there are no specific actions relating to access to cultural life, recreation, leisure or sport.

Germany

Germany's national dementia strategy contains, under Field of Action 1 "Developing and establishing dementia-inclusive communities to enable people with dementia to participate in society", a subsection (1.2) on "Developing mobility concepts for people with dementia". This contains three specific actions:

- Expansion of mobility services for people with dementia
- Dementia-sensitive planning of local public transport
- Easier parking for people with dementia.

Under this field of action also sits subsection 1.1 "Developing social spaces for people with dementia" which includes the following actions:

- Dementia-sensitive public gathering and recreational spaces
- Access of people with dementia to cultural, sporting and educational facilities.

Greece

There is no reference to transport or access to cultural life, leisure, recreation or sport within the Greek dementia strategy.

Iceland

The Icelandic national dementia strategy does not contain reference to transport. However, in relation to access to cultural life, recreation, leisure and sport, it states: "The goal is that the availability of diverse art therapy for individuals with dementia will be increased through collaboration with educational institutions, museums, and course providers. Municipalities will be encouraged to provide recreational grants for individuals with dementia to equalise their access and thereby increase demand for courses intended for individuals with dementia."

Ireland

The Irish national dementia strategy highlights the importance of people affected by dementia to remain socially engaged in local and community activities. It does not, however, outline any specific measures or actions that address transport for those affected by dementia.

An [evaluation of the Irish national dementia strategy in 2019](#) highlighted a lack of dementia accessible transport as an issue.

The [Irish national dementia strategy](#) has a key principle taking on the approach of the Age-Friendly Cities and Counties Programme and the Healthy Communities/Cities Programme, which encourages older people to live well and be valued.

The HSE's Dementia Understand Together programme was launched in 2017 with its main focus on community activation and the HSE's [Dementia Model of Care](#) includes a dedicated strand, on "staying connected", referencing the importance of maintaining hobbies and interests, and engaging in meaningful activities and occupation.

Italy

The current Italian dementia strategy does not contain specific measures in relation to transport or access to cultural life, recreation, leisure and sport.

In 2025, an updated plan is expected to be announced.

Lithuania

Lithuania does not have a national dementia strategy.

Luxembourg

The Luxembourgish national dementia strategy does not address the matter of transport or access to cultural life, recreation, leisure or sport for people with dementia and/or carers/supporters.

Malta

The Maltese national dementia strategy does not specifically outline transport provisions for individuals with dementia or their carers. However, it underscores the importance of dementia-friendly and inclusive communities, which inherently involves considerations for accessible and supportive transportation services. The strategy recognises the need for an environment that facilitates the mobility and independence of people living with dementia, while also easing the challenges faced by their caregivers.

The strategy focuses on improving the quality of life for individuals with dementia and their caregivers by encouraging active participation in cultural, recreational, leisure and sporting activities. It also underscores the need to create dementia-inclusive communities, where people with dementia are supported and encouraged to engage in various aspects of social life, promoting well-being, social connection, and cognitive stimulation.

Netherlands

The Dutch national dementia does not contain any specific measures in relation to transport.

It contains two relevant measures more broadly relevant to access to culture, recreation, leisure and sport:

- By 2030, 80% of people living at home will have access to a meeting centre for people with dementia in the vicinity of their own home, where they will have access to meaningful activities.
- By 2025, the number of “dementia friends” will have doubled to 750,000 people, with the emphasis on

young people and help provided for people with dementia living in the community.

North Macedonia

North Macedonia does not have a national dementia strategy.

Norway

The Norwegian dementia strategy does not specifically address the matter of transport for people with dementia and/or their carers/supporters. However, it addresses the importance of creating a dementia-friendly society, which includes reducing physical and social barriers to participation and being able to continue pursuing hobbies and activities.

One of the strategy's main goals is ensuring that people with dementia and their relatives can participate in a dementia-friendly society which enables them to live active and meaningful lives. Municipalities are obliged to offer an activity for people with dementia who are still living in their own homes. One example provided is a farm where people with dementia can take part in looking after the animals, gardening, cooking and eating meals together.

Poland

Poland does not have a national dementia strategy. One is currently under development and is expected to be published in autumn 2025.

Portugal

The Portuguese national dementia strategy contains no specific measures or policies addressing the matter of transport or access to cultural life, recreation, leisure or sport for people with dementia or carers.

Serbia

Serbia does not have a national dementia strategy.

Slovenia

Slovenia's national dementia strategy does not explicitly mention specific measures related to transport for people with dementia or their carers.

However, in addition to prevention, early recognition of dementia and quality of healthcare, the strategy also focuses on creating a dementia-friendly environment, including educating the public and raising awareness about the recognition and early signs of dementia by establishing dementia-friendly points. Some transport providers for older people have become dementia-friendly points and have become knowledgeable in recognising early signs of dementia.

The strategy also emphasises the importance of social inclusion and aims to create an environment where people with dementia are understood and have access to high-quality, accessible and effective treatment. However, it does not detail specific measures or actions regarding participation in cultural life, recreation, leisure or sports.

The [action plan for the implementation of the dementia management strategy](#) in Slovenia by 2023 for the period 2024-2025 has provisions on promoting preventive programmes to reduce risk factors for dementia and to maintain and promote health in the community.

Sweden

The Swedish national dementia strategy does not contain specific references to transport or access to cultural life, recreation, leisure or sports. However, there is state funding within Sweden for municipalities to support social activities.

Switzerland

Switzerland has a [National Dementia Platform](#) at federal level; however, it only deals marginally with [prevention in the area of dementia](#). In this context, the importance of mental, intellectual, cognitive and social activities is also emphasised. These are included in the federal government's non-communicable diseases strategy and whilst dementia is mentioned, it is not an explicit topic.

Many cantons have their own dementia strategies, but there is no overarching view of whether they reference transport or access to cultural life, recreation, leisure and sport.

Türkiye

Türkiye does not have a national dementia strategy.

Ukraine

Ukraine does not have a national dementia strategy.

United Kingdom – England, Wales and Northern Ireland

There is no UK wide national dementia strategy.

England does not currently have a national dementia strategy.

The Welsh [dementia action plan](#) was published in 2018 with a vision to make Wales a dementia-friendly nation. This strategy was intended for 2018-2022 but [has been extended](#). Chapter 2 of the 2018 Dementia Action Plan includes plans related to transport including plans to:

- “Ensure that transport planners/operators consider the needs of people living with dementia in the development of their services including major contracts such as the ‘metro’ and the rail franchise, to improve access to passenger transport information, enabling people to plan and undertake journeys on the public transport network”.
- “Develop and undertake training designed to raise awareness amongst transport workers of the barriers that are encountered by those with dementia when using public transport.”

The Northern Irish [regional dementia care pathway](#) contains no specific mention of transport within the pathway.

Chapter 2 of the Welsh national dementia action plan related to recreation includes plans to:

- “Work with the third sector and people with lived

experience to increase the number of people in Wales who are able to recognise dementia through expanding initiatives such as dementia friends and dementia supportive communities/organisation.”

- “Local authorities and health boards to work with local communities and third sector organisations to encourage them to open their services so that people with dementia, their families and carers can participate.”

The Northern Irish care pathway “Maintaining your Identity” outlines how a person living with dementia should be able to continue in the pursuit of their hobbies and remain an active member of their community with the relevant support.

An [evaluation report](#) of the Welsh plan was published in March 2025 and [plans are underway for a successor](#) to the plan, with engagement taking place throughout 2025.

United Kingdom – Scotland

[Scotland's fourth national dementia strategy](#) does not directly address transport as an issue for people living with dementia but states that it connects and aligns with other policies and frameworks, including the National Transport Strategy.

The [initial two-year delivery plan \(2024-2026\)](#) sets out that the Scottish Government will strengthen collaboration and coordination across national and local governments, recognising the contribution of public services such as transport to the delivery of positive outcomes for individuals and communities.

The strategy also identifies the value of arts and cultural opportunities as a way of expressing personal identity and remaining connected to communities. It states that people living with dementia and their carers should be supported to stay as connected and active in and with their communities as they choose.

Under the heading ‘Resilient Communities’, the first two-year delivery plan sets out the need for a better understanding of the role of arts and culture in promoting and sustaining well-being. Whilst the actions do not specifically address arts, culture, leisure or

sport, the Delivery Plan outlines the establishment of a Resilient Communities Programme Board tasked with:

- Identifying and promoting existing good practice in community initiatives.
- Promoting consistency in access to community initiatives and the uniquely local capacity they generate.
- Identifying opportunities and gaps.
- Allocating dedicated Scottish Government funding to enable a sustainable community infrastructure to grow across Scotland.

4.2. National strategies relating to older people with disabilities

Armenia

Armenia has a law about the rights of the people with disabilities, along with numerous sub-legislative acts and ministerial orders regulating these fields. However, in relation to transport or cultural life, recreation, leisure and sports, there is no specific regulation in place.

Austria

Austria has a [National Disability Action Plan](#) (NAP), which aims to facilitate the implementation of the UNCRPD. It is the second such plan of the government.

The NAP disability II represents the current situation for the respective departments including 300 common, political objectives, on which all federal ministries and the Länder have agreed, as well as around 150 indicators, which should measure the degree of achievement of the targets. Finally, the NAP 375 contains measures – divided into eight priority chapters – which are to be implemented by 2030.

The NAP contains two specific measures in relation to dementia:

- Increase in the hardship supplement for people with serious psychological disabilities and/or dementia, from the age of 15, from 25 to 45 hours a month
- Use of e-learning tools for BMI civil servants (topics:

dementia, “hate crime” etc.), specifically in external work and/or interaction with the public.

Chapter 3 covers accessibility, including sub-sections on transport, culture, sport and tourism, with examples of the specific measures, including:

- Regular publication of the series of brochures “Barrierefreie Mobilität” (accessible mobility) and of publications on the topic of accessibility in transport
- Revision of the Guidelines for accessible public transport
- Quality campaign for rail vehicles with full consideration of the concept of accessibility
- Expansion of accessible public transport and/or development of mobility strategies in rural regions, with the involvement of organisations representing persons with disabilities
- Closure of gaps in the accessible construction design in public cultural establishments
- Further training on the topic of accessibility and inclusion for staff of federal museums and theatres and of the ÖNB (Österreichische Nationalbibliothek)
- Increased consideration of diversity and inclusion in the funding activity of the BMKÖS (Bundesministeriums für Wohnen, Kunst, Kultur, Medien und Sport)
- Development of a brochure “Barrierefrei ins Stadion” (into the stadium without any barriers) for sports venues and sports stadiums
- Promotion of federal sports associations for the inclusion of sportsmen and sportswomen with disabilities
- Information documents on the topics of accessible art and cultural services, nature offerings, interaction with guests with disabilities
- Accessible information material for travellers with disabilities from abroad on the topic of using disabled parking spaces and public transport in Austria and associated discounts.

Belgium

Belgium has a Federal Advisory Council for the Elderly which gives seniors a say in federal policy development and takes on the role of an independent advisory council in matters relevant for older people.

As part of this, there is a commission which monitors the current federal policy where the topic of transport in relation to accessibility of care is mentioned and the need for a national dementia strategy is addressed.

Belgium also has a National Advisory Committee for Persons with Disabilities and a [Federal Disability Action Plan](#) which contains 145 policy measures.

For transport, this includes:

- Improving the current situation regarding accessibility.
- Including objectives for achieving accessibility for passengers with reduced mobility in the public service contract with NMBS and the performance contract with Infrabel.
- Improving the system of assistance to passengers with reduced mobility, depending on available resources.
- Providing thorough training to staff, including train attendants, on dealing with passengers with reduced mobility.
- Strengthening systems that enable passengers with disabilities to purchase a ticket, including website, apps and accessible ticket machines.
- Investigating the use of the European Disability card for rail transport.
- Ensuring that tickets can be purchased as far as possible through human interaction for passengers with disabilities, without any additional charge.
- Develop and organising a survey in collaboration with relevant stakeholders to obtain statistics and data on problems encountered while travelling and their impact on the choice of mode of transport.
- Assessing the feasibility and relevance of an awareness campaign for rail users, such as a “What if you were in the situation of...” campaign.
- Reforming the parking card system.
- Amending the Highway Code to allow the use of bus lanes and special crossings by vehicles for the collective transport of persons with disabilities.
- Concluding a contract for the analysis of projects from the point of view of accessibility for all and drawing up an internal audit strategy for these projects, as well as a systematic evaluation of projects for the redevelopment of public space by the committee for active modes set up within Brussels

Mobility.

For leisure, culture and sports, the following actions are outlined:

- Further roll-out of the European Disability Card as a tool for access to culture and leisure activities at home and abroad and promotion of its maximum.
- Development of sports initiatives for military personnel and veterans with disabilities.
- Development and implementation of an inclusiveness and diversity strategy within BOZAR (Centre for Fine Arts).
- Promoting access for persons with disabilities to performances by La Monnaie and the National Orchestra of Belgium.

A new federal action plan is expected to be developed and an [evaluation report](#) on the most recent strategy has been produced.

Belgium – Flanders

Flanders, Belgium, has a dedicated [strategy for older people](#), which focuses on enhancing autonomy and reducing loneliness, as well as containing a reference to the prevalence of dementia. Relevant actions within the plan include:

- Development of a dementia plan.
- Development of a loneliness plan.
- Development and investment in “caring neighbourhoods”.
- Continuing to build a dementia-friendly Flanders.

Alzheimer Liga Vlaanderen is part of the Belgian Disability Forum, a national umbrella organisation of 20 other organisations working around visible and hidden disabilities.

Additionally, the Flemish Agency for Persons with Disabilities provides budgets and allowances for people with disabilities to finance their tailor-made care and support in daily activities.

Bulgaria

Bulgaria has a national strategy for long-term care; however, dementia is not prominently featured within it. Similarly, there is a national strategy for people with disabilities, in which dementia is not referenced within the strategy.

Croatia

Croatia has a [national plan for equalisation of opportunities for persons with disabilities](#).

Within it, there are a number of measures related to transport and access to cultural life, recreation, leisure and sport, including:

- Improving the accessibility of buildings.
- Improving the accessibility of transport.
- Inclusion of persons with disabilities in tourism activities by ensuring the availability of information on the accessibility of tourist destinations and services, by encouraging projects aimed at the development of accessible tourism.

Cyprus

Cyprus has a National Strategy and Action Plan for Disability for 2024-2028. Persons with moderate or severe disability, including persons with a disability due to dementia, are entitled to the European Disability Card which provides them free access to public transport buses.

Czechia

Czechia has several strategies and programmes concerning seniors and people with disabilities in the field of transport, including: the [Strategic Framework for Preparing for an Ageing Society](#) and its [Action plan for 2023-2025](#) which contains the following specific measures:

- Promote an environment more conducive to all age groups and build barrier-free public spaces
- Promote the creation, updating and awareness of barrier-free maps in municipalities including the

development of a community mapping analysis

- Comprehensively support the smart city theme
- Promote barrier-free public transport, especially in rural areas, but also in cities.

The national plan for the promotion of equal opportunities for persons with disabilities includes references to:

- Accessibility of buildings, transport and roads; and,
- Independent living.

The legislation concerning seniors and people with dementia in the field of transport in Czechia is complex and relates to several laws and decrees, including:

- Act on Road Transport (No. 111/1994 Coll.): This law regulates the rules of traffic on roads and sets the conditions for the operation of road transport. It defines, among other things, the rules for the transport of persons with disabilities.
- Act on Social Services (No 108/2006 Coll.): This Act regulates the provision of social services, including services for the elderly and persons with dementia. It may also concern transport within these services (e.g. transport to day centres).
- Railways Act (No 266/1994 Coll.): This Act regulates the operation of rail transport and sets out the conditions for passenger transport.
- Integrated Transport System Act (No 194/2010 Coll.): This Act regulates the organisation and operation of integrated transport systems, which may include discounted fares for the elderly and people with disability.
- Decree of the Ministry of Transport on the transport of persons with reduced mobility (No. 467/2001 Coll.): This decree regulates the conditions for transporting persons with reduced mobility in public transport.

Denmark

Denmark is currently initiating new and extensive legislation relating to older people; however, it does not address transportation. The law has a specific focus on the role of civil society and how they can support the elderly in building relations and community.

Estonia

Estonia has no separate strategy for older people or people with disabilities.

The Social Welfare Act states that municipalities must organise their social services, including social transport services, for adult residents and, if necessary, also pay for the service. Each local government should ensure that its residents are able to access social services and benefits, providing people with disabilities and older people which targeted high-quality maintenance services in a timely and flexible manner.

The [Welfare Development Plan 2023–2030](#) aims to make Estonia a country where people are cared for, inequality and poverty are reduced, and everyone is supported in a long and high-quality working life. The plan highlights the need to ensure at least minimum social guarantees for people with caregiving responsibilities. Older people are identified as a distinct target group, and the plan also includes a [specific objective for the development of the social welfare sector](#). However, the plan does not include specific measures related to transport or access to cultural life, recreation, leisure, or sport for people with dementia and/or their carers and supporters.

Finland

Finland has an ageing strategy; however, it is not active at the moment.

France

France has an "Ageing Well Strategy" launched in 2023, which resulted in the [law of 8 April 2024, establishing measures to build a society of aging well and autonomy](#), which aims to strengthen policies to prevent loss of autonomy, combat social isolation, prevent abuse and strengthen the autonomy of vulnerable adults by promoting the principle of subsidiarity.

The [law of 11 February 2005, on equal rights and opportunities, participation, and citizenship for people with disabilities](#), established the National Conference on Disability (CNH), which meets every three years and provides an opportunity to review public policies

for people with disabilities. On 26 April 2023, the 6th National Conference on Disability was held, which designated accessibility as a national priority, an aspect that overlaps with the issue of transportation. By 2027, the State is committed to:

- Launching the process of making all national priority stations accessible,
- Launching the process of making historic metro lines partially accessible,
- Implementing a plan to improve the quality of services and assistance for passengers.

The National Conference on Disability also called for the following measures in relation to sport, culture and leisure:

- Improved reimbursement by the French Health Insurance Agency (PCH) for prosthetics for sports
- Accelerated accessibility of sports facilities through increased support from the National Sports Agency
- Deployment of 3,000 inclusive sports clubs
- Financial support through the Pass'sport programme for athletes under 30 receiving the AEEH (Assistance to Health and Social Welfare) or AAH (Allowance for people with disabilities)
- In the medical and social sector, support for the implementation of 30 minutes of daily physical activity for supported young people
- Through the "Pass'culture," create a listing of accessible cultural offerings
- Support for innovative technical solutions within the framework of cultural mediation.

However, these objectives set by the conference are currently not relevant for people living with dementia, as neurodegenerative diseases are not recognised by the public authorities as a cognitive disability (it is only in terms of compensation that people living with dementia who are diagnosed before 60 are recognised as adults with disability. After 60 years old, they are recognised as dependent older people).

The second edition of the national strategy, "[Acting for Carers 2023-2027](#)," was announced in October 2023, by the Ministry of Solidarity and Disability. It aims to allow caregivers to free up time in their daily lives to take care of themselves and their health, their family,

to devote themselves to their professional career or to a sporting, artistic or cultural activity. It includes measures such as:

- Creation of 6,000 additional day and temporary care places for older people
- 650 additional temporary care places for people with disabilities
- Development of home relay or "baluchonnage" with only one professional on six days maximum when it comes to people living with cognitive disorders. This system has been the subject of an experiment with exemptions from labour law and is currently being made permanent
- Development of respite vacation stays through partnership (for example, the Programme for Dependent Older People and their Caregivers implemented by the National Agency for Holiday Vouchers since 2020)
- Strengthening of benefits and compensation rights to adapt these to the needs of caregivers and related to home care and respite vacation stays.

However, at the time of writing, the strategy has not yet been implemented.

Germany

Germany has a [National Action Plan of the Federal Government on the UNCPRD](#) and the [Federal Participation Act](#), in addition to a [Commissioner for the Interests of Persons with Disabilities](#), who is appointed by the Federal Government.

The German Federal Department of Accessibility has a [dedicated page providing information on barrier-free mobility](#). Existing regulations address structural changes and focus on people with physical disabilities and do not address the issues more commonly experienced by people with dementia, including lack of clarity at train stations, complicated ticket machines or staff who are not trained to support people with dementia.

In relation to cultural participation, Federal Department of Accessibility [has a webpage with dedicated information](#) on creating environment where all persons regardless of their individual needs and skills

and without outside help are able to access buildings and outdoor areas, workplaces, offers, technologies and products.

Greece

Greece does not have a dedicated strategy on ageing or for people with disabilities.

Iceland

Iceland currently has a legislative proposal to incorporate the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) into law.

Ireland

Ireland has a [positive ageing strategy](#) which addresses broader determinants of health with priority areas including healthy ageing, education and lifelong learning, volunteering, cultural and social participation, transport and many others, acting as a blueprint for age-related policy and service delivery for government. The vision statement for this Strategy states:

“Ireland will be a society for all ages that celebrates and prepares properly for individual and population ageing. It will enable and support all ages and older people to enjoy physical and mental health and well-being to their full potential. It will promote and respect older people’s engagement in economic, social, cultural, community and family life, and foster better solidarity between generations. It will be a society in which the equality, independence, participation, care, self-fulfilment and dignity of older people are pursued at all times”.

One of the national goals is to “Remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacities.”

National Goal 1 of this Strategy is to “Remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in

their communities according to their needs, preferences and capacities.” Under this Goal there are five objectives outlined which include:

- Develop a wide range of employment options (including options for gradual retirement) for people as they age and identify any barriers (legislative, attitudinal, custom and practice) to continued employment and training opportunities for people as they age.
- Promote access (in terms of affordability, transport availability, accessibility of venue) to a wide range of opportunities for continued learning and education for older people.
- Promote the concept of active citizenship and the value of volunteering, and encourage people of all ages to become more involved in and to contribute to their own communities.
- Promote the development of opportunities for engagement and participation of people of all ages in a range of arts, cultural, spiritual, leisure, learning and physical activities in their local communities.
- Enable people as they age ‘to get out and about’ through the provision of accessible, affordable, and flexible transport systems in both rural and urban areas.

Through the [Healthy Ireland framework](#), these goals and objectives will be translated into deliverables with timelines and KPIs.

Ireland also has a National Disability Authority, a body which supports the implementation of national disability strategies. Under the country’s [national disability inclusion strategy](#), there is a commitment to improve the accessibility and availability of public transport for persons with disabilities. Some of the actions outlined here include ensuring:

- Persons with disabilities can are able to travel to and from their chosen destination independently (without driving a car) in transport that is accessible to them
- Public transport in both urban and rural areas is accessible.

In 2024, the [Alliance of Age Sector NGOs](#), a coalition made up of seven older persons organisations

(including The Alzheimer Society of Ireland), called for an Independent Commissioner for Ageing and Older People. The Alliance is working collaboratively to combat ageism and address issues specific to older people.

Italy

Italy has several strategies to support the elderly and persons with disabilities, with special attention also to persons with dementia and their carers/caregivers. Italian regulations, such as Law 104/1992, Law 381/1991 and Law 18/1980, provide a framework of measures to ensure the well-being and social integration of these persons, covering various areas such as transport, cultural life, recreation, leisure and sport.

Law 18/2009 ratified the UNCRPD and its optional protocol signed by Italy. This established the National Observatory on the condition of persons with disabilities at the Presidency of the Council of Ministers, with the aim of promoting the full integration of persons with disabilities in implementation of the principles of the Convention.

Law 104/1992 gave the Observatory responsibility of preparing a three-year action programme for the promotion of the rights and integration of persons with disabilities, identifying the priority areas for actions and interventions. The law also protects the rights of people with disabilities (including people with dementia), in relation to transport, ensuring people with disabilities can benefit from reductions on public transport fares, free access to certain services and facilitations in the use of public and private transport. These benefits are designed to ensure the mobility and autonomy of persons with disabilities and to support caregivers who accompany them.

Law 104/1992 also guarantees that people with disabilities, including people with dementia, have easy access to cultural events, recreational activities and sports. In particular, under the provisions of the Ministry of Culture, free admission to monuments, museums, galleries, excavations of antiquities, parks and monumental gardens of the State is guaranteed. This benefit is also extended to an accompanying person. In addition, tax breaks and incentives are provided for facilities and events that promote social inclusion.

Law 381/1991, which supports social cooperatives, encourages the creation of services that organise cultural, recreational and sports activities for persons with disabilities, including encouraging socialisation and active participation.

Law 18/1980 aims to support the participation of persons with disabilities in cultural and sports activities, enabling persons with dementia and their carers to benefit from dedicated programmes. Unified bills on “Accessible tourism and the participation of people with disabilities in cultural, tourist and recreational activities” are under discussion in Parliament. This includes training of cultural site staff on the reception of visitors with disabilities and the provision of appropriate supports and communication modes for people with hearing and/or intellectual disabilities to ensure their access to information and participation in cultural, recreational and leisure activities.

Lithuania

Lithuania has measures corresponding to the National Programme of Advancement, which offers the long-term vision for action to the individual ministries and their cross-ministerial collaboration.

The action plan to enhance participation of people with disabilities, published by the Ministry of the Social Affairs and Labour, was implemented in collaboration with other ministries and other institutions. The aim of the Action plan is to ensure that the rights of people with disabilities would be defended, that they would have the possibility to live independently, and also would be able to practice their rights to participate in social life. Objectives, among others, include:

- To strive for greater employment of persons with disabilities in the labour market, in cultural, sports, and leisure activities.
- To ensure better employment opportunities for persons with disabilities and create favourable conditions for their participation in cultural, sports, and leisure activities.

The Ministry of Culture is implementing part of the Culture and Creativity Development Programme under the title “Increasing the accessibility of high artistic

value, diverse and inclusive cultural content". The objective of this programme is to increase the share of people with disabilities in the total number of culture service users to 6%. People living with dementia are one of the target groups, without a specified share in the group. The programme is also aiming to increase cultural offerings for the older population. The programme is presently implemented using a range of different formats.

There is increased attention towards the access to information and access to public spaces in all areas of life, including culture, leisure and sports. The Ministry of Social Security and Labour "Approval of the Development Program for an Environment Suitable for Disabled People in All Areas of Life", highlights that 65% of people with disabilities experience difficulties living independently, using public services and purchasing goods or services, due to environmental inaccessibility. The solutions listed in the programme include:

- Increase physical infrastructure (e.g. public, recreational, sports, tourism and other spaces, public buildings and residential buildings, as well as public transport and public transport infrastructure).
- Enhance/adapt information infrastructure and information.
- Establish appropriate legal regulation: all institutions, without exception, providing public and administrative services, information and/or engaged in online trade, should be obliged to ensure that their websites are accessible to people with disabilities.
- Monitor websites and mobile applications of state institutions to increase the accessibility of information for people with disabilities.
- Ensure that public service providers ensure the accessibility of information for people with disabilities (partly falling within the competence of municipalities).
- Adapt services and goods to the needs of people with disabilities.
- Increase public understanding of the importance of the inclusion of people with disabilities and their individual needs.

Luxembourg

Luxembourg does not have a strategy for older people and/or people with disabilities.

Malta

Malta has developed strategies to address the needs of older people and persons with disabilities, aiming to enhance their well-being, independence and social inclusion.

One such key policy is the [national strategic policy for active ageing](#), which sets out various objectives to improve the quality of life of older persons. This policy focuses on three main pillars:

- Active participation in society
- Health and well-being
- An enabling environment that supports older persons in maintaining autonomy and dignity.

However, while the policy covers a wide range of areas, specific measures related to transport accessibility and mobility for older individuals, including those with dementia, are not detailed in the available document.

The strategy is also one of the guiding frameworks for Malta's policies aimed at improving the well-being, independence, and social inclusion of older individuals. One of the key aspects of fostering an inclusive society is ensuring that individuals with dementia are not only cared for but also actively supported in maintaining a fulfilling quality of life. Dementia-friendly initiatives are essential in combating stigma, promoting awareness and encouraging greater acceptance among the public. The national strategic policy for active ageing highlights the importance of partnerships with organisations such as the Malta Dementia Society, which plays a pivotal role in supporting individuals with dementia and their caregivers.

Netherlands

In the Netherlands, the [WOZO programme](#) (Programma Wonen, Ondersteuning en Zorg voor Ouderen – Housing, Support and Care for Older People Programme) for older people is currently ongoing, in which there is a focus on the environment in which people live. As part of this, there are two goals specifically related to transport:

- Presence of public transport
- Walking distance and route to public transport.

The Dutch Government is currently developing on a new strategy for older people; however, it has not yet been completed. Additionally, the government is working on a new strategy for care and well-being (primarily aimed at older people, in which “participation in society” will be a focus).

North Macedonia

North Macedonia has a [national strategy for the rights of persons with disabilities](#) based on the UNCRPD and covers areas including:

- Accessibility (physical and information)
- Education and employment (inclusive programmes)
- Social protection and healthcare
- Protection from discrimination
- Law on the Protection of the Rights of Persons with Disabilities
- Provides a legal framework for personal assistants, financial support and job adaptation.

However, the implementation of the strategy has been slow, with limited funding available for large-scale accessibility projects.

North Macedonia also has a national transport strategy which, although not specifically addressing dementia, contains measures indirectly supporting people with cognitive impairment and their carers, for example, through accessibility, training and inclusive solutions. It emphasises improving the accessibility of public transport for people with limited mobility, including older people and people with cognitive impairments:

- Adaptation of vehicles (low-floor vehicles, wheelchair spaces).
- Training for drivers to better deal with passengers with special needs.
- Stronger emphasis on the need for inclusive solutions for vulnerable groups.
- Information systems (e.g. clear instructions and visual indicators) that can help people with cognitive difficulties.
- Special programmes for older people.

Although there is no direct mention of “dementia”, there is a focus on transport solutions for older people, including:

- Reduced fares for pensioners.
- Adjusted routes in rural areas where older people live.

Norway

Norway has a strategy for older people, “[Bo trygt hjemme](#)” (approximately translated “Live safe at home”). The aim of the strategy is to implement societal measures to make it easier for older people to live in their own homes for long as they are able or willing, thus creating a more age-friendly environment. Some of the measures mentioned in the strategy include safer and universally designed sidewalks and transport, including a guide on how to create and sharing experiences with age-friendly transportation.

The same strategy as mentioned above also highlights the need for so-called low threshold social, cultural and physical activities. One of the specific measures mentioned is more dementia-friendly communities. More universally designed environments in combination with more dementia friendliness is considered to be an important key factor in making cultural life, recreation, leisure and sport more available also for people with dementia.

Poland

Poland has a national health programme, which contains an objective on “Demographic challenges”, however, it does not contain a reference to transport.

The country also has a strategic policy framework on “Social policy towards older people 2030. Security – Participation – Solidarity” (Resolution No. 161 of the Council of Ministers of 26 October); however, there is nothing about transport, as this is addressed in the Public Transport Act of 16 December 2010.

In addition, Poland has a strategy for people with disabilities (Resolution No. 27 of the Council of Ministers of 16 February 2021) on the adoption of the Strategy for People with Disabilities 2021–2030. This strategy has provisions stating the need to adapt public transport to the needs of people with disabilities, such as increasing accessibility for these people, which results from the adopted Act on Accessibility, including architectural elements, e.g. stops or stations. All newly built stations must be accessible to people with various disabilities, including visual, hearing and movement, but nothing about dementia is mentioned.

Portugal

Portugal has a [national strategy for the inclusion of people with disabilities](#) (Resolution of the Council of Ministers nº 119/2012). One axis of this strategy is “Promoting an inclusive environment including to promote accessibility in the public and passenger transport system as mobility factor”.

Portugal has an [action plan for active and healthy aging](#) (Resolution of the Council of Ministers nº 14/2024) which contains a specific measure: “Provide fully accessible transport, adapted for people with reduced mobility and age-friendly.”

There is also an [Older Persons Persons Statute](#) (“Estatuto da Pessoa Idosa”) (Proposal of Law Nº 28/XVI/1st) passed in January 2025. Article 23 (Mobility and accessibility) states:

- Older people have the right to special mobility conditions, including adapted and accessible transport.
- For the purposes of this article, measures are implemented to ensure the removal of physical and communication barriers that may hinder mobility and access to public buildings and spaces.

Article 19 (Participation in cultural and leisure activities) states: Older people have the right to participate in cultural, sporting and leisure activities, and are guaranteed access to lower prices for events and services.

Article 21 (Senior tourism) states: The State must promote senior tourism programmes, ensuring favourable conditions for access.

Serbia

Serbia has a national strategy for the healthy and active ageing of older people, as well as a strategy for improving the position of persons with disabilities. However, there is no mention of specific measures relevant to transport or cultural life, recreation, leisure and sport, relevant to people with dementia in either strategy.

Slovenia

Slovenia has a [strategy for a long-lived society](#), which was developed using the outcomes of the AHA.SI project as a basis. This strategic document addresses demographic challenges, both current and future; however, it does not explicitly mention specific measures related to transport for people with dementia or their carers. Whilst the strategy does focus more broadly on promoting the inclusion of persons with disabilities in various aspects of society, including cultural and recreational activities, it does not provide detailed measures specifically targeting the participation of people with dementia or their carers.

Sweden

Sweden has a strategy for people with disabilities; however, the strategy does not include specific reference to dementia.

Switzerland

Switzerland has a [strategy for a Swiss Ageing Policy from 2007](#), a [Federal Council report](#) on disability policy and [documents on disability policy 2023-2026](#). A postulate from March 2024 calls for the national ageing policy to be revised and updated.

According to the strategy, concepts and projects are to be developed on an ongoing basis in cooperation with the federal government, cantons and the approximately 200 licensed transport companies in the sense of planning and adapting to the respective framework conditions, in order to take into account the needs of passengers with reduced mobility, as well as older people. However, dementia-specific measures are not explicitly addressed.

Additionally, many cantons have their own strategies for older people and/or people with disabilities. The cantons and municipalities are also responsible for implementation of the provisions of the UNCRPD and the [Disability Discrimination Act \(Behindertengleichstellungsgesetz – BehiG\)](#).

Türkiye

Türkiye's national disability policy framework is guided by the Law on Disabled Persons (No. 5378), enacted in 2005, which focuses on accessibility, education, employment and social inclusion for individuals with disabilities.

Additionally, the National Disability Strategy and Action Plan (2016–2023) outlines various measures to improve the quality of life for disabled individuals, but it does not specifically address dementia or the transportation needs of people with cognitive impairments and their carers.

At the local level, some municipalities have initiated programmes to support people with dementia and their families. For example, Istanbul has implemented projects aimed at improving the quality of life for older people residents, including those with dementia. However, these initiatives are often limited in scope and may not comprehensively address transportation needs.

Ukraine

Ukraine has a legal framework to support people with disabilities, which includes measures that promote accessibility for people with disabilities (including in road infrastructure, architecture, transportation and separate parking spaces). Ukraine does not have a strategy for older people.

Ukraine's [national strategy for creating a barrier-free environment in Ukraine until 2030](#), aims to eliminate physical, social, digital and informational barriers.

The [State strategy for regional development](#) and the national action plan for the implementation of the UNCRPD both emphasise enhancing accessibility in transportation, which is crucial for individuals with people with disabilities (including people with dementia and their caregivers). Key measures which have relevance to transport include:

- **Barrier-Free Infrastructure Development:** The strategies prioritise the restoration and development of infrastructure with a focus on safety and barrier-free accessibility, considering the needs of vulnerable groups, including persons with disabilities.
- **Inclusive Transportation Services:** Efforts are directed towards ensuring that public transportation systems are accessible to all, including those with cognitive impairments. This includes the adaptation of vehicles and facilities to accommodate the needs of individuals with disabilities.
- **Training for Transport Personnel:** There is an emphasis on training transport staff to assist passengers with disabilities effectively, ensuring that they are equipped to support individuals with dementia and their caregivers.
- **Information Accessibility:** The plans advocate for the provision of accessible information regarding transportation services, routes, and schedules, utilising clear signage and announcements to aid those with cognitive challenges.
- **Community Engagement and Feedback:** Engaging with communities, including individuals with disabilities and their caregivers, to gather feedback and tailor transportation services to meet their specific needs is a component of the strategies.

Additionally, the strategy for regional development

address aspects of cultural life, recreation and leisure, emphasising the importance of enhancing cultural infrastructure and promoting inclusive access to cultural services across regions. This includes the development and modernisation of cultural institutions, support for local cultural initiatives, and the integration of cultural considerations into regional development planning. While the strategy outlines broad objectives for cultural development, specific measures or programmes may be detailed in accompanying action plans or regional development documents.

United Kingdom – England, Wales and Northern Ireland

In Wales, the Welsh Government published [Age-Friendly Wales: Our Strategy for an Ageing Society](#) in 2021, which includes aims of enhancing accessibility and inclusivity for older people in sectors, such as transport.

United Kingdom – Scotland

Scotland developed [A Fairer Scotland for Older People: A Framework for Action](#) to address the inequalities experienced by older people. It addresses transport as an issue for older people and those with disabilities, however, does not address the specific transport needs of people living with dementia. The key action in this framework approach was to engage around the development of the National Transport Strategy. The framework also set out to co-ordinate national work on dementia, to ensure that older people with dementia retain a visible and active part in their communities; however, it makes no specific reference to any specific role that arts, recreation, leisure or sport might play in this approach.

The [national transport strategy](#) does not have any targets specific to dementia; however, it presents a range of actions designed to reduce inequalities for marginalised groups including those living with a disability. This includes measures around fair access to services, affordability and ease of use which are all relevant to people living with dementia.

Scotland's [culture strategy](#) recognises that disability can impact individuals and communities' ability to access and participate in culture, addressing the need to reduce these barriers. It outlines the importance of promoting equal opportunities for people with disabilities across Scotland to lead a cultural life of their choice with all aspects of cultural engagement – formal and informal – available to them. The Strategy presents a case study on National Museums Scotland's Learning & Programmes' Community initiative of hosting Museum Socials for people living with dementia, offering informal learning and social opportunity around arts and culture for people living with dementia, and their family, friends or support workers.

Public Health Scotland's [framework for improving physical activity in Scotland](#) does not directly address supporting people with dementia to have better access to sport or leisure opportunities but includes a strategic delivery outcome on "Sport and active recreation for all", which promotes active participation in sport and active recreation across the life course through equitable and inclusive access to appropriate places, spaces and services. Specifically, the following actions are relevant to people living with dementia:

- Strengthen access to community assets (places, spaces, facilities and services across the public sector) that enable equitable and inclusive access to affordable and tailored physical activities, appropriate to the needs of communities of all ages and abilities.
- Enable local authorities to fulfil their statutory duties in the 'adequate' provision of active recreation, sport, play and leisure with a focus on inclusion, ensuring accessible, affordable and tailored programmes appropriate to the needs of their communities.
- Maximise the public health contribution of community sport clubs by enabling them to appropriately meet the needs of communities of all ages and abilities.

5. Projects, initiatives, resources and programmes – Including good practice examples

In addition to understanding the policy context, Alzheimer Europe sought a more comprehensive overview on some of the projects, initiatives, resources and programmes, which were applied in practice, to support people when using transport or accessing cultural life, recreation, leisure and sport.

The first subsection examines the situation of countries in relation to their implementation of EU Parking and Disability Cards, as well as the national equivalents.

Given the quality and breadth of the examples provided for this topic, we have incorporated the good practice examples in this section. The second subsection highlights examples of projects, initiatives, resources and programmes on transport, whilst the third provides those related to cultural life, recreation, leisure and sport.

5.1. Disability and Parking Cards – National and EU Cards

Armenia

Armenia is not a member of the EU, therefore will not implement European Disability Card or European Parking Card.

Armenia has a national disability card; however, dementia is not considered a disability unless the person experiences mental health issues. There is no national parking card for people with disabilities.

Austria

Austria has not yet implemented the European Parking Card and the European Disability Card.

People with dementia in Austria may be able to obtain a disability pass if they are restricted in their mobility due to their illness. The disability pass enables various benefits and is a card issued by the Ministry of Social Affairs. Whether financial benefits are granted depends on the severity of the dementia. The same provisions apply for the disability parking permit as for the disability card.

Belgium

The European Disability Card is implemented at the federal and regional level in Belgium. Since 1 January 2024, the procedure for issuing and renewing the European Disability Card (EDC) is:

- If a person has received recognition of their disability after 1 January 2024, they will automatically receive the EDC.
- If a person has a recognised disability, approved before 1 January 2024 and they do not yet have an EDC, they must still apply for a card.
- An extension of the EDC has also been done automatically since 1 January 2024.

People with dementia can apply for the card, subject to meeting the eligibility criteria.

Belgium is preparing to introduce the European Parking Card, however, has not yet done so. If the criteria are met for validation, people with dementia can apply for the [national parking card](#).

Bulgaria

Bulgaria has not yet implemented the European Parking Card or the European Disability Card. Bulgaria has both a national parking card for people with disabilities and national disability card, however, people with dementia are not eligible.

Croatia

Croatia has implemented both the European Parking Card and the European Disability Card. People with dementia are eligible to apply for both.

Cyprus

Cyprus has implemented both the European Parking Card and the European Disability Card, which are available for people with moderate or severe disability, including persons with a disability due to dementia. The European Disability Card allows them to use public buses for free.

Additionally, European Disability Card holders are entitled to a series of benefits including free or discounted access to archaeological monuments, museums, theatres, sport events and cultural events, amongst others.

In addition, disability NGOs which organise recreation events for their members are entitled to apply for a state subsidy.

Czechia

Czechia has not yet implemented the European Disability Card and European Parking Card.

The Czech disability card (TP, ZTP and ZTP/P system) designates varying degrees of disability, granting specific benefits to cardholders. It has the following designations:

- TP (Těžce Postižený – Severely Disabled) – This designation indicates a severe level of disability. Cardholders are entitled to benefits like reserved seating on public transport and priority in handling official matters that involve prolonged waiting.
- ZTP (Zvlášť Těžce Postižený - Extremely Disabled) – This signifies a more profound level of disability.

Cardholders receive the benefits of the TP designation, plus additional perks such as free travel on local public transportation and discounts on national train and bus services.

- ZTP/P (Zvlášť Těžce Postižený s Průvodcem - Extremely Disabled with a Guide) – This is the highest level of disability designation, indicating the need for a guide. Cardholders receive all the benefits of the ZTP designation, and their guides receive free travel on public domestic transportation.

The assessment process itself focuses on the degree of functional impairment, dementia included. Applications are typically submitted at the contact point of the Czech Labour Office according to the individual's place of residence.

The Czech disability card also allows for certain parking benefits, including:

- Free parking in paid parking zones for people with disabilities with a ZTP card at shared spots marked with a traffic sign.
- Parking on the basis of a parking permit in paid parking zones for a discounted price.

Option of a reserved parking spot for a specific vehicle marked with a traffic sign, established by a municipal district decision and a rental agreement.

These spots are established for a specific vehicle pursuant to [Section 25 of Act No. 13/1997 Coll., on Roads](#) and are exempt from the payment of the local fee for use of public space.

There are special parking fees for family carers who are from different districts but who regularly come to take care of someone.

Denmark

Denmark has not yet implemented the European Parking Card or the European Disability Card. Currently, Denmark has the [Ledsagerkort \(Companion Card\)](#), which enables people with cognitive and physical disabilities to bring a companion for free to certain venues e.g. museums, which is available for people with dementia.

Estonia

Estonia has not yet implemented the European Parking Card or the European Disability Card.

Currently, Estonia has national disability card, which is issued to individuals who have been officially assessed and assigned a level of disability. In addition, there is a separate work ability card, issued to those with reduced work capacity. People with dementia are eligible for the disability card if their condition has been formally recognised as a disability.

Estonia has a national parking card which is recognised in most EU countries. At present, the parking card is issued to individuals with mobility or visual impairments. A person with dementia is eligible for the card only if they also have a mobility or visual impairment.

Finland

Finland has [implemented the EU Disability Card](#) (since 2018). People with dementia may be eligible, if they have been provided [certain benefits and services by Kela](#).

Finland has [implemented the EU Parking Card](#). People with dementia may be eligible depending on the assessment of medical doctor, as disability services and benefits do not depend on the diagnosis (visual impairment, reduced mobility etc). It is not clear if this is something that people with dementia take advantage of, but in theory, it is possible.

France

France has not yet implemented the European Disability Card.

France has a Mobility Inclusion Card (CMI), which is intended for people with disabilities or loss of autonomy. It has three categories:

- The "Disability" CMI is attributed to people with a disability rate of at least 80% or people receiving a category 3 disability pension.

- The "Priority" CMI is given to people with a disability rate of less than 80% but for whom standing is difficult. The level of difficulty is assessed by the MDPH (departmental house for people with disabilities).
- The "Parking" CMI is awarded to people with a disability that significantly reduces their ability to walk or requires them to be accompanied when traveling.

People living with dementia can benefit from the Parking CMI if they are APA beneficiaries (personalised autonomy allowance); however, they are often incorrectly assessed by the MDPH as their disability is invisible or they are told they cannot be categorised.

The European Parking Card was replaced on 1 January 2017 by the [Mobility inclusion card \(CMI\)](#) with the "parking" label. The parking card remains valid until its expiry date and, at the latest, until 31 December 2026.

Germany

Germany has not yet implemented the European Disability Card or the EU Parking Card.

Germany has [a national disability card](#). People with dementia can apply for the national disability card. The Alzheimer Association in Baden-Württemberg has [a specific publication on this subject](#) for people with dementia. During consultations, it has been found that people with dementia are often rejected and must appeal, as dementia is often not recognised or viewed as a disability.

Germany has [implemented that European Parking Card, as well as having its own parking card for people with disabilities](#). If people with dementia meet the above requirements, they can receive the cards.

Greece

Greece has not yet implemented the European Disability Card or the EU Parking Card.

There is a [national disability card](#), issued by the state, which grants people free and/or reduced fare (50%) travel for people with disabilities, subject to the criteria that they reside permanently and legally in Greece, and

have a disability rate of 67% or above, or are beneficiaries of welfare benefits granted by OPEKA (Organisation of Welfare Benefits and Social Solidarity).

The national digital disability card can be used as a “culture card”, [providing free entry to museums and archaeological sites all year round, as well as some free guided tours, free entry to cultural events of the Ministry of Culture](#) (e.g. theatrical performances, concerts, film screenings etc). An accompanying person/caregiver of the person with a disability rate of 67% or above is also exempt from paying.

Individuals over the age of 65 are entitled to a [reduction of approximately 50% on admission fees to selected cultural and historical sites](#), available to Greek citizens and citizens of other EU Member States, upon presentation of their ID card or passport (applicable for the period 1 October-31 May of each year).

There is also a [national parking card \(blue card\)](#); however, the cards are only available for persons who have complete paralysis of the lower or upper limbs or bilateral amputation, severe motor disability or blindness.

Iceland

Iceland is not a member of the EU, however, is a member of the EEA, therefore may implement European Disability Card or European Parking Card.

Iceland has a national disability card but people with dementia are not eligible. However, it also has a national parking card, for which people with dementia are eligible.

Ireland

Ireland has yet to implement the European Disability Card or the EU Parking Card.

Ireland currently operates a national disability card; however, special conditions or preferential treatment for disabled people in Ireland in areas such as transport, leisure, culture and sport sectors are not common.

Ireland’s Road Traffic (Traffic and Parking) Regulations

1997 provide for the operation of disabled person’s parking permits (also known as European Parking Cards) in Ireland. The Blue Parking Permit complies with EU Recommendation 98/376/EC which allows for its recognition in other EU Member States. However, people living with dementia are not eligible to be granted unless they have an additional co-morbidities or condition which impacts their mobility.

Ireland has a Disabled Parking Permit Scheme for people with disabilities through the Disabled Drivers Association of Ireland (DDAI) and the Irish Wheelchair Association (IWA). Eligibility criteria outlines that a person must have a permanent medical condition and a severe mobility issue, certified by a GP. This scheme does not extend to people living with dementia unless they have a co-morbidity or additional illness which affects mobility.

Italy

Italy has implemented both the European Disability Card and the European Parking Card.

In Italy, applications to the [European Disability Card](#) can be submitted to the Italian National Institute for Social Security (INPS) portal and are available for people with medium, severe and disabilities where the person cannot care for themselves. It is possible to obtain access, for free or at a reduced cost to services related to transportation, culture and leisure nationally and across the EU.

The [European Parking Card for Persons with Disabilities is in use in Italy](#); however, it is only eligible for individuals who have significant reduced mobility or blindness. People with dementia are only entitled to the card if they fit into one of these categories. The card can be issued for a fixed period of time (less than five years), to people with temporary reduced mobility due to injury or other pathological causes, people with total absence of all functional autonomy and need for continuous assistance, to travel to places of care. In all cases, these conditions require a certification, by means of a disability report or certificate issued by a local health authority medical examiner before proceeding with the application.

Lithuania

Lithuania has yet to implement the European Disability Card.

While, the European Parking Card is implemented in Lithuania, people with dementia lose the ability to drive once diagnosed, therefore the card is not directly relevant for them. Carers of people who have advanced dementia, have the right to receive and use the card.

Luxembourg

Luxembourg has yet to implement the European Disability Card or the EU Parking Card.

Currently, Luxembourg has a national disability card, of which there are three levels:

- Disability card 'A', is issued to people whose degree of physical disability is between 30% and 49%. The priority card may be issued jointly with the disability card A. In that case, the holder will also have priority rights and a guaranteed seat.
- Disability card 'B', is issued to people whose degree of disability is equal to or greater than 50%. Holders enjoy a right to priority of passage and service as well as a guaranteed seat.
- Disability card 'C', is issued to people whose physical or mental state is such that they cannot travel without the assistance of another person. This card extends the rights granted by the Disability card B to the person accompanying the disabled person.

People with dementia are eligible if their doctor fills out the relevant forms.

Luxembourg has a national parking card for persons with disabilities. The parking permit for disabled people is issued, under certain conditions, to Luxembourg residents with a disability that results in reduced mobility. This permit allows them to park in specially designated spaces. To be allowed to park in a disabled parking space, this permit must be visibly affixed to the windscreen of the vehicle. The permit is valid for Luxembourg and EU Member States.

If a doctor fills out the form to request such a card, it will most likely be for the partner for a person with dementia who is not able to drive.

Malta

Malta has [implemented the European Disability Card](#) and as part of this initiative, individuals with dementia are also eligible to apply for the card. This enables them to access various benefits, including improved services, discounts and priority treatment in areas such as transport, culture, and leisure, both locally and in other countries that recognise the card.

Malta has [implemented the European Parking Card](#), which is also available to people with dementia. This initiative aims to enhance mobility and independence by allowing eligible individuals to park in reserved spaces closer to essential services, medical facilities and other key locations. The card also helps reduce mobility barriers, ensuring that persons with dementia and their caregivers can navigate daily activities with greater ease and convenience.

Persons with dementia holding a European Disability Card [are entitled to skip the queue when boarding the Gozo Ferry](#), minimising waiting times. Additionally, assistance is available on board to support their needs during the journey.

Priority seating on Malta Public Transportation is available for elderly passengers and those with disabilities, including persons with EU Disability Card, which also covers persons with dementia, to ensure a safer and more comfortable journey.

While there are no dedicated dementia-specific transport programmes, Malta's public transport system is designed to be accessible, with low-floor buses and priority seating available for persons with EU Disability Card and elderly.

Netherlands

The Netherlands has yet to implement the European Disability Card. There is no national disability card; instead municipalities cards in their areas, with the purpose of the cards and eligibility criteria varying.

For example, in Apeldoorn [there is a passenger card](#) for people that need assistance. In this case, people with dementia are eligible.

North Macedonia

North Macedonia is not a member of the EU; therefore, it will not implement European Disability Card or European Parking Card.

North Macedonia does not have a standardised national disability parking card in line with the EU Disability Park Card, but people with disabilities can still access parking benefits through other official permits.

Parking permits for people with disabilities are issued by local municipalities and require a medical certificate proving reduced mobility (usually for those with severe disabilities). This allows for parking in designated disabled parking spaces (marked with the international wheelchair symbol). Locally issued permits are also not valid in EU countries and likewise, EU Disability Parking Cards are not recognised in North Macedonia.

Eligibility is typically based on mobility impairments (e.g., wheelchair users, severe walking difficulties); however, if dementia severely affects a person's ability to walk or requires constant assistance, they might qualify under broader disability assessments.

Norway

Norway is not a member of the EU, however, is a member of the EEA, therefore may implement European Disability Card or European Parking Card.

Norway does not have an equivalent national disability card. There is a card for people who cannot drive or use public transportation due to illness or disability, called the "TT-card", for which people with dementia are also eligible. The card offers alternative transportation. The municipalities or county councils have the authority to establish the criteria that the applicants must meet and to issue the card. There is no statutory individual entitlement to TT-services.

Norway also has a national parking card for people with disabilities. There is a parking card for persons

with mobility impairment, however, the eligibility criteria are strict. The card is mainly meant for individuals who cannot walk or have difficulties moving over a certain length. The card must be applied for, and a medical certificate is required. For people with dementia, by the time a person has difficulty with mobility, driving a car may be no longer possible or the person may have had to give up their license. However, the parking card is also eligible for carers of a person with dementia, being a condition which often needs constant supervision.

Poland

Poland has yet to implement the European Disability Card or EU Parking Card.

The Polish disabled person's identity card, which confirms the disabled person's status and entitles them to discounts and preferences. People with dementia are eligible for this card.

Poland also has a national parking card for people with disabilities who:

- Have a significant or moderate degree of disability
- Have difficulty moving independently
- Have a disability certificate indicating limited ability to move independently.

If people with dementia meet these criteria, they are eligible for a parking card.

Portugal

Portugal has yet to implement the European Disability Card or EU Parking Card.

Portugal does not have a national disability Card.

The country has a "parking disability" card issued by Instituto da Mobilidade e dos Transportes I.P. (Institute for Mobility and Transport) that the person with disability can use in any European country, according to Article 8 (Recognition) of the [Act of Government n° 307/2003 in the version given by the Act of the Government n° 128/2017](#) which states:

- Parking cards for people with disabilities, issued by the authorities of other Member States of the European Union that adhere to Council Recommendation No. 98/376/EC of 4 June, are recognised in Portugal.
- Parking cards for people with disabilities issued by the authorities of the countries of the European Conference of Ministers of Transport and their associates are also recognised in Portugal, in accordance with CEMT Resolution No. 97/4, approved on 22 April.

Article 4 (Legitimacy) from the same legislation outlines the entitlement to the card:

- A person with a motor, physical or organic disability who, due to changes in the structure and functions of the body, whether congenital or acquired, has a permanent functional limitation, of a degree equal to or greater than 60%, assessed by the National Disability Table, provided that such disability makes it difficult to move on public roads without the help of others or without the use of compensation means, including prostheses and orthoses, wheelchairs, crutches and walking sticks or in accessing or using conventional public collective transport.
- People with intellectual disabilities and people with Autism Spectrum Disorder (ASD) with a degree of disability equal to or greater than 60%.
- A person with visual impairment, with a permanent change in the field of vision equal to or greater than 95%, assessed by the National Disability Table.
- People with disabilities in the Armed Forces covered by Decree-Law No. 43/76, of 20 January, or those equivalent to them who have a motor disability equal to or greater than 60%, may also use the parking card.

People with dementia are not specifically identified; however, if they have an incapacity (physical or intellectual disability of at least 60%), it is possible to obtain the card.

Serbia

Serbia is not a member of the EU; therefore, it will not implement European Disability Card or European Parking Card.

Serbia does not have a national disability card. The country has a national parking card for persons with disabilities, however, people with dementia are not eligible.

Slovenia

Slovenia has [implemented the European Disability Card](#). Individuals who have a recognised disability status under national regulations are eligible for the card. This includes people with disabilities acknowledged by pension and disability insurance, vocational rehabilitation, employment regulations, and other relevant fields. If a person with dementia has been officially recognised as having a disability under these criteria, they would be eligible for the card.

Slovenia has implemented the European Parking Card for Persons with Disabilities. The card is available to individuals who meet the national criteria for disability status. If a person with dementia is officially recognised as having a disability under Slovenian regulations, they may be eligible for the parking card.

Sweden

Sweden has yet to implement the European Disability Card or EU Parking Card.

Sweden does not have a national disability card.

The country has a national parking card for persons with disabilities, although people with dementia are not eligible.

Switzerland

Switzerland is not a member of the EU, however, is a member of the EEA, therefore may implement European Disability Card or European Parking Card.

In Switzerland, the Federal Council answered a corresponding [enquiry](#) in 2023 and stated that it would closely monitor further developments in order to be able to assess the possible impact of the planned new EU regulation on the country.

Switzerland does not currently have a general disability

card, but only a card for people who receive disability insurance (IV) benefits and the blue parking card for people with mobility disabilities. The granting of concessions to IV recipients is also at the discretion of the respective service providers and is not regulated by law. Switzerland's current [parking permit](#) aligns to the current EU model.

Türkiye

Türkiye is not a member of the EU; therefore, it will not implement European Disability Card or European Parking Card.

It has its own Disability Identity Card offering various benefits to individuals with disabilities, including those with dementia, provided that they meet the required disability threshold. However, these benefits are not internationally recognised, particularly within the EU.

Individuals with dementia can be eligible for the Disability Identity Card if they meet the 40% disability threshold as determined by a medical board report. Dementia is recognised as a disability under Turkish law, and individuals diagnosed with it can apply for the card. However, it must be noted that dementia is not explicitly mentioned in the list of conditions to qualify for the card. Therefore, eligibility is primarily based on the severity of the condition as assessed by medical professionals. The card provides access to:

- Free Public Transportation: Access to municipal and private-public buses, maritime transportation vehicles and TCDD trains.
- Discounted Flights: Turkish Airlines offers a 20 % discount on all domestic flights and a 25 % discount on international flights departing from Türkiye.
- Free Access to Cultural Sites: Admission to museums, archaeological sites, national parks, nature reserves and State theatres.

In Türkiye, individuals with disabilities can apply for a national parking permit known as the "Özürlüler için Park Kartı" (Disabled Parking Card). The card allows holders to park in designated spaces reserved for people with disabilities. This card is issued to:

- Individuals with a disability rate of 40% or higher, as determined by a medical board report.
- Individuals holding an "H" class driver's license.

Ukraine

As of April 2025, Ukraine has not implemented the European Disability Card and the European Parking Card for Persons with Disabilities. This initiative is intended for European Union Member States, and since Ukraine is not an EU Member, it does not participate in these schemes.

In Ukraine, there is a card for people with disabilities. It provides an opportunity to take advantage of benefits in the medical, social, and economic spheres. People with dementia who have disabilities can benefit from it, just like other people with disabilities.

Ukraine has a national parking card for people with disabilities. People with dementia who have a legally established disability status are able to use the parking benefits provided to people with disabilities. People with dementia do not have other options.

United Kingdom – England, Wales and Northern Ireland

The UK is not a member of the EU, and therefore, will not implement European Disability Card and as well, is no longer part of the European Parking Card for Persons with Disabilities scheme (though it does recognise badges issued by EU and EEA countries used by visitors to the UK).

The UK does not have a national disability card.

The UK has the [Blue Badge Parking Cards](#) which allows individuals with disabilities, including dementia, to park closer to their destinations. Eligibility isn't solely based on physical disabilities; it also considers how a condition impacts mobility and travel. For example, if a person with dementia experiences disorientation or confusion during journeys, they may meet the criteria. Local authorities administer the Blue Badge Scheme and make eligibility determinations.

The European Parking Card for Persons with Disabilities is not issued in the UK, but the UK recognises badges issued by EU and EEA countries used by visitors to the UK.

United Kingdom – Scotland

Scotland (as part of the UK) is not a member of the EU, and therefore, will not implement European Disability Card. Additionally, it is no longer part of the European Parking Card for Persons with Disabilities scheme (though it does recognise badges issued by EU and EEA countries used by visitors to the UK).

There is no government-issued national disability card in Scotland.

Disabled people living in Scotland can apply for a parking card through the UK [Blue Badge scheme](#). The Blue Badge scheme allows badge holders to park closer to their destination, e.g. shops, health centre and leisure facilities. It applies mainly to on-street parking where holders of a Blue Badge are generally permitted to park free of charge in restricted areas such as pay and display parking bays, disabled parking bays, and on single or double yellow lines when it is safe to do so. People with dementia are eligible to apply for a Blue Badge using “Risk in traffic” criteria or through the criteria which applies to individuals with a physical disability, particularly if they have limited mobility as a direct result of their dementia or the presence of a co-morbid condition.

5.2. Good practices – Projects, initiatives, resources and programmes related to transport

Armenia

If a person has specific documentation regarding their health condition, they can use public transport free of charge.

Austria

The national train company ÖBB aims to ensure that all customers are able to travel by its services, including people with disabilities as well as older people. As part of this, [its mobility services offer passengers support](#) to use its services, which requires pre-registration to use.

Additionally, people with disabilities in Austria get a 50% discount on standard one-way tickets (within Austria) with ÖBB, using a disabled person's pass or a severely disabled person's pass. To benefit from the discount, a disabled person's pass is required with a degree of disability of at least 70% or an entry “The holder of the pass can claim the fare reduction in accordance with the Federal Disability Act”. The accompanying person may travel free of charge. People with dementia are usually only considered as being at this stage, once the condition has progressed to the advanced stage or they have significant physical limitations.

There is a website sharing findings from the research project “[Dementia in Motion – Study and Recommendations for Dementia-Friendly Travel in the Public Transport System](#)” which addresses the question: “What does it take for people with dementia to be well, when they are out and about?”. The project addressed concepts such as urban design, transport provision as well as social services.

Belgium

A person who receives the APA (Allowance for Assistance to the Elderly) in Wallonia can benefit from reduced fares on public transportation as well as mobility assistance, such as support for adapted equipment or transportation needs. In addition, some municipalities offer social taxi services for people with a disability or reduced mobility, helping them stay active and connected to their community.

Ligue Alzheimer has engaged with SNCB (National Railway Company of Belgium) about the importance of informing ticket inspectors about people with dementia, encouraging them to show understanding and offering assistance where a person with dementia does

not have a ticket.

There are online references tailored to the different regions in Belgium:

- For Flanders there is: [Toegankelijk Vlaanderen \(Accessible Flanders\)](#)
- For Wallonia and Brussels there is: [Collectif Accessibilité Wallonie-Bruxelles \(Accessibility Collective Wallonia-Brussels\)](#).

For sports, doctors can provide a prescription for individuals who need to engage in physical activity. In this regard, Ligue Alzheimer tries to act as an intermediary between organisations and people with dementia. In relation to cultural life, Ligue Alzheimer offers training for museum guides to better support visitors with dementia.

Belgium – Flanders

[The Flemish working group of caregivers for people with dementia](#), supported by Alzheimer Liga Vlaanderen, is currently finalising a new initiative and publication offering a set of guidelines as a minimal quality standard to make dementia-inclusive initiatives more visible for people with dementia and their caregivers.

In addition, the [Flemish working group of people with dementia](#) is developing a new initiative focused on the topics of leisure, transport and tourism. This aims to provide information and tangible initiatives for the target group and put the topics higher on the policy agenda for the future dementia strategy. Additionally, this group is working on a new publication to provide a “compass” to give people who receive a diagnosis of dementia perspective and tailored information. The starting baseline is: life doesn’t stop after a diagnosis, so how can we enhance the possibilities for people with dementia and their caregivers to enjoy life despite the diagnosis? The new publication will have a focus on transport, leisure activities and tourism, written by people with dementia for people with dementia. At the time of writing it has not been released, however, for more information, contact: olivier.constant@alzheimerligavlaanderen.be

Croatia

All citizens of the City of Zagreb have free public transportation, and train travel in the territory of the Republic of Croatia is free after the age of 65.

Czechia

The [Transport Company of the City of Prague](#) provides information about barrier-free transportation on its website.

ČD (Czech Railway) also has information in their magazine and on their website, as well as information about the [travel assistance programme for people with disabilities](#) (wheelchair users, people with visual or hearing impairments). The assistance service must be booked at least 24 hours before the journey, as well as assistance from the other railway providers (RegioJet etc.) or service at Prague Airport (should be booked with the ticket).

The Czech Alzheimer Society, as part of its consultancy, provides information about the benefits system (mobility allowance, disability card), which can make it easier for people with dementia to get to doctors' appointments, cultural events etc. Additionally, they provide contact for organisations, which can help with transportation and assistance, as well as operating a [database of services](#) for people with dementia (including transport services included).

Most public transport in the country is gradually being adapted to be wheelchair accessible and easily accessible for the elderly and people with reduced mobility. Some cities provide special transport for people with disabilities at favourable prices.

Some organisations offer assistance services for older and people with dementia to help them with transport and orientation.

A mobility allowance is intended for people with disabilities who repeatedly use paid transport and is intended to compensate for the increased costs of transport. People who have a ZTP, ZTP/P card (explained in section 5.1), who need to be transported repeatedly in a calendar month for a fee (with their own car or

with the help of another person) are eligible. The basic amount of the allowance is CZK 900 per month.

Denmark

The National Knowledge Centre for Dementia has produced a factsheet on driving and dementia.

The national railway company DSB has a [webpage dedicated for its passenger assistance programme](#).

Sunflower Lanyards are also free and available in Denmark and are widely used.

The Danish Alzheimer Association carried out a [study uncovering the issues regarding transportation for people with dementia in Denmark](#), to encourage change in the country.

Finland

The [Finnish Transport Infrastructure Agency](#) met with the Finnish Alzheimer Society and the Finnish Association for the Welfare of Older Adults to discuss how to make transport infrastructure more accessible.

There is information on passenger assistance at the airport and on board the aircraft, [is available on Finnair Finland's website](#), which specifically references Alzheimer's disease. The website of the Finnish Transport and Communications Agency (Traficom) contains information on the [rights of rail passengers with disabilities or reduced mobility](#) and the [rights of ship passengers with disabilities or reduced mobility](#), both of which reference memory disorders.

France

At the regional, departmental or local level, initiatives vary by cities or associations to facilitate the transport of people with reduced mobility or elderly people, but this is not only targeted at people living with dementia. [Essentiel Autonomie has a webpage proving examples, including:](#)

- Support to attend medical appointments: ambulance, taxis etc., are covered in case of loss of

autonomy.

- Public and on-demand transportation adapted for the elderly and reduced fares as an alternative to public transportation.
- Adapted transportation solutions (depending on availability), with prices calculated based on resources, for people with reduced mobility.

The French Government [has a dedicated page for older people](#), providing advice and information on transport, including regionally and locally, as well as at the station and airport. Additionally, the website of the [Ministry of Labour, Health, Solidarity and Families](#) lists, on its accessibility and disability page, systems and tools to make society more accessible.

France Alzheimer does not provide services or publications specifically related to transport, however, it provides [more general information on social benefits that may support people](#). The organisation has developed an “agent training” programme for public transport workers, but has struggled to get engagement.

France Alzheimer's local branches are very active related to transport to support families in the evolution of their mobility due to the disease, but also to ensure that people with dementia and their caregivers can participate in the activities offered by local branches, especially in rural areas. Volunteers may use their own cars, or the association can pay for a taxi to allow people with dementia and their caregivers to take part in activities. These non-pharmacological interventions are not recognised and compensated by health insurance and therefore transport is not covered.

The “Alzheimer Ensemble” Collective, coordinated by la Fondation Médéric Alzheimer and of which France Alzheimer is a member, edited a report in 2021 called “[practical guide to building an inclusive society](#)” in which there is advice for all stakeholders to improve the daily life of people with dementia and their caregivers.

RATP, which manages the public transport network in Paris and the Île-de-France region, [has created a booklet for each station \(metro, RER\)](#) detailing the facilities designed to ensure accessibility for people

with reduced mobility.

The national rail company, SNCF, has implemented various services:

- [Assist'enGare](#): Individuals with a mobility inclusion card can receive assistance from the station reception desk to their seat on the train, and from their seat on the train to the station exit.
- [Domicile+Train](#): This service offers personalised assistance from home to their final destination.

The Paris Aéroport website, which covers Paris Charles de Gaulle Airport and Orly Airport, [has a page dedicated to accessibility](#). For both airports, there are "Easy-to-Read" travel guides that help people plan their trip from departure to arrival, including connecting flights. Accessible facilities are listed and can be geolocated.

Germany

Both [the airport in Berlin-Brandenburg](#) and [the airport in Hamburg](#) operate the Sunflower Lanyards scheme.

There are [coach excursions tailored to the needs of people with dementia and their caregivers](#). The coach driver is trained to work with people with dementia and the respective tour guides and the selected locations are also adapted to people with dementia.

There are also dedicated "[vacations from everyday care](#)" which aim to provide time out, relaxation and vacation for family caregivers and people with dementia.

The German Alzheimer's Society (Deutsche Alzheimer Gesellschaft) produced the brochure "[ways to greater safety for people with dementia](#)" which contains a dedicated chapter that also deals with accessibility in transport. Additionally, they have a [factsheet on driving and dementia](#). They also produced a short explanatory film "[Driving and Dementia](#)" which aims to provide information on driving and dementia, whilst also addressing the need to find ways to ensure the mobility and participation of people with dementia.

As part of the "[Dementia Partner](#)" educational

initiative, Deutsche Alzheimer Gesellschaft has developed training materials for public transport employees, including collaborating with Deutsche Bahn for training on supporting people with dementia.

The Dementia Competence Centre in Schleswig-Holstein produced a brochure: "[Driving and dementia - What those affected, relatives and doctors can do!](#)"

In February 2025, around [100 tour guides took part in a conference](#) during which the Dresden Dementia Competence Centre explained how tour guides can support guests with dementia.

Greece

In some big cities there are [services operated for people with disabilities](#) which provide free transportation to people who cannot be served by conventional public transport vehicles.

Passengers with certain medical conditions, those requiring special care during the flight, as well as passengers in the post-operative period may be required to provide a [Medical Information Form \(MEDIF\)](#). The MEDIF is completed by the passenger's attending physician, giving details on the patient's state of health and certifying that they are fit to fly.

Aegean Air [has a dedicated page on its website](#) about how to arrange for special assistance in the airport and boarding the aircraft.

Iceland

The Sunflower Lanyards are available and used in Iceland.

People living with dementia are not defined as disabled in Iceland, therefore support or initiatives are available to people with dementia. Municipalities provide transport to people who are 67 years or older, who live independently but do not have access to their own vehicle, cannot use public transportation and have a long-term mobility impairment. Some municipalities provide this to people living with dementia who are under 67 years old.

All people living with dementia, who are provided a place in a specific day centre for people living with more advanced dementia, are provided with transport to and from the day centre.

Ireland

Transport for Ireland (TFI) [has a webpage on Hidden Disabilities](#), which broadly includes those living with dementia, which contains a guide for people who may need additional supports on Irish public transport.

The Health Service Executive's Dementia Understand Together Campaign has developed a guide for transport providers. This supports their "[Dementia Elevator](#)", dementia awareness training programme for transport service providers.

TFI and HSE's Dementia Understand Together campaign developed a dementia inclusive community logo, which aims to grow awareness of dementia and its impacts on families and communities, including those using public transport. This is inclusive of all transport providers as partners to the campaign. Members of the Irish Dementia Working Group (IDWG) at The Alzheimer Society of Ireland sit on a stakeholder panel with the Understand Together campaign to advise and provide feedback, highlighting members in the communications campaign.

TFI has also partnered with Invisible Disability Ireland on an initiative "[Please offer me a seat](#)", which offers those with invisible or hidden disabilities with a card/badge to use when accessing public transport. Link here: "[Please Offer Me a Seat](#)" Badge & Card - Transport for Ireland.

Members of the IDWG have also sat on a Disabilities User Group with Irish Rail since 2019 and have had a very collaborative relationship, which has led to co-design of training, providing feedback on train stations to be more dementia-friendly, and active co-creation of documentation. The partnership has been built over several years, allowing rapport and trust to be built for meaningful collaboration and led to opportunities to sit on a steering committee for Vision Ireland which offers training to all Irish transport companies. IDWG members also sit on a steering committee for Dublin

Bus where they offer their insights and feedback.

Ireland also utilises "[Just a minute cards](#)", that allow people with a hidden disability, or those with communication issues to tell those around them that they might need extra time and understanding. These cards/lanyards/phone app can be used in multiple social situations, including on public transport. Transport providers such as Bus Éireann, Belfast City Airport, the National Transport Authority, P&O Ferries, Translink and Transport for Ireland have worked to grow understanding and awareness.

The [Hidden Disabilities Sunflower Lanyards initiative](#) is active in Ireland which also means that those living with a hidden disability, such as dementia, can wear a Sunflower Lanyard while out to alert people that they may need additional support, on transport for example. Irish Ferries and many of Ireland's airports welcome passengers using their Sunflower Lanyard and can recognise such. In February 2025, Ireland's national airline Aer Lingus joined the initiative.

The Alzheimer Society of Ireland has been involved in growing the awareness of dementia amongst transport providers since 2017 with the production of [a guide for transport providers on how to best support people with dementia](#). The ASI also [has a guide on driving and dementia](#), for people living with dementia. Additionally, the ASI has a [guide for family carers/families](#) on how to support a loved one who may need to give up driving due to their condition.

Age-Friendly Ireland is a key partner of the Dementia Understand Together campaign and they reviewed and fed into the National Transport Authority's walkability audit tool to ensure that the difficulties a person with dementia may experience are embedded in the tool, and that people with dementia are invited to join the audits in towns and transport hubs/platforms.

Italy

Some "Dementia Friendly Communities" initiatives work to make services more accessible and responsive to the needs of people with dementia; these may include initiatives that address transportation use.

Federazione Alzheimer Italia [provides counselling for family members of people with dementia](#), which includes advice on how they can apply for a parking pass for areas reserved for disabled people.

Luxembourg

Public transport is free to use in Luxembourg.

The Luxembourgish Alzheimer Association offers transport to clients from their home to day care services. They have their own range of buses and sometimes use the buses from Adapto.

Adapto is a demand-responsive service that operates like individualised collective transport, intended for people with irreversible disabilities or physical, mental, sensory, or psychological impairments, which result in significantly reduced mobility. Adapto transport can be used by people with early or moderate-stage dementia.

Malta

Efforts have been made [to enhance accessibility in Malta's public transport system](#) which currently only consists of bus transportation, to allow older people and people with disabilities to travel with greater ease. Malta Public Transport has introduced several accessibility features across its entire bus fleet:

- Low-floor buses with step-free entrances to facilitate boarding and alighting for individuals with mobility impairments.
- Wheelchair ramps to accommodate passengers who require mobility aids
- Priority seating for elderly passengers and those with disabilities, including persons with an EU Disability Card which also include persons with dementia, to ensure a safer and more comfortable journey
- Audio and visual announcements inside buses to inform passengers of upcoming stops, which is particularly beneficial for individuals with visual or hearing impairments.

Public transportation in Malta is free for all Maltese citizens who are in possession of a [TalLinja Card](#). This initiative reduces financial barriers and encourages older people to

make use of public transport for their daily needs, helping them stay connected with their communities.

The [Silver T Service](#) is a free transport service specifically designed to assist older people with running errands, attending medical appointments, and participating in community activities. The Silver T Service can be easily accessed by booking via a call for when the service is required.

Several initiatives have been introduced to enhance transport accessibility for individuals with dementia and their families. One such initiative is the provision of free accessible transport for Dementia Activity Centres. This service ensures that persons with dementia can attend these centres, participate in activities, and engage in social interactions, which contribute to their well-being. At the same time, it offers respite for caregivers, allowing them to manage other responsibilities while knowing their loved ones are in a safe and supportive environment.

Currently, there aren't specific publications, such as leaflets or guides, tailored exclusively for individuals with dementia regarding the use of transport in Malta. However, several resources provide relevant information that can assist in navigating the transport system, such as the Dementia Helpline "1771", the Malta Dementia Society and Transport Malta Customer Care.

Malta currently offers airport assistance for persons with dementia. [Malta International Airport provides special assistance services](#) to support passengers with hidden disabilities, including dementia. Passengers can request assistance in advance to receive support with check-in, security screening and boarding.

The Maltese Government partners with various entities and companies to offer individuals aged 60 and over a [range of discounts and benefits related to transportation](#). These include:

- 10% discount on Bolt Taxi services
- 5% discount on Lift Taxi services
- Reduced fare of EUR 3 when using the Fast Ferry to travel to Gozo.

Netherlands

[Alzheimer Nederland's website contains dedicated information](#) on compensation and arrangements for people with dementia who need additional support when travelling.

Additionally, [as part of the Forward With Dementia \(samenvoortmetdementie\) project](#), there are a number of resources and information for people with dementia related to travelling.

The Ouder Worden (Growing Older) 2040 coalition [published a report looking at mobility as a key factor for participation in society](#), highlighting planned and existing initiatives for improving mobility, including some examples of dementia-inclusive initiatives within the country.

In Amsterdam, [there is a dedicated ride-order service](#), which provides taxis for short distances for people who have mobility issues, at a reduced cost.

The Dutch [Government has a dedicated page on its website](#), providing information on transport within municipalities and regions, as well as information on specific services for arranging long-distance travel within the country.

As part of the *samendementievriendelijk* (dementia-friendly together) programme, [there is dedicated training available for staff on public transport](#). This was part of a broader campaign on improving the dementia-inclusiveness of public transport, [with testimonials from people with dementia and staff who received the training](#).

North Macedonia

The [Ministry of Transport in North Macedonia](#) publishes general accessibility guidelines (e.g. bus/train access for wheelchair users) and information about the rights of people with disabilities in public transport, however, there is no dementia-focused content.

There are some EU-funded projects (e.g. Instrument for Pre-accession Assistance programmes) which have produced accessible transport pamphlets, however, dementia is rarely highlighted within these.

North Macedonia has no nationwide dementia-specific transport initiatives comparable to programmes like the Sunflower Lanyard scheme, however, there are limited local efforts and general disability assistance programmes that may indirectly support people with dementia. In larger cities in North Macedonia, (e.g. Skopje, Bitola) personalised assistance for transport can be accessed.

[Skopje International Airport \(SKP\)](#) and [Ohrid Airport \(OHD\)](#) offer basic assistance for passengers with disabilities (wheelchair services, priority boarding), which must be ordered in advance.

[For the bus network](#), some low-floor buses exist, however, there is no driver training on dementia. Discounts for pensioners and people with disabilities are available. [On the train network](#), accessibility for people with mobility issues can be limited and there are no dementia-inclusive measures. There are discounted prices available for older people and people with disabilities.

Some taxi services offer wheelchair-accessible vehicles but there are no dementia-specific services.

Norway

There are no national programmes, but passengers with disabilities or reduced mobility, including those with dementia, are entitled to free assistance at airports when travelling within the EU/EEA area. This assistance can include help with check-in, security, boarding and navigating the airport. There is also a similar service available at major train stations.

Some municipalities are also piloting age-friendly transportation, but this is not a nationwide service. For example, in Oslo there is a "Pink Bus" service, also known as Ruter's age-friendly transport, which provides door-to-door transportation with flexible scheduling. This service is designed to accommodate the needs of older adults and individuals with mobility challenges, including those with dementia. Similar services exist in some municipalities.

Poland

In Poland, the type of discount available on transport varies:

- City buses and trams: people with a significant degree of disability have a 100% discount on public transport travel. Carers of these people with disabilities have a 100% discount.
- Trains: people with a significant degree of disability have a 49% discount on passenger train travel and only 37% for express and fast trains. Carers of these people with disabilities have a 95% discount.
- Intercity buses: people with a significant degree of disability have a 49% discount on bus travel. Carers of these people with disabilities have a 95% discount.

Serbia

[There are publications \(e.g. leaflets, guides\)](#) to inform people with disabilities in general about using transportation in Serbia, however, there is nothing specific for people with dementia.

Slovenia

In Slovenia, older people (aged over 65 or in receipt of a pension) have access to a free Slovenia ticket, which allows them to travel on intercity buses, regional trains and in urban passenger transport in Ljubljana, Maribor, Celje, Kranj, Koper, Krško and Novo Mesto.

Slovenia [has public buses adapted to accommodate wheelchair users or people with mobility problems](#) to allow them to board the bus more easily. At railway stations, elevators are available to ensure wheelchair users can access different platforms and board trains with greater ease. However, Slovenia does not have public transport specifically adapted for people with dementia.

[Ljubljana Airport provides assistance to passengers with additional needs](#), including older people. For additional assistance, information points and signs are also set up to help find staff who can assist with all formalities and boarding the aircraft. When booking,

passengers are assigned a universal abbreviation that indicates the level of assistance required.

The Zavod Brez, an NGO concerned with accessibility, travel and vacations for people with disabilities, [provides a range of information on its website](#), including how to use public transport in Ljubljana.

Some NGOs provide free transport for older people, which may also include people with dementia, however, the transport is not specifically intended for people with dementia. The transport is organised at a local level and is not available nation-wide. These include [Prostofer](#) and [Sopotniki](#).

Sweden

In Sweden, there is a state-financed system concerning transport (including taxis, buses etc.) if a person has a disability (including dementia), however, there are no initiatives/policies concerning transport for persons with dementia in general.

Whilst there are no initiatives at the national level, there are some initiatives in the municipalities, for example, transport from the home to day care activities, where drivers have been given training in relation to dementia.

Switzerland

The SBB (Swiss Federal Railways) offers [a companion ticket](#), which allows travellers with a disability to take a companion with them free of charge. In addition, people with a disability can purchase a [discounted travelcard](#). In principle, dementia also falls under the disabilities considered in the country, though it is dealt with on a case-by-case basis.

Pro Infirmis, a national NGO for people with disabilities, [has dedicated information on its website relating to transport and people with disabilities](#), however, it is not dementia-specific.

[Bahnhofhilfe](#) supports people with disabilities, older people etc. at eight major railway stations.

In Switzerland, airports are obliged to offer assistance

to people with disabilities and people with reduced mobility, [with information provided on the Federal Office of Civil Aviation](#).

Transport service providers can make special arrangements to waive the penalty for people with dementia if they do not have a valid ticket with them (in accordance with point 13.2.4.6 of [regulation T600](#) and point 11.24 of [regulation T600.5](#)).

[Plattform Mäander](#), together with Alzheimer Switzerland, developed an info sheet for train conductors on dementia signs and how to approach and talk to people with cognitive impairments.

In individual cantons/regions, branches of Alzheimer Switzerland have sought individual pragmatic solutions with the transport service providers in this regard (e.g. an agreement was reached with the Schaffhausen transport company that copies of travelcards for people with dementia can be deposited with them).

Türkiye

All disabled people and their caregivers have the right to free travel on land, sea and trains, as well as discounted air travel.

Istanbul Airport implemented the Sunflower Lanyard scheme for hidden disabilities, including dementia. This initiative allows passengers to request a free Sunflower Lanyard at any information desk, signalling to staff that they may require additional assistance, such as extra time or support during their journey.

In January 2022, Istanbul Airport was awarded the "Accessible Airport" at the "17th ACI Europe Awards" organised by the International Airports Council (ACI Europe). Istanbul Airport received the award as a result of the accessibility culture and barrier-free airport concept it has created since its design stage. The Alzheimer Association of Türkiye provided project support for the realisation of this programme.

The airport also provides special passenger service points, video call centres and adult changing rooms.

This is in addition to meeting all the accessibility standards with priority entrance, accessible elevator, vehicle parking points, accessible routes etc.

Ukraine

In Ukraine, [general information on passenger rights and transport services is available via the website of the Ministry of Infrastructure of Ukraine](#), however, it is not tailored to the specific needs of people living with dementia. Additionally, there are no nationwide initiatives in Ukraine specifically aimed at supporting people with dementia in using transport, such as Sunflower Lanyards or dementia-aware assistance at stations or airports.

Ukrainian Railways (Ukrzaliznytsia) has been gradually improving accessibility for passengers with disabilities through its "Accessible Railways" programme, which includes the introduction of adapted coaches and the modernisation of station infrastructure. On its website, [a map of the railway systems and their accessibility is available](#). Although not dementia-specific, these measures contribute to creating a more inclusive transport system.

When organising Memory cafés "Nezabutni" offers free transportation for people with reduced mobility. A taxi is ordered to transport people with dementia to the venue and back, if funds are available for this purpose.

In Ukraine, there is a government programme for free transportation-related services. This programme can be used free of charge by a person with a "group 1" disability or a person who needs such a service and has a low income. There are also private organisations in Ukraine that provide transportation services to people with disabilities who are unable to move independently, including [103 taxi](#) and [suspilne](#).

Due to the ongoing full-scale war, regular commercial air travel is currently suspended in Ukraine, therefore airport assistance services are not currently operational.

United Kingdom – England, Wales and Northern Ireland

The Alzheimer's Society offers [transport and travelling tips](#) for people affected by dementia on its website, as well as guidance on [how to make transport more dementia-friendly](#).

[Sunflower Lanyard](#) are available to signify a hidden disability in the UK.

Passengers travelling by train can request [Passenger Assist](#) when travelling on National Rail lines (even if travelling on multiple services operated by different franchises). This will allow for several things including assistance between stations and arranging ramps if required.

Airport passengers are legally entitled to '[Special Assistance](#)', which means airlines and airports must provide free assistance to ensure a less stressful journey for any passengers who may need help to travel, including people living with dementia.

There is also an overarching Department for Transport-led campaign "[It's everybody's journey](#)" which aims to improve public transport for people with a disability.

United Kingdom – Scotland

There are a range of supports available to people aged 60 or over, or who have a disability, to travel in Scotland, including concessionary rail travel, the national entitlement card (which provides free bus travel anywhere in Scotland). A companion card is also available for people who meet certain criteria, allowing them to also travel for free. [A dedicated page on the Scottish Government's care information website](#) in Scotland contain information on various schemes that can help with travel. The Scottish Government

and its associated public bodies also have websites on different cards and schemes which provide preferential rates or support on transport, for example, the [National Entitlement Card](#) or [the free bus travel for people aged over 60 or who have a disability](#).

There is a [range of support available for travel to and from hospital appointments](#) including help with travel costs available to those who need help with travel costs and who receive certain social security benefits. Anyone from the Scottish Highlands and Islands catchment area, referred by a medical practitioner, who has to travel more than 30 miles (or more than 5 miles by water) to hospital, qualifies for assistance in paying their travel costs.

The [Scottish Government website](#) has a dedicated page on the eligibility criteria for the Blue Badge parking scheme and details on how to apply for the badge.

ScotRail, the main railway operator, [has dedicated information on its websites](#) regarding accessibility and assisted travel.

For airport assisted travel, each airport has its own information and guidance, with examples including: [Edinburgh Airport](#), [Glasgow Airport](#) and [Aberdeen Airport](#). Most airports in Scotland operate the [Sunflower Lanyard scheme](#).

The [Scottish Dementia Working Group produced a booklet](#) offering advice and guidance from people living with dementia on travelling in and around Scotland and beyond.

Alzheimer Scotland published an information sheet providing advice and guidance to support people with dementia and their carers travelling at home and abroad. Additionally, [its website has a page on holiday and travel tips](#) for people with dementia and their carers.

5.3. Good practices – Projects, initiatives, resources and programmes related to cultural life, recreation, leisure and sport

Armenia

In Armenia, the Ministry of Healthcare organises healthy ageing clubs for people over 65, however, generally these clubs are attended by individuals who do not have dementia. The main service specifically dedicated to supporting people with dementia are Memory Cafés organised by Alzheimer's Care Armenia, although some private care centres provide such services.

The Ministry of Healthcare uses [social media pages](#) and public news to inform the public about the Healthy Aging Memory Café, whilst Alzheimer's Care Armenia [highlights their work through news media](#) and [social media](#) to raise awareness of the Memory Cafés in Yerevan and in Gyumri.

Alzheimer's Care Armenia provides cognitive stimulation through activities in Memory Cafés, as well as [organising visits to museums, churches and cultural venues](#).

Austria

In principle, people with a physical or sensory impairment who require permanent and regular support in everyday life are entitled to personal assistance. For people with dementia or mental illnesses, a harmonisation agreement between the federal government and the federal states has been underway for almost two years, although an agreement has not yet been reached in all of the nine federal states. This considerably impacts on the participation of people with dementia in public life and especially in "non-essential" activities such as sport and culture.

In Vienna, there is a [culture pass for socially disadvantaged people](#), which allows free entry to museums, cinemas and some other cultural events (not for the accompanying person).

In Vienna, [classical concerts specifically intended for people with dementia](#) are held.

The [Belvedere Museum holds tours specifically for people with dementia](#), selecting artworks that resonate with personal experiences, aiming to evoke memories and emotions, with multisensory materials used to involve people with dementia. Carers can attend with the person for free.

The Albertina Museum [offers private group tours for people with dementia and relatives](#).

The Cathedral Museum in Vienna [has previously held workshops for people living with dementia](#), offering them the opportunity to make art, as part of their atelier.

The Historical Art Museum in Vienna offers a range of ["barrier-free"](#) tours, including tours specifically aimed at people living with dementia.

The Joanneum Museum, based across multiple sites in the State of Styria, [offers training for people to learn how to accompany a person with dementia in a museum](#). The training is aimed at all those who want to accompany people with dementia voluntarily or professionally and doesn't require any special or prior knowledge. The training is in collaboration with PIA - Partner in the Alter, Diakoniewerk Steiermark - [Haus am Ruckerlberg, Caritas - Pfllege, \(de\)mentia](#) + art and [SALZ-Styrian Alzheimer's Aid](#).

As part of its barrier-free programme, the Museum of Technology in Vienna [offers both in-person interactive guided tours for people with dementia and accompanying persons](#), addressing different senses, as well as interactive [online sessions](#), for example one on mobility and travel.

The Vienna Museum hosts [Discussion Circles](#), aiming to exchange and discuss experiences about the studio and the link between the individual and the history of the city. The initiative is in cooperation with the "Documentation of Life History Records" of the Institute for Economic and Social History of the University of Vienna.

The Künstlerhaus offers [art education for people with dementia and their accompanying persons](#), a programme developed with [the Volkshilfe Wien](#), to enable easily accessible encounters with contemporary art. The workshops are financed by the Dementia Fund of the Volkshilfe and are free of charge for the participants. They offer four types of workshops: Open studio, sound and body, paper and colour, and fabric and string.

Konfetti Im Kompf is an awareness raising initiative which aims to make cities more dementia-inclusive. The initiative started in Hamburg, Germany, and now also operates in Salzburg, Austria. As well as broader information about dementia, [its website highlights events which are taking place](#), including dementia-inclusive activities, training for staff and caregivers etc.

The Museum of Modernity in Salzburg [offers different workshops and guided tours for people with dementia and accompanying persons](#). These include guided tours by curators, opportunities to discuss the works and opportunities to create their own work.

The University of Applied Sciences Austria carried out a project “[A Library for All - the dementia-friendly library Wiener Neustadt \(DemBib\)](#)” which focused on social participation and health literacy of people with dementia and informal carers of people with dementia.

Belgium

Ligue Alzheimer collaborates with some sports clubs including Standard de Liège Football Club and the Pro League. Through its “Groupe des battants”, it has visited sites such as the Hermès Foundation and the stadium of Standard de Liège. Ligue Alzheimer also organises Alzheimer's Cafés where caregivers and people with dementia can exchange about their experiences.

Belgium – Flanders

In Flanders [there is an online portal](#) which bundles initiatives in the cultural field tailored to people with dementia and their caregivers that are available at different locations throughout Flanders. This includes dementia-inclusive museum tours and reminiscence initiatives often inspired by local heritage.

In addition, there is “[Vier het Leven](#)” (Celebrate Life), a buddy project that matches older people (including people with dementia) and culture lovers to enjoy performances in a municipal context. This exists in Bruges, Kortenberg, Mechelen, Puurs and Ghent.

Alzheimer Liga Vlaanderen is engaging in work in relation to arts and culture, looking towards both cultural organisations and the target population, by organising visits to dementia-inclusive initiatives. They seek to connect the offer and the target group, for example, through tailored guided tours with members of the Flemish Working Groups of People with Dementia and Caregivers.

The organisation seeks opportunities to partner with organisations to create an offer that is better adapted to the needs to people with dementia, including:

- Making the offer known for people with dementia and making that offer accessible
- Helping to develop and support an introductory group offer for people who choose to experience the added value of guidance
- Developing a group offer on request that care providers from the residential care setting can book, which can be more sensory-oriented so that it can also be used for other groups, including people with a mental disability.

Additionally, Alzheimer Liga Vlaanderen offers training on dementia for both the guiding work (specifically in workshop form), as well as general training on dementia for support services and interested parties. They work on a bespoke basis, always with the underlying goal of ensuring the enjoyment of culture available for everyone with dementia.

Alzheimer Liga Vlaanderen also collaborates with [Opendoek](#), the umbrella association for (amateur)

theatre in Flanders. Together with people with dementia, a caregiver and a theatre therapist, they have developed a new method to use storytelling in the different contexts of people with dementia: at home, in groups, and in residential care centres.

Last year, Geert Matthys who lives with young-onset dementia, [presented a sculpture he made at the Royal Museum of Fine Arts in the city of Antwerp \(KMSKA\)](#). Geert is the partner of Annick Germeys, an active member of the Flemish and European caregivers working groups.

Alzheimer Liga Vlaanderen supported the members of the Flemish working group for people with dementia to create a “[Sports Manifesto](#)”, setting out seven concrete tips on sports and leisure activities tailored to people with dementia and their loved ones. Alzheimer Liga Vlaanderen also produced “[On the way to inclusion in sports](#)”, setting out the conditions needed for sports clubs or associations to become dementia-inclusive.

Alzheimer Liga Vlaanderen also [supports clubs to integrate dementia into their policy and to make their infrastructure accessible](#), by training employees on how to support with people with dementia. As recognition, clubs receive a certificate with the logo “dementia-friendly sports club or association”, which also serves to highlight this for people with dementia and their caregivers.

Alzheimer Liga Vlaanderen started “Football Memories” [in collaboration with the Pro League](#) (the umbrella organisation of the highest division football clubs in Belgium) and its clubs, bringing together volunteer buddies and people with dementia at the location of a football club to share and relive memories of football and the club. Through conversations, old match footage, and football-related activities, they create a safe and stimulating environment in which participants can express their love for football and the club and enjoy social contact. The collaboration with the Pro League is supported at the national level, as worked on with Ligue Alzheimer.

In addition to providing stimulation and activities for people with dementia, informal caregivers are also given a break from their caregiving responsibilities for a time.

[De Goei Wei, located in Houthalen-Helchteren](#) on the edge of natural reserves, is a creative sensory space aiming to bring together art, nature and care in an accessible and welcoming way for people with dementia. It is a forest walk which includes sensory paths (also suitable for walkers and small wheelchairs), including vibration and sound installations, as well as a forest room with soft music and hand-held instruments. Visits are held in small groups, with people with dementia caregivers, volunteers and family members invited to join and experience the space together.

Bulgaria

Alzheimer Bulgaria has been working with [the MEMORABLE project](#), which aims to integrate art and culture to connect people with dementia to their communities, fostering inclusion and well-being. The project is financed through Erasmus+ and is expected to share results in 2026.

Czechia

In Czechia, almost every town has a pensioners' club where older people can take part in memory training, lectures or trips. In cities, there are also Universities of the Third Age, for older people, however, people with dementia may not be able to take part in these. Churches are also noted to play an important role in activities they organise for their parishioners.

The Czech Alzheimer Society piloted a programme for people with dementia to attend a cultural programme made specifically for them in the National Library.

Although not specifically for people with dementia, there are many examples of informing seniors about such activities. For example, the municipal districts of Prague have magazines for their residents that contain invitations to various events, for example, [Prague 8](#).

As part of its consultancy, the Czech Alzheimer Society keeps people with dementia and families involved in their communities as long as possible, organising, for example, a visit of the biggest historical library in Prague, Clementinum, for people with dementia, in April 2025. Additionally, as part of their respite care at home service, they discuss with people with dementia

about their interests and help them to be as active as possible, arranging visits to exhibitions, concerts, the zoo etc.

There is an initiative called “[Jesus’ Grandchildren](#)” (or Santa’s Grandchildren) from the public radio broadcaster Český Rozhlas, that supports the wishes of people in residential facilities for older people, which often relate to leisure activities.

Denmark

Dementia-inclusive activities are emerging in Denmark, supported by the work of Alzheimerforeningen. For example, the organisation has developed [dementia choirs](#), and worked in partnership with a number of organisations on the creation of [dementia football clubs](#).

[Many stores in Denmark are working to become dementia-inclusive](#), through training their staff to become dementia friends. An interactive map of businesses is available on [the website of Alzheimerforeningen](#).

There are dementia-friendly art museums, for example, [the ARoS art museum in Aarhus offers dedicated tours for people with dementia throughout the year](#), which includes a guided tour, as well as time for joint introductions, coffee and conversations in a private room, both before and after the tour.

Alzheimerforeningen does a significant amount of work to support the creation of a dementia-inclusive society and offers different services to support this aim. The organisation provides various services, from guidance to [create more dementia-inclusive tourism](#) through to the creation of [activities that support brain health](#).

Estonia

There are several practical initiatives in Estonia that support people with dementia in participating in cultural and community activities. For example, the “[Meeting Again](#)” programme by the Art Museum of Estonia offers educational and creative activities for people with dementia and their family members. Similar activities take place [at the Adamson-Eric Museum](#).

A noteworthy example is the Estonia Theatre’s production “[Tajuleebe tantsulugu](#)” (“A Gently Sensed Dance Story”). Although originally developed for children and young people with intellectual disabilities, the production’s sensory-friendly and inclusive approach made it highly suitable for audiences of all ages and with various mental health conditions, including dementia. It has attracted a large and diverse audience from different institutions and age groups and marks a significant milestone in Estonian theatre, being the first to explicitly welcome audiences with intellectual disabilities. KUMU Art Museum has also introduced a “[Quiet Mornings](#)” initiative – creating an accessible environment for visitors with sensory sensitivities, autism, or anyone who appreciates a calmer museum experience.

More generally, there is a tendency not to focus on a single diagnosis or special need, but rather to design projects in ways that benefit a broader and more diverse spectrum of audiences.

Finland

In Finland, the [Suomi liikkeelle \(Finland on the move\) initiative](#), part of the Programme for Government, aims to increase physical activity across all age groups by promoting active lifestyle choices and improving opportunities to move. Action number 15 of the programme aims to promote functional ability among older adults and prevent falls. People over 75 can get a tax benefit to make it easier to access physical activity and rehabilitation services, which supports functional ability and independent living. It also organises the [Lisää vain like \(just add movement\) online service](#) which compiles tips and ideas for everyday physical activities that are also suitable for people with dementia.

The Alzheimer Society of Finland is involved in [Sovelta-van liikunnan järjestöfoorumi \(the Adaptive Physical Activity Organisation Forum\)](#), which aims to improve the opportunities for people with dementia to engage in physical activity, as well as to advocate for change in collaboration with other adaptive physical activity organisations. The forum is coordinated by the Finnish Society of Sport Sciences.

[Lähellä.fi](#) is an online service that helps individuals including those with dementia to find meaningful physical activity or cultural activities, communities, assistance, and opportunities for participation.

Some member associations of the Alzheimer Society of Finland also organise physical activity or music groups (for people with dementia and their caregivers) in their regions.

For example:

- [An exercise group for people with dementia and their caregivers](#) led by a volunteer (organised by Suomenselän Muisti)
- [A dog walking companion programme](#) which is a volunteer activity where individuals with dementia can enjoy safe outdoor walks, accompanied by a dog, bringing joy and motivation to their exercise (organised by Suomenselän Muisti)
- [A music club for individuals diagnosed with dementia at working age](#), where people can address emotions through musical methods, find new forms of interaction, and strengthen self-esteem through new experiences and skills (organised by Kainuun Muistiyhdistys)
- [Various light exercises and activities for people with dementia](#), including using music to activate the body, bowling, singing groups etc. (organised by Oulun seudun Muistiyhdistys)
- [The Musiikkitahto Method](#) supports the cultural rights of people with dementia and enhances their access to individualised care and rehabilitation. Music choices recorded in the Musiikkitahto booklet or musical life tree can be used to enrich daily life and to support care or rehabilitation planning (organised by Kanta-Hämeen muistiyhdistys)
- [Nature walks for people with dementia and their caregivers](#) where participants walk at a relaxed pace along easy nature trails led by a professional (Varsinais-Suomen muistiyhdistys).

As part of the ARMAS festival (festival of ageing) a [memory-friendly museum tour](#) was organised by the City of Jyväskylä and designed for people with dementia and their caregivers. The free tour offered an opportunity to explore the museum at one's own pace, in a supportive and dementia-inclusive environment.

The [Liikettä niveliin \(movement for the joints\)](#), is an online programme organised by Muistipuisto, which provides information for people with dementia about how to exercise.

There is also a patient guide on [dementia and bone health that](#) provides ways to promote bone health from the perspective of a person living with dementia (developed by Suomen Luustoliitto the Finnish Bone and Joint Society).

[The adapted weekly physical activity recommendations](#) are intended for adults whose functional ability is reduced due to illness or disability, or who use mobility aids such as a cane, walker, or wheelchair. It is developed by the UKK-institute.

Additionally, there is:

- [Liikkumisen aloittaminen -itsehoito-ohjelma \(Getting Started with Physical Activity self-care programme\)](#) which consists of 15 sessions including exercises, information about physical activity, and practical tips in the form of instructions and links. The programme is suitable for people with dementia in early stages and was developed by Terveyskylä (Health Village), a public online service developed by Finnish university hospitals.
- [Physical exercise and nutrition for people with dementia web page](#) (Varsinais-Suomen Muistiyhdistys)
- [Happihyppely exercise materials](#) for every season and for water-based activities which are also suitable for people with dementia in the early stages (The Finnish Allergy, Skin and Asthma Federation)
- [OTAGO muscle strength and balance exercises](#) are also suitable for people with dementia in the early stages (Suomen Luustoliitto).

[The Muistiliikkuja-project](#) has co-developed:

- In collaboration with people with dementia and their caregivers, [a material that encourage physical activity](#), including guidance on motivation, also for the caregiver.
- In collaboration with physical activity advisors, instructors, and volunteers, [a video](#) on the characteristics of dementia and how to engage and guide

- people with dementia in physical activity settings.
- [A leaflet](#) for physical activity advisors, instructors, and volunteers, about how to communicate and guide people with dementia in physical activity settings.

France

Regarding sport and adapted physical activities, France Alzheimer has developed initiatives to inform and raise awareness about the benefits of sports and to encourage people with dementia to engage in regular physical activity.

An example of this includes an agreement between the [French Table Tennis Federation and France Alzheimer](#), with local branches of France Alzheimer setting up sessions reserved for people with Alzheimer's or integrating them into their classes.

Regarding leisure activities, [France Alzheimer has developed vacation retreats](#). 17 destinations are offered, lasting from eight to ten days. The goal is to allow people with Alzheimer's and their caregivers to reconnect with activities that families have had to give up (walks, museum visits, excursions, hikes etc.).

Regarding cultural life, France Alzheimer has developed "[Art, Culture and Alzheimer's](#)". Partnerships have been established with Parisian museums, whereby timeslots are dedicated to people with Alzheimer's disease and their caregivers (or caregivers alone), and tours are led by speakers who have an understanding of Alzheimer's disease.

Other examples of cultural initiatives that have been undertaken by local associations, include:

- France Alzheimer 66, in collaboration with director Thierry Coma, put on a show featuring nine actors, including five people with Alzheimer's disease.
- France Alzheimer 49 organised a play called "Café des Souvenirs" (memory café) involving volunteers and actors.
- France Alzheimer 21 organises "Musical Bistros" in which, as part of the memory café activity, groups can perform.

The French Government's disability website and its "[Sports, leisure, holidays and disability](#)" page provide information and solutions but they are not directly relevant or dedicated to people living with dementia, mainly because the services offered require full recognition of disability in order to benefit from them, not only in terms of compensation.

Germany

The TSV Blau-Weiß Melchiorshausen sports club has a dedicated [rehabilitation sports group for people with dementia](#), seeking to ensure people with dementia can benefit from a variety of movement exercises tailored to their needs, including chair-based exercises if needed.

The [dementia centre in Trier currently offers nine different sports groups](#) providing light cardiovascular training and exercises to strengthen muscles, balance, coordination and reaction training. In all groups, partners who do not have dementia can take part in a self-help group, whilst the person with dementia trains with the instructor. It also [offers other opportunities for people with dementia](#), including vacations, hikes, choirs, and museum visits.

In cooperation with the Alzheimer-Gesellschaft Rheinland-Pfalz, the Turngemeinde 1846 Worms sports club launched the "[Sport trotz\(t\) Demenz](#)" (sports despite dementia) project. In the rehabilitation groups, specially qualified instructors teach people to enjoy exercise and socialising with like-minded people, with targeted modules to help reduce stress and enable those affected to better cope with their everyday lives. Attendance can either be as part of a club membership, with a doctor's prescription, or can be held, on request, in care facilities.

The German Alzheimer Society, in collaboration with the German Olympic Sports Confederation [published a report on dementia and sports](#). It looks at the benefits of sport for people with dementia, shares existing examples of dementia-focused activities, and offers tips for clubs and instructors to become more dementia inclusive.

The Bavarian Alzheimer Society, working in collaboration with others produced “[Sport and exercise despite dementia: A guide to developing exercise programmes](#)”, as part of the Bavaria-wide “Sport despite dementia” initiative. Related to this, the Bavarian Government produced a [manual for the development of exercise programmes](#) for people with dementia.

In Emden, [there is a workshop for people with dementia at the painting school](#), which emerged from a joint project between Alzheimer-Gesellschaft and Abteilung Kunst aktiv/Kunsthalle Emden, allowing people with dementia to work creatively in a painting school studio.

The [Open Meeting Studio at Pillnitz Castle](#) helps patients, their relatives, friends and carers to come into contact with each other, work individually and freely, exchange ideas and spend protected time together. The studio takes place in the cultural education rooms of Pillnitz Castle.

A number of museums have specific tours for people living with dementia, including the [Dresden State Art Collections](#), [Dresden Transport Museum](#), [Oschatz Postcard Museum](#) and [Moritzburg Art Museum](#). Kubia, (the Centre for Creative Ageing and Inclusive Arts), [developed a project on digital guided tours of museums for people with dementia](#) living in residential facilities, for whom visits to museums may be difficult. This project was tested and implemented in rural areas.

The Malteser organisation in Berlin [offers a range of tours and accompanied trips specifically for people with dementia](#), to attend various leisure, cultural and recreational venues across the city.

There are a number of concerts and musical activities, either specifically for people with dementia or that may be of interest. Some examples include the [Concert for All](#) performed by the Rundfunk Symphony Orchestra, the “[Music in the Head](#)” concerts organised by Desideria Care and the “[I have music in my blood](#)” concerts at the Nikolaisaal concert hall. The Federal Initiative “[Music and Dementia](#)” aims to contribute to the provision and implementation of music-based offers and opportunities, and provides information on events taking place across Germany.

[Demenzionen](#) offers projects and workshops which aim to explore creativity, developing theatre productions with and for people with dementia and older people. In Berlin, “[The Papillons](#)” theatre ensemble involves actors with dementia and professional artists, putting on performances in the F2 Theater in the “Am Kreuzberg” nursing home, with productions based on research in the nursing home.

As part of the JaDe project, the Family Riding School in Velbert in North Rhine-Westphalia offered a [Week-end Workshop specifically for people with dementia](#), offering a chance to interact with the horses.

The regional Alzheimer’s associations have choirs for people with dementia in [Hamburg](#), [Dortmund](#), [Bavaria](#) and [Hanover](#).

[The Silver Film initiative](#) aims to provide programmes of films and screenings, specifically intended to appeal to people with dementia and encourage them to go to the cinema.

[Alzheimer Society Schleswig-Holstein has a number of brochures](#) on topics from hiking and experiencing nature, through to spiritual support for people with dementia. It also has information on its website, regarding projects related to [art and culture](#) as well as [nature and sport](#).

The German Alzheimer Society [has produced an illustrated book](#) with over 80 activities for everyday use for people with dementia, including sports, gardening, handicrafts, cooking, games, music and dance. It has also produced a brochure for caregivers, families and supporters on everyday design and activities for people with dementia.

The German Federal Ministry for Family Affairs published the brochure: “[Public institutions as places of social participation for people with dementia](#)”.

Greece

Alzheimer’s associations in Greece contribute to cultural life, recreation, leisure and sport for people with dementia and caregivers, offering activities including theatre, physical exercise, sports, crafts, cinema,

museums and cultural visits, as well as recreational excursions.

A research programme agreement has been signed between the Ministry of Culture and Sports and the "Kostas Stefanis" University Research Institute of Mental Health, Neurosciences and Precision Medicine (EPIPSY). The programme, called "[Cultural prescription programme for mental health patients](#)", aims to utilise the research-proven therapeutic function of art in mental health, and will be completed by December 2025.

Some museums in Greece have programmes dedicated for visitors with memory problems or in the early stages of dementia, for example the [Benaki Museum](#). Participants and caregivers have access to an educational and engaging experience within the museum. Tours include multi-sensory presentations and artistic workshops designed specifically for people with dementia.

Cultural centres in Greece offer inclusive programmes designed for individuals experiencing memory challenges or who are in the early stages of dementia, as well as their caregivers. Alzheimer Athens worked with [Stavros Niarchos Foundation Cultural Center \(SNFCC\) to design a monthly guided walking-tour through the SNFCC Park](#), where the largest public Mediterranean garden in the world is located. This programme is tailored for adults over 65, people facing memory difficulties or early dementia, and their caregivers. It aims to promote well-being through physical activity, sensory engagement and cognitive stimulation, in a welcoming and natural setting.

["Blue Print", the guide to dementia-friendly museums and cultural spaces](#) is officially released by the Angelos & Leto Katakouzinos Foundation with the collaboration of Alzheimer Athens. It is intended to be a guide that can contribute to the quality of life of society as a whole, including people with dementia. The digital book was based on research that was accompanied by a series of guided tours, which were conducted digitally.

The Erasmus+ project "[CURATE-D: A game-based methodology for empowering dementia-friendly](#)

[communities and equal access to culture for people with dementia](#)" aimed to develop a game-based methodology, through which people working in the cultural sector and other professionals could strengthen their skills in supporting people with dementia in cultural activities. The Panhellenic Federation of Alzheimer's Disease and Related Disorders was a partner in this project and supported the development of the following resources:

- [The CURATE-D methodological guide](#)
- [A training guide for cultural venue staff](#)
- [An educational guide for professional caregivers to support people with dementia in cultural activities](#)
- [The CURATE-D educational game](#)
- [Training professionals and reporting conclusions.](#)

Iceland

Alzheimer Iceland offers Alzheimer cafés around the country.

Ireland

The [Friends of ASI Dementia Inclusive Communities](#) initiative began in 2023 and is currently being rolled out in villages and towns across Ireland. Friends of ASI aims to encourage people, businesses and services to create a more nurturing and accepting environment for those with the condition and their families through training, awareness, education and services.

The ASI partnered with Mahon Point Shopping Centre in Cork to launch Ireland's [first Dementia Inclusive Shopping Centre](#) in November 2023, delivering two dementia awareness training sessions to over 70 staff members. Community engagement events are regularly held and open to those living and working in local communities to get involved. The ASI is also bringing dementia awareness workshops to representatives to local social clubs, golf clubs, hotels, cinemas, health-care providers, community groups and businesses.

The Health Service Executive's (HSE) Dementia Understand Together (DUT) campaign supports people to continue to participate in their local communities by advocating and supporting local businesses and individuals to become Community Champions. The

campaign [has developed a number of leaflets for tips on how to create dementia-inclusive communities](#) for libraries, arts and cultural facilities, post offices, local councils, leisure and recreation organisations. Its website also contains a dedicated page on resources and training to support people to create their own dementia-inclusive community.

Libraries working with the Understand Together campaign received 25 approved book titles on dementia from many perspectives, with some libraries now utilising “[Magic Tables](#)”, and host dementia inclusive activities, such as shared reading and art exhibitions.

The Irish Men’s Sheds Association, in conjunction with the ASI and DUT campaign [developed a manual raising awareness of dementia as well as offering advice to ‘Shedders’, their families and the wider shed community](#). This manual supports men to remain engaged if they are in the early stages of dementia and how to support along their journey. The ASI’s Learning and Development team have provided training to Men’s Sheds.

Tennis Ireland is a partner of The ASI and DUT campaign. The ASI Learning and Development team has also given training to the Tennis Ireland team. ‘[Enjoy Tennis](#)’ is Tennis Ireland’s dedicated programme for [players with a disability](#).

Age and Opportunity and the Azure steering group, in collaboration with DUT campaign Understand Together Campaign, [support the online Azure programme](#). The Azure programme also operates in a number of participating arts venues across Ireland including, the Crawford Art Gallery in Cork, The Hunt Museum in Limerick, and The Luan Gallery in Athlone amongst others.

The National Gallery of Ireland [offers dementia-friendly activities that include observation and discussion and art response workshops](#). It also offers an in-home resource designed to support a health care professional/carer with this activity conducted in a person’s own home as well as supporting online sessions.

ParkRun Ireland collaborated with DUT campaign to develop a “[Your parkrun and dementia](#)” manual highlighting the physical and social benefits of taking part in ParkRun (a community 5km event where one can walk/run/volunteer every Saturday morning across Ireland).

The Alzheimer Society of Ireland has also published an information resources “[Activities for People living with Dementia](#)”. Additionally, the [ASI has published research](#) on how best to harness community information and support for people living with young-onset dementia, which included the development of a guidance document for healthcare professionals and community workers. This guidance presents practical recommendations and signposts community.

In 2024, The ASI launched its new [young-onset dementia specific activity lodges](#), that cater to the needs of those living with young-onset and early-stage dementia. As of April 2025, there are eight in operation with more planned in the future. They have been co-designed by people living with dementia, offering a variety of therapeutic activities including art therapy, music sessions, cognitive exercises, gardening and social events tailored for people with dementia.

[ASI Sporting Memories](#) is an awareness and support programme which aims to tackle isolation, depression, and loneliness through safe, friendly sessions. The initiative is led by people with a passion for sport and a desire to help people stay engaged or re-engage in their communities and ASI works with the Gaelic Athletic Association and the Football Association of Ireland to promote this initiative. The programme has also [produced a handbook to support local sports organisations](#) in setting up Sporting Memories Groups.

The ASI advocates on the importance of brain health and has developed [Brain Health Matters](#), a five-step guide to reduce the risk of Alzheimer’s Disease/dementia, outlining the importance of remaining physically active and socially engaged. These recommendations are in line with The Lancet Commission’s recent report on the 14 potentially modifiable risk factors for dementia.

The HSE & Department of Health recently launched 'Every Move Counts'; national physical activity and sedentary behaviour guidelines that aim to encourage people to be more active, including recommended exercise levels for adults, people aged 65+ and people with a disability.

Italy

Some museums have initiated projects to make their exhibition spaces accessible to people with dementia, enabling them to participate in cultural initiatives. One such example is Fondazione Luigi Rovati in Milan, which offers dedicated visits for people with dementia and their carers, called "[Being well together](#)". The museum visit takes place independently, with the tour managed according to the needs and interests of the individual. As part of this initiative, Fondazione Rovati created brochures designed for people with dementia and their caregivers to guide them in visiting the exhibits in the museum, and [promoted this activity through explanatory videos](#).

In the Tuscany Region, a network of museums created initiative called "Tuscan Museums for Alzheimer's", aiming to make the spaces of several museums more easily accessible to people with dementia and their caregivers. The initiative produced [guidelines for making exhibition spaces accessible to people with dementia](#), addressing points such as staff training, active participation and the well-being of the people involved.

Federazione Alzheimer Italia (FAI), as part of its counselling of family members, provides ideas and insights about activities designed for people with dementia, including recreational and sports activities. In addition, their website contains useful advice sheets designed for supporters who assist a person with dementia, [one of which is dedicated to physical and recreational activities](#).

Other related initiatives are carried out by local associations distributed throughout the country, including gentle exercise classes aimed at people with dementia and caregivers (offered by Alzheimer's Association Milan) and visits to museums (offered by Alzheimer's Association Milan and Rome).

Lithuania

The programme "Susitikime muziejuje" ("Meeting at the Museum") is being organised in collaboration with the national association "Dementia Lithuania". In partnership with "Socialiniai meno projektai", visits to museums for people living with dementia and their carers are organised, as are training programmes. The objective of this programme is to ensure that visits to museums are uplifting and positive experiences, making the activities accessible to people with Alzheimer's and other forms of dementia. The programme applies a variety of methods of verbal and non-verbal communication (through senses and emotions) and is sensitive to the capabilities of the audience. The flexible approach of the facilitator helps to create an encouraging environment and allows time for reflection, to ensure the quality of the programme.

An [information brochure has been developed](#) to increase skills and knowledge about the importance of such programmes for people living with dementia and their carers. This is a guide that can be used by family carers and/or museum educators to organise discussions to explore an artwork.

Museums Art & Alzheimer's is a project supported by the Erasmus+ programme of the European Union and aims to facilitate access to art galleries and museums, for people with dementia, their families and professional carers, including a number of areas of related programmes taking place in Lithuania. Project outputs include informational materials and new programmes, which can be accessed on the [project website](#).

Additionally, Dementia Lithuania has developed educational video materials available on the [Dementia Lithuania YouTube Channel](#) to support health and well-being at home, for both the person living with dementia and their carer. These are sets of simple exercises that can be done at home, using little or no equipment and were created with physiotherapists, art therapists etc.

Luxembourg

Some municipalities in Luxembourg have programmes for people with disabilities (for example “[sports pour tous](#)” – sport for all) which people with dementia can join, however, these are not targeted specifically to the needs of people with dementia.

The [Association Luxembourg Alzheimer](#) offers different types of activities for people with dementia. Through its services (residential care home and day care centres), people take part regularly in different kinds of cultural events and sports activities. For example, some residents of its residential care home go once a month to the “aquagym”. Other activities include yoga, cargo bike, wilderness education, sensory path etc. Residents and clients also regularly go to the theatre and to concerts.

There is an organisation called [MIL ASBL](#) which organises cultural events and projects for people with dementia. They also coordinate a choir which unites people with and without dementia and gives concerts. For example, the choir performed during the most recent Memory Walk organised by the Association Luxembourg Alzheimer.

[The Luxembourgish Government has a public registry of services](#) for older people, which includes information on a range of different services, including housing, day centres, home assistance and care, tele-alarms (or emergency alert systems), activities and Aktiv Plus Clubs.

The “[Programme for Dementia Prevention \(PDP\)](#)” aims to support prevention within Luxembourg, among a target population with either Mild Cognitive Impairment (MCI) or Subjective Cognitive Decline (SCD) in areas such as memory, attention, language or visuo-spatial skills. The PDP aims to support this target population by introducing them to new ways of staying cognitively and physically active.

Malta

Malta has [Active Ageing Centres](#) spread across various villages, which serve as a social hub for older persons, including older persons in the early stages of dementia. These centres offer various activities related to leisure, cultural life and recreation, with older people encouraged to actively participate and organise their own activities. Free transportation is also offered to further encourage accessibility and participation.

Several initiatives have been developed in collaboration with the [Malta Dementia Society](#), aimed at enhancing cognitive engagement, social inclusion, and emotional well-being, including:

- [Kuluri u Tifikiriet](#) – A therapeutic programme that combines art, collective memory, and Gestalt therapy to create a multisensory experience for individuals with dementia and their caregivers.
- [Dancing to Dementia](#) – A movement-based therapy initiative that uses music and dance to stimulate cognitive function, enhance mobility and improve mood.
- [Malta Dementia Society Dementia Cafés](#) – Individuals with dementia and their caregivers have the opportunity to socialise and participate in activities.

Older people residing in residential care homes are also involved in recreational and social activities organised by the activity coordinators. Social outings are also organised which offer a variety of different social activities and opportunities for engagement.

[Dementia activity centres](#) offer a diverse range of outings, interactive sessions, and recreational activities designed to meet the specific needs of individuals with dementia. Activities include visits to various places of interest across Malta, community outings to attend mass, and social gatherings such as parties with caregivers, promoting social engagement, cognitive stimulation, and emotional well-being, fostering a sense of inclusion and connection within the community.

A partnership with Heritage Malta enables persons with dementia to participate in interactive activities held at dementia activity centres, as well as guided outings to various national museums and historical sites. These visits provide sensory stimulation, reminiscence opportunities, and meaningful social interactions, helping individuals reconnect with cultural heritage. [Heritage Malta also offers a “Senior Passport”](#) which allows any person aged 60 and over, as well as two accompanying youths (up to 18 years old), free and unlimited access to 27 of Heritage Malta’s sites and museums (except the Hal Saflieni Hypogeum and Underground Valletta). This includes prehistoric temples and caves, historic houses and prisons, fortresses and palaces, museums relating to nature, archaeology, maritime, war and art.

The annual [Yearly Sports Day by Active Ageing and Community Care](#) brings together people living in the community and residing in care homes for a day of fun, activity, and social participation. The event promotes physical well-being, inclusivity, and active ageing, encouraging individuals to take part in light sports and movement-based games.

With the [KartAnzjan](#), people aged 60 and over are eligible for various discounts and benefits that encourage participation in cultural activities, recreation, leisure, and sports. These include:

- Free pool entrance to the National Pool Complex
- 10% discount on accommodation at Paradise Bay Resort Hotel
- EUR 4 entrance fee and discounted lunch package for EUR 6 at Esplora.

Public awareness campaigns are also used in Malta to reduce stigma and foster inclusivity within cultural and recreational settings, including through training staff in museums, theatres, and leisure centres, to ensure that people with dementia can participate in social and cultural life.

Netherlands

The Dutch Organisation for Health and Research Development (ZONMW) has a [“dementia inspiration guide”](#) on its website highlighting examples from municipalities and their social partners working on initiatives to create a dementia-inclusive society.

The RegioTour Dementie, is an initiative of the Ministry of Health, Welfare and Sport, together with the Association of Netherlands Municipalities (VNG), Alzheimer Nederland, and Movisie, which aims to ensure people with dementia are included in society. It has a [dedicated website to show what activities are available across the Netherlands](#).

Scholen in de Kust [operates a participatory choir](#) which brings together both people with dementia and people without dementia, to sing together.

Alzheimer Nederland operates [“The Adoption Project: Young meets Old”](#) in which primary school pupils in small groups visit people with dementia in a health-care institution, where they talk with residents, play games or go to dinner together. Alzheimer Nederland [also has an information page on its website](#), with 100 suggested activities for people with dementia, including for leisure and recreational activities. Additionally, it has a page [specifically on music and dementia](#), including information on making music with people with dementia.

The Knowledge Centre for Sport and Exercise has [a guide for older people and people with dementia](#) in order to encourage them to move more and stay active.

The samendementievriendelijk (dementia-friendly together) programme [offers a free theme meeting for the sports, music and hobby associations](#), giving employees and volunteers low-threshold and easy tools to include people with dementia.

The Centre of Expertise Perspective in Health has [a page on its website setting out how to set up a gym](#) so that it is accessible for people with dementia.

There are 12 museums across the Netherlands which have a common “Unforgettable” programme, which

provides a template for how museums can involve people with dementia through tours and workshops. [Information on the scheme and participating museums is available on the Unforgettable website.](#)

North Macedonia

Civil society and local municipalities may provide recreational or social activities, but these are not systematically integrated into national policy. As such, support in the areas of cultural life, recreation, leisure and sports is not always widely available.

Local pensioner clubs organise cultural and sports activities, whilst municipalities operate day centres for older people or cultural events (e.g. Karpos and Centar in Skopje, and Bitola). Some organisations may also offer art workshops, concerts and theatre performances with discounts for older people. However, there are no adaptations or special considerations for people living with dementia and their caregivers.

The Institute for Alzheimer's Disease and Neuroscience hosts [sporadic social gatherings](#) (coffee mornings, memory walks) but lacks funding for structured programmes.

The Poraka Nova (disability rights NGO) [also arranges inclusive events](#) which may be relevant for people with dementia.

The Red Cross of North Macedonia [runs social clubs for older people](#), although these are not specific for people with dementia. Additionally, the Red Cross North Macedonia, in collaboration with Institute for Alzheimer's Disease and Neuroscience, publishes a [dementia-specific handbook on caring for people with dementia](#).

Norway

The programme "[Møte med minner](#)" (Meeting with memories) aims to make art at museums more available for people with dementia.

There is a [companion certificate](#) provided to individuals with illnesses and/or functional variations who require assistance to engage in societal activities. The companion certificate allows the individual to bring

necessary support (e.g. parents, assistants, support contacts, grandparents, domestic staff etc.) to various events and activities, either free of charge or at a discounted rate. Companion certificates often grant access to "consideration bands" at amusement parks, enabling holders to avoid or be prioritised in queues.

Nasjonalforeningen provides a wide range of activities tailored to people with dementia and has a programme called "[Aktivitetsvenn](#)" ([activity friend](#)), a partnership with approximately 140 municipalities across Norway. This is a volunteer-based programme which pairs trained volunteers with people with dementia to engage in shared activities based on mutual interests. Activities can include walks, attending cultural events, visiting cafés, or simply sharing a cup of coffee and a conversation. Municipalities identify people with dementia who could benefit from having an activity friend. The association is responsible for training volunteers and providing materials, guidance and follow-up.

Poland

In Warsaw the "[Environment Self-Help House – Under the Dock](#)" is a centre for people with mental disorders and for people with dementia, which offers a range of activities including exercise classes, cooking and art therapy.

This year, the Silesian Museum began implementing the project "[museum for dementia](#)" offering four thematic blocks: workshops, lectures, respite and exhibitions. The respite thematic block is the creation of an open space in the museum in the form of a memory café, which aims to support the community of caregivers, but also the social integration of people living with dementia. The exhibitions thematic block consists of displays presenting the topic of dementia from different perspectives: advocates, artist-carers, and presenting the artistic activities of people living with dementia.

[The exhibition "Disappearance" by Anna Rendecka](#) was presented at the Zachęta National Gallery of Art from 19 July to 6 October 2024. The artist used her experiences related to dementia, which affected both of her grandmothers.

Alzheimer's associations implement various projects as part of individual projects, for example the Lublin Alzheimer's Association implemented a project with the Regional Social Policy Centre "Museum available for people living with dementia", which consisted of organising trips with a family carer and group to cultural settings, including theatres, the philharmonic, cinemas and museums.

In 2021, the scholarship project [Paths of Culture for People Struggling with Dementia](#) was implemented in Poland. It involved developing a manual and conducting training with cultural institutions (e.g. museums, community centres, libraries, galleries) and preparing them for cooperation with care facilities for older people (including people with dementia).

Portugal

[“Marcar o Lugar” – Encontros no Museu](#) (make an appointment at the museum) is an Alzheimer Portugal initiative that created a replicable intervention model of artistic and cultural enjoyment programmes in a museum context, aimed at people with dementia and their caregivers.

Alzheimer Portugal [developed a Memory Café concept](#), as a meeting point for people with dementia and their families, allowing them to share experiences and provide mutual support, as well as providing a welcoming, private and safe environment. The cafés aim to offer emotional support, as well as current and useful information, to promote the participation of users in stimulating activities, with the support of health or social care professionals.

Serbia

Since 2021, the Serbian Association for Alzheimer Disease (SAAD) continuously offers workshops to support people with dementia and their carers and supporters. Three-hour long workshops are held every week, year-round, in one location in the capital city of Belgrade. The content of the workshop is mindfully crafted to include a plethora of activities aimed at full participation and engagement of people with dementia in occupational, recreational, leisure and physical activities, sport competitions, arts and crafts, music and

drama therapy etc. In parallel, SAAD members provide expert support to the caregivers and supporters of people with dementia, offering them counselling, consultations and other forms of psychosocial support in dealing with numerous challenges associated with the care of people with dementia.

Slovenia

Spominčica – Alzheimer Slovenia has developed the [Dementia-Friendly Spots \(DFS\) programme](#), a national education and awareness-raising initiative connecting various organisations to provide information about dementia, locally. While primarily focused on awareness, this network also helps facilitate social inclusion and participation in community activities for individuals with dementia. [The National Gallery of Slovenia is a DFS](#) and has specific activities for people with dementia. The [National Museum of Slovenia is also a DFS](#) and has programmes for people with special needs, as well as people with dementia.

Additionally, Spominčica - Alzheimer Slovenia provides active socialising for people with dementia at the [Spominčica Activity Centre](#), where they conduct various sports, cultural and social activities.

Spominčica - Alzheimer Slovenia publishes a newsletter and leaflets about dementia, the rights of people with dementia, [recommended leisure activities](#) for people with dementia, [prevention](#), [daily activities](#) and how to deal with people with dementia.

Other NGOs are also working to involve older people in recreational activities, including the [Šola zdravlja association](#).

Sweden

There is [forthcoming legislation about welfare](#), which includes a specific focus on lifestyle matters, for example to maintain social activities throughout the whole life. There is also state financing for the municipalities to support social activities. This includes both the municipalities and the non-governmental organisations. Additionally, there is state financing for transport from home to day-care centres or other activities.

The Swedish Dementia Centre has developed several dementia-inclusive initiatives, one of which is specially dedicated to cultural life. This initiative includes:

- [Möten med minnen](#) (Encounters with memories) a project in which museums around Sweden were to create specially adapted programmes with interactive tours for people with dementia and their relatives.
- [Möten med litteratur](#) (Encounters with literature) a national project that aimed to support libraries in Sweden to improve their knowledge and understanding of dementia.

Additionally, [Mat Musik Minnen](#) (Food Music Memories) is an ongoing project to further develop the Mat-Musik-Minnen app that opens up the opportunity for conversations about forgotten memories and stimulates different senses.

Switzerland

The Stiftung Basler Wirtgarten dementia centre has developed the [Atrium Model](#), comprehensive outpatient care in the field of dementia. As part of its holistic view of the needs-based care of people with dementia, the various offers (including group events, cultural events etc.) are designed to build on and complement each other.

Other initiatives of individual providers include the concert hall in Luzern or a [choir in Zug](#).

Many of the 21 regional sections of Alzheimer Switzerland have developed programmes such as accompanied walks, museum visits (e.g. [pARTage](#)), choirs etc. Alzheimer Switzerland also offers [accompanied holidays](#). The national office organises holidays for people with young onset dementia, who have not yet reached retirement age, while several sections have such an offer for people with dementia of retirement age.

In addition to Alzheimer Switzerland and the cantonal sections, which offer dementia-specific services, other organisations (e.g. [Pro Senectute](#)) also offer various services in the areas of leisure, sport, culture etc. However, these services are not usually aimed specifically

at people with dementia but at older people in general.

As part of an agreement between the canton of Neuchâtel and its municipalities, the city of Neuchâtel has developed a new approach with “[ordonnances muséales](#)”. General practitioners can prescribe museum visits to their patients to promote their psychological and mental health. Although not specific to dementia, it can also benefit people with dementia.

Türkiye

People with disabilities are eligible for free entry to some cultural and leisure venues, such as museums.

The Alzheimer Association of Türkiye has 21 members who collaborate with local municipalities to organise recreational and social activities (e.g. national day celebrations, picnics, concerts etc.) specifically for people with dementia.

Ukraine

Nezabutni organises memory cafés, which include activities such as art-therapy, singing, dancing, games and shared meals. These take place on a regular basis in five cities in Ukraine: Kyiv, Lviv, Odesa, Dnipro and Poltava. Additionally, the organisation has had several trial projects including yoga for people with dementia and museum visits.

United Kingdom – England, Wales and Northern Ireland

A [Dementia-Friendly Venues Charter](#), was established by the Mayor of London to ensure people affected by dementia have access to appropriate cultural venues to suit their needs.

The Alzheimer’s Society has collaborated with Sport England to produce a guide on [dementia-friendly sport and physical activity](#). More broadly, [Dementia Friends](#) is an Alzheimer’s Society initiative that aims to transform how people think, act and talk about dementia. By taking part in a Dementia Friends information session people find out more about dementia and the actions that can help. Many organisations across

different sectors, including retail and hospitality, have engaged with the scheme.

Additionally, the NHS has published information on continuing to participate in [activities](#) for people with dementia.

United Kingdom – Scotland

The Scottish Ballet runs “[Time to Dance](#)”, a dementia-friendly programme to support brain health.

The Capital Theatres, for theatres in Edinburgh, [offers relaxed access performances for people with dementia](#).

The National Health Service Inform website [contains a guide to living well with dementia](#) including advice around engaging in dementia-friendly communities, sport and cultural activities that support people living with dementia to be active as dementia symptoms progress.

Alzheimer Scotland provides a range of cultural and arts-based activities through its Brain Health and Dementia Resource Centres across the country. These include groups delivering opportunities to engage around music (e.g. choirs, music memories sessions), arts (e.g. craft sessions, knit ‘n’ natter groups), fitness/physical activity (e.g. chair yoga, dance classes) and recreation (e.g. dementia cafés, board games). In addition, localities also work in partnership with a range of providers to deliver community-based opportunities to engage in culture and the arts. These activities are promoted through local channels and through the publication of “[What’s On](#)” [guides for each locality](#).

Additionally, Alzheimer Scotland has two Outdoor Brain Health and Dementia Resource Centres. The first of its kind in the UK is located at [Badaguish Outdoor Centre](#) in the Scottish Highlands. It is part of the Cairngorms 2030 programme, supported by The National Lottery Heritage Fund, and helps people with dementia and their families enjoy the benefits of outdoor activities. A second Outdoor Brain Health & Dementia Resource Centre is under development and will open later in 2025. These centres offer therapeutic and creative activities that promote independence, social interaction and provide inspiration for people to try

something new, including gardening and horticulture, mindfulness and reminiscence, cognitive stimulation therapy etc.

Alzheimer Scotland engaged with the Scottish Chamber Orchestra (SCO) to develop a series of [Tea Dance concerts](#) where musicians introduced and performed a programme of selected pieces designed especially for people living with dementia. Representatives of the SCO engaged with Alzheimer Scotland colleagues and members of the Scottish Dementia Working Group (SDWG) in planning and organising a series of dementia-friendly concerts, to ensure the perspective of those with lived experience was at the heart of all aspects of the arrangements, from the layout of the venue to the delivery of different aspects of the concerts themselves. Alzheimer Scotland and the SDWG continued to support the SCO as they took these concerts across Scotland to reach a wide audience of people affected by dementia.

Alzheimer Scotland has partnered with The Scottish Football Museum to form [Football Memories Scotland](#). Established in 2009, this national initiative now supports hundreds of reminiscence groups across the country, providing assistance to individuals living with memory loss conditions, including dementia, and addresses issues of loneliness and social isolation. This was expanded by the recent development of a [Virtual Reality football experience](#) by Abertay University, in partnership with Alzheimer Scotland and the Scottish Football Museum. The VR technology allows football fans living with dementia to rekindle big match memories, bringing to life key elements of bygone match days, including travelling to the game, clicking through the turnstiles and cheering from terraces.

[Memories Scotland](#) was developed with Scottish Libraries, supported by the Scottish Government’s Public Library Improvement Fund and administered by the Scottish Library and Information Council. Thirty of Scotland’s regional library services have signed up to the project, sharing social history resources on the themes of Working Life and Social Life, from their local studies collections and working to develop Memory Groups within their venues.

Scottish Opera has a programme called “[Memory Spinners](#)” which aims to use music, storytelling, movement and the visual arts, to help people with dementia and their carers relax, get creative and form new support networks.

The National Museums of Scotland-operated [Museum Socials](#) provide a friendly environment where everyone is welcome. These are suitable for first-time visitors and for people who might not regularly visit museums.

The association Paths for All, has information on its website about [Dementia-Friendly Health Walks](#),

highlighting accessible and inclusive walking opportunities for people living with dementia.

Golf in Society offers person-centred “[Golf Sessions](#)” for people living with a chronic illness such as dementia.

Meeting Centres Scotland is dedicated to supporting the development and growth of [dementia Meeting Centres across Scotland](#). Meeting Centres are social clubs which offer ongoing warm and friendly expert support to people with mild to moderate dementia and their families.



6. Experiences of people with dementia and carers

As previous years, Alzheimer Europe wanted to ensure that the voices of people with dementia and carers were reflected in our Yearbook. Whilst the Yearbook itself provides the policy and legislative context of transport and access cultural life, recreation, leisure and sport, this does not necessarily represent the personal priorities and experiences of people living with the condition. We therefore asked members of the European Working Group of People with Dementia (EWGPWD) and the European Dementia Carers Working Group (EDCWG) to contribute their experiences and views, to underscore the importance of policy, legislation, services and supports responding to the needs of people with lived experience.

In the first part of this section, we provide a brief overview of some of the issues which emerged during meetings with each group in March and June 2025. In the second part, we hear from people with dementia and carers who have written testimonies about their experiences and views on independent living and housing.

6.1. Key issues raised by people with dementia and carers

6.1.1. Views of people with dementia

Transport

Implementation gaps

Members shared that whilst transport arrangements often exist and/or are publicised, which work well in principle, these are delivered inconsistently in practice. For example, whilst special air travel assistance can be booked in advance, experiences varied depending on the airport/airline etc. It was noted that the service was more tailored towards physical disabilities, for example with the provision of a wheelchair, but nothing to address issues around other challenges, which people with dementia experience, including queues, noise and stress, particularly around security.

In relation to special assistance, air travel was discussed most frequently and many members highlighted the DPNA code (Disabled Passenger with Intellectual or Developmental Disability) as one which had been particularly effective in ensuring they received the necessary support at airports. However, knowledge about this can be variable amongst people with dementia and their families.

Members also spoke about good experiences where staff had received training to recognise and support people with dementia, whilst some others highlighted the usefulness of identifiers such as disability cards or Sunflower Lanyards, however, these also require staff to recognise them and respond appropriately.

Another implementation gap that arose was related to railways, with one member noting a high-profile campaign in their country, with staff being trained to become dementia-friendly. Whilst this initiative was welcome, the member noted that, years later, the service and level of support from staff had dropped, showing that initiatives should not be seen as a one-off event, but training for staff and organisations should be ongoing.

Public transport and connectivity issues

Members of the group highlighted the potential for rail and local public transport to be enabling when wayfinding is clear and assistance is available. This includes national mobility services or disability passes that permit a companion to travel for free, which supports the independence of the person. However, several obstacles persist including complex layouts in stations, rapidly changing information displays, unfamiliar ticketing machines and crowds. Additionally, members noted that there are greater risks during transfers, particularly where there is no support to find the connecting transport.

Accessibility and person-centredness

Members of the group highlighted that the design of both physical spaces and of services needed to be done with accessibility and person-centredness in mind. They highlighted that digital-only ticketing, digital-only passport gates and paid fast-track services can create barriers for people with dementia. Additionally, it was noted that complicated layouts in bus/railway stations and airports, poor signage and crowded areas created difficulty for people with dementia to be able to navigate and travel independently. As such, they discussed the importance of continuing to have staffed options for information, tickets and advice, as well as the retention of paper ticketing options.

In relation to passenger assistance in airports (though this point is applicable to passenger assistance more broadly), members noted that it shouldn't be a "one size fits all" service and should not be primarily focused on people with physical disabilities, rather it should be adaptable to the needs and circumstances of the individual.

What helps?

- Pre-booked assistance that addresses cognitive needs, not only mobility issues.
- Quiet/priority security, pre-boarding and seating together with a carer at no extra charge.
- Discrete identification (e.g. Sunflower Lanyards) used sensitively and backed by staff training.
- Companion travel entitlements and simple ticketing options.
- Consistent procedures across the journey, with clearly identified human contact points.

Access to cultural life, recreation, leisure and sport

Access, affordability and inclusion

Members report increasing efforts by cultural and recreational venues to welcome people with dementia, including initiatives such as reserved seating, reduced prices, companion tickets and adapted performances (e.g. more lighting, ability to move about etc.). However, affordability remained an issue for many, especially given the lower incomes associated with pensions or disability benefits, with the limited nature and inconsistency of concessions also being noted. Members felt that information on eligibility for concessions and companion policies should be easily available.

Design and timing of performances

During discussions, members of the group highlighted the value of adapted performances such as orchestra performances or theatre productions. Helpful adaptations included quiet performances, dementia-aware tours and orientation prior to the performance, daytime performances and reduced capacity performances. For larger venues, it was noted that pacing, breaks and support for wayfinding (e.g. improved signage), were helpful in making these places more accessible. Suggestions from the group included having dedicated rest or quiet areas, as well as clear signage.

Hidden-disability identifiers such as Sunflower Lanyards can be useful but require staff awareness and recognition. Members also noted that the experience of attending such events also includes travel to/from the venue.

Staff training and support for carers

The group discussed the importance of staff training, noting that their experiences are strongly shaped by the preparedness of frontline staff in museums, libraries, sports and swimming facilities. If staff are trained to recognise cognitive needs and provide support, e.g. support with orientation, and if venues have policies which are accommodating and flexible (e.g. in

relation to seating), this encourages people to attend events and activities. Members also spoke of the valuable support of carers, both for planning and on the day, therefore it was felt that there would be value in allowing a supporter to attend with the person, free of charge.

What helps?

- Concessions that include a free or discounted companion ticket, with information on concessions easy to find in advance.
- Adapted performances, including daytime performances, brighter lighting, opportunities for breaks and quiet rooms.
- Staff trained in dementia awareness across the venue, with clearly visible points of contact.
- Co-design with people with dementia and carers to refine signage, seating and programme flow.
- Coordination with accessible transport and drop-off points to reduce stress at arrival and departure.

6.1.2. Views of carers

Transport

Implementation gaps

Members of the groups expressed the view that, whilst assistance was available across modes of transport, implementation is inconsistent and often shaped by staff awareness rather than rules alone. Carers also raised the value of the special assistance DPNA code to allow for use of priority security lanes, pre-boarding and seating proximity to a carer. When it is recognised, this significantly reduces stress for the person with dementia and the carer. However, some members noted that some airports/airlines do not recognise the code, or they default to providing wheelchair assistance, even where it is not appropriate or necessary.

Airports and security processes

In particular, carers stressed the importance and value of (free) fast-track security lanes, pre-boarding and seating near the front of the aircraft, as noise, queues and time pressures (particularly around security) are

stressful for the person with dementia. Additionally, some carers noted that automated processes (e.g. check-in, passport gates etc.) can be frightening or unusable by persons with dementia, therefore, it is important for there to be human contact at key points throughout the airport (check-in, security, passport control, boarding). As part of this, these members of staff need to have training to understand the needs of people with cognitive problems, not only mobility problems.

Recognition tools and preparation

Members of the group highlighted the value of hidden-disability identifiers and personalised badges/cards (sometimes multilingual with contact details), which can help the person to discreetly indicate their need for support. However, during the discussions carers also acknowledged their role as being central to supporting the person to travel, and spoke of the importance of pre-travel preparation, including having photos of the person, spare clothes, continence pads, snacks, contingency plans in the event of separation/risk etc. They also highlighted that, for them, any “journey” started from the point of leaving home, until they were back at home again, not only those aspects involving transport itself.

Public transport

There were fewer examples from the working groups in relation to public transport, but from those that shared their experiences, it was noted that there were some examples of cards being available to provide concessions or free transport for the supporting person, however, these vary from country to country. Additionally, carers shared that connections transport or private options, e.g. taxis, were often prohibitively expensive or unsuitable, where they were poorly adapted.

What helps?

- Easily accessible options for special assistance, including fast-track security, pre-boarding and quiet spaces.
- Pre-booked assistance with recognition of cognitive needs (not only mobility).

- Seating arrangements that keep the person with dementia and the carer together.
- Visible identifiers (lanyards/badges) used sensitively.
- Human contact at key points across the duration of the journey, with staff training to recognise and understand the support needs of people with cognitive issues.
- Pre-planning by carers, understanding layouts, transfers and having contingencies in place for possible disruptions.

Access to cultural life, recreation, leisure and sport

Access, affordability and concessions

During the discussions with carers, there was broad recognition that there are increasing efforts and initiatives by cultural and sporting venues to welcome people with dementia, for example through including special seating, companion tickets etc. However, it was noted that concessions vary widely, with some admitting the person and carer for free, some providing reduced fees for one or other person, whilst others did not provide any concessions. Cost was noted by members of the group as a significant barrier for participating in cultural and recreational activities, especially where concessions are absent or inconsistent, particularly given the fixed income and low level of benefits such as those for carers or for pensioners.

Adapted performances and scheduling

Carers spoke positively about dedicated events and dementia-friendly or sensory aware museum tours, quiet performances of orchestra or theatre shows, where the environment is adapted to people's needs (e.g. ability to come and go from the auditorium, breaks, brighter lighting, reduced entry fees etc.). However, it was noted that these performances are often one-off events and not programmed as part of a season. As such, there was a wish to see more performances of this type, particularly scheduled during the day, to improve the accessibility for people with dementia and carers.

Staff training and “dementia-friendly” initiatives

During the discussions, the friendliness and preparedness of staff was noted to strongly influence experiences and the ability of people with dementia to participate in such activities. In one example, a carer shared that the person they supported was able to continue swimming, as the staff understood the condition, knew the person and the support they required.

Schemes that provide training to transport workers and staff working in the cultural and recreational sectors were highlighted as being valuable. However, it was stressed that such actions should be part of an ongoing process to ensure continuity, rather than being seen as a one-time initiative.

Urban-rural divide

Members of the group noted the urban-rural divide in the existence of initiatives and programmes related to both access to cultural life and recreation, as well as for making transport more dementia-friendly. It was noted that the lack of action in rural areas risked exacerbating issues surrounding social isolation. It was felt that there needed to be greater action and coordination from authorities at a local level, with planning, outreach and engagement with people living in these areas.

What helps?

- Dedicated companion and carer policies which allow supporters to the person with dementia to engage in activities.
- Regular, daytime, sensory-aware/dementia-specific performances and programming built into seasons.
- Staff training for public-facing roles to ensure they can recognise and support people with dementia.
- Adopting principles of design when planning (adapted) performances, incorporating aspects such as rest areas, clear signage and noise management, which are developed in consultation with people with dementia and carers.
- Improving accessible and affordable cultural, recreational, leisure and sporting offers outside of urban centres, ensuring affordability and accessibility.

6.2. Testimonials of people with dementia and carers

Olivera Vasilevska Danev - EDCWG



The most important thing an organisation can do to ensure people with dementia can continue to access their services is to prioritise clear communication and flexibility. For individuals with dementia, understanding schedules, instructions, and expectations can become increasingly difficult. Therefore, services should offer easy-to-follow guides, reminders, and the option for personalised support if needed. In Skopje where I live, there are many cultural and recreational venues, it is especially important to have well-trained staff who can offer assistance in navigating these spaces. Additionally, ensuring that these organisations are physically accessible, such as having ramps, clear signage, and calming spaces, can make a huge difference in enabling people with dementia to engage fully. Ultimately, creating an environment that adapts to the needs of dementia patients can help them feel included in the community.

One of the most meaningful experiences I had in Skopje was participating in a local art therapy group designed for people with dementia. The facilitators were incredibly patient and understanding, tailoring

each session to accommodate different cognitive levels. The group provided a supportive environment where participants could freely engage with art without feeling judged or pressured to create something perfect. For me, this experience became a therapeutic outlet, allowing me to express myself in a way that felt natural and fulfilling. The consistency of the sessions and the familiarity of the group also helped maintain a sense of normality and connection to my community.

The most important action companies or employees can take is to provide clear, visible signs and dedicated assistance for people with dementia, particularly in places like the Skopje bus and train stations or the local airport. Public transport can sometimes be overwhelming, so having staff trained to assist people with dementia can make a world of difference. This could include offering personalised support, such as helping with directions or providing assistance at critical points in the journey, like ticketing or navigating complex transport routes. Additionally, having quiet spaces and priority access, especially in airports or busy train stations, would help reduce stress and anxiety for people with dementia.

I had a particularly positive experience when travelling through Skopje Airport, where there was a designated assistance service for passengers with dementia. The staff were trained to recognise the needs of people with dementia and provided calm, patient assistance, which made the process of checking in and going through security much less stressful. I would love to see this model adopted not just in Skopje but in airports and transport hubs around the world. Having trained personnel available to help, clear signage, and the option for priority assistance could greatly improve the travel experience for people with dementia, making it more accessible and less intimidating. Additionally, having travel companions trained in dementia care could further ensure that individuals feel supported throughout their journey.

Stuart Dougall – EWGPWD



I have always been into fitness and have had a gym membership for many years. The advice from my neurologist on being diagnosed was:

- Have a routine
- Have a focus
- Keep motivating yourself
- Keep trying things that you're struggling with
- Live your life.

Being aware that my cognitive and physical abilities will inevitably decline, though the timeline remains uncertain, I recognise the importance of giving myself every possible opportunity and to continue going for as long as I can.

When I appreciated that my gym time was becoming more challenging, I was having issues with identifying the time on the running machine – for example if it is showing 17:00, I'm thinking it is 5 o'clock, not 17 minutes. I only recognise this when it changes to the next minute.

I was forgetting gym routines, I couldn't remember how to do certain exercises, at one stage I was walking around in a circle. So, I decided to tell the gym manager. He wanted to make my time there as manageable for me as possible. He made me up a gym routine (even offering the option to leave a copy at the front desk) so if I struggle on a particular day, I always have a fall back.

As I'm open about my diagnosis, the regular members who are there when I train are aware of my situation, I also find that this really helps. I don't expect sympathy but it helps knowing that there is support if required.

I have had occasion to forget what locker I used, forgetting the access number. I now use the same locker if possible, and, if not available, opt for one in the same corner of the locker room. I note the number on my phone in case of any issues. I know that at least I have the assistance of the gym team if I forget.

On one occasion, I lost my headphone case at the gym. I had initially gone to my usual locker, then I moved to another locker to let an elderly gentleman into his locker. On returning to the locker room after my workout and getting myself organised I identified my locker (as I noted the number on my phone) but couldn't find my headphone case. Again, everything was fine until my routine was interrupted/disturbed. The headphone case was later handed in at the front desk, so not sure where it went to although I probably left it in the initial locker. On reflection and discussing the events with my wife I concluded this was due to finding it harder to adjust to change, something which I wouldn't have considered previously.

I find that when I come back from the gym, I am energised and ready for the challenge ahead (sometimes there are many). Through time I have found that sticking to my gym routine has certainly assisted me as I now have few issues. I know the day will come when I won't manage on my own at the gym but that is no different from anybody else living with dementia.

Hafsteinn Fridfinnsson – EWGPWD



I was diagnosed with Lewy Body Dementia three years ago, at the age of 52. The disease affects, among other things, my depth perception. That means driving a car can sometimes be dangerous for me. Although I still drive in the best weather conditions, I am fortunate to have access to a transport service. Without it, I don't know how I could live a normal life. In Iceland, there are no trains or trams, and bus services can be very limited.

I am a client of Seiglan, which is a service provider for the Alzheimer's Association in Iceland. Seiglan works hard to ensure that users continue to benefit from their services by tailoring them as much as possible to each individual. They have been very supportive to me, for example, by offering weekly meetings where a staff member and I play guitar together. Seiglan truly takes good care of people. Because I am relatively young, it can sometimes be difficult to find services that suit me, but Seiglan makes it possible.

Lewy Body Dementia also comes with Parkinson's like symptoms, such as stiffness in the limbs. I attend group physiotherapy sessions twice a week, which are very beneficial for me.

I want to highlight one special experience with Seiglan that means a lot to me. They encouraged users to take part in sports activities, for example, golf, table tennis, walking, running, yoga, and more alongside staff members. One event, in particular, showed how much this kind of cooperation between staff and users can mean: The Reykjavík Marathon.

Seiglan invited users to join the staff in the Reykjavík Marathon on 23 August 2025. I decided to run the half marathon for the first time in my life, and my son chose to run with me. It was an invaluable experience for both of us. During the preparation, Seiglan organised group training throughout the winter and summer, and I joined their running group. The support during that preparation was priceless.

It was so much fun, users and staff were all working toward the same mission: raising money for a good cause. I've always loved sports like football, golf and running, so it wasn't hard for me to decide to take part when Seiglan encouraged me.

I am deeply grateful to have the ability to practise these sports. As you can imagine, they are very good for my health and help slow the progression of the disease. The Reykjavík Marathon is an annual event and I have decided to take part again next year, because running for a good cause, especially together with Seiglan, is both fun and meaningful.

Katya Genadieva – EWGPWD



I live in Bulgaria and a few months ago, I was diagnosed with dementia. I would like to share with you what the lives of people with dementia looks like in Bulgaria.

First, here in Bulgaria we do not have any organisations which support or help in any way people like me, there is support for people with mobility or sensory impairments, but not us. The main problem is that people are not trained.

I live in a small town and here it is almost impossible to contact other people with the condition because the word dementia is taboo. I am grateful for social media to keep in touch with other people.

Transport here is a bit an adventure.

Once, I used a bus and bought my ticket but had put it in my handbag. When asked by the conductor I checked in this pocket and that pocket again and again but then I remembered that the ticket was in my handbag. I checked this section and that section. I was standing, the bus was moving and I was losing my balance. Then I needed to let go of my bag to steady myself and start looking again. The conductor just turned around and moved away. The other passengers made sure I can see their disapproval and annoyance.

On another occasion, I kept my ticket in my hand during the summer when the temperature was 37-40°C not to waste the time of the staff. When asked for the ticket, I stretched my hand and I saw wet, creased sad and ugly copy of my new and good-looking ticket that I had just bought. The conductor just looked at it without touching it and said: I can see you HAD your ticket and went to the next passenger.

What I learned is that we must go through life by looking for the funny side of the sadness. Keep your head up.



Annick Germeys – EDCWG



My husband Geert and I both love to travel. For Geert, who was diagnosed a few years ago with young-onset Alzheimer's disease at the age of 53, it's quite an experience. He really wants to keep travelling for many more years, but at the airport, we encounter his limitations. What used to be easy and routine for years, has now become stressful and challenging. Everything needs to go smoothly and quickly, but for people with Alzheimer's, that's no longer simple.

To make travelling more comfortable for Geert, I started looking for solutions. I contacted Brussels Airlines at Brussels Airport to ask if there was a special process for people with young-onset dementia who are still physically capable (don't need extra assistance or a wheelchair) but who, even with support, can become overwhelmed by stress and have difficulty functioning smoothly. I asked what they could do to help with the security process, where in Brussels there can easily be hundreds of people ahead of you in line, all impatient to start their holiday.

The last few times we flew, we faced additional checks at security. Coincidence? Geert can appear very nervous because he doesn't always understand the staff's instructions, which I think may raise suspicion. This causes him enormous stress. Simple tasks, like taking off his belt or watch, become difficult under pressure. Boarding and getting on the plane is also stressful. People push in line, and others become impatient because things aren't moving as fast as they'd like. And if you're unlucky, you don't sit next to each other on the plane unless you pay extra. As

a person with dementia, it's also better not to sit at an emergency exit, because Geert cannot react quickly or accurately enough if something were to happen.

Luckily, we received a quick response from the medical service at Brussels Airlines, and we are very grateful to them. Their approach really deserves a compliment. Here's what we could expect:

- Seats at the front of the plane, next to each other
- A separate line at security
- Priority boarding
- Disembark last.

We found these adjustments truly special. The calm at security, the understanding, and the reduced stress for my partner made a huge difference compared to our previous trips. Everything went smoothly. It's wonderful that this support is available to us. On the return flight, everything at the airport abroad was handled just as we had expected.

Since the first time we used this assistance, we can travel calmly again. The barrier to travel has become much lower. Whenever we fly now, we use a service called DPNA (Disabled Passenger with an Intellectual or Developmental Disability Needing Assistance).

One small comment: because Geert doesn't have any obvious disabilities, he doesn't use a wheelchair and is still mobile, I must explain his limitations almost every time. Not everyone speaks English or our language, which makes this more complicated. How can we make this process smoother in the future, so we don't have to keep explaining that he does have a limitation?

We hope that other airlines and airports will follow this example, so they too can tailor their services to the needs of people with dementia. We now have the European Disability Card. Perhaps its use could also be expanded to transportation. I'm happy that just before a trip, I received a questionnaire from Alzheimer Europe asking Geert, as a person with dementia, about his experience with accessibility at airports. I'm very curious to see how Europe will take further steps in this regard to reduce barriers for people with dementia, so they can continue to enjoy carefree travel.

Angela Pototschnigg – EWGPWD



Despite my illness, I love exercise! Of course, I know that exercise is an important factor for staying mobile as long as possible in old age. Not only do I really enjoy long Nordic walking sessions, but I also enjoy the nature, the fresh air, and especially the pleasant company of my friends. Shortly after my diagnosis, I decided to be completely open about my limitations with my friends, and – the more my illness progresses – the more I benefit from it. My friends simply look out for me! They make sure I have my backpack with me, that I don't leave my walking poles anywhere, they wait for me if I take longer, and on the way home, they make sure I get on the right bus.

I know many people with cognitive declines who increasingly avoid going hiking or walking because they have trouble finding their way. I also have problems with orientation but my group of friends provides me with a safe, supportive environment, and I'm still glad I came out!

What does that require? Being open about the condition! The benefits are enormous!

Aside from walking, I soon realised that for people with memory problems, it's not easy to find a suitable gym or other fun place for physical activity and where we can easily cope with the pace of the instructions.

One symptom of my illness was unsteady gait and balance problems, which developed relatively early on. Standing on one leg was difficult at first, then impossible. While I used to walk with long strides, I soon had to get used to taking small steps and going downstairs was especially difficult! Without holding onto the railing, I couldn't do anything. And yet, I was always afraid of falling, and sometimes I did!

One day, we had a taster workshop in our support group on tango dancing. It was interesting that the people leading the workshop and introducing the concept behind it weren't dance teachers, but psychotherapists and coaches, and the point wasn't really to learn to dance tango...

The Neurotango method seemed so appealing to me that I booked a course shortly thereafter. My goal was to improve my balance, fitness and flexibility.

Neurotango harnesses the healing effects and rhythm of Argentine tango on the body, mind and psyche. It's incredibly fun to move to tango rhythms, and practicing small choreographies stimulates the brain! I've been doing this for two years now, and after just a few months, I started noticing the first changes. My posture became more upright, and my balance improved! Today, after two years, I can walk up and down the stairs to my apartment, with due caution, even when I don't have a free hand to hold on to. I'm no longer afraid of the subway stairs. I still walk along the railing, but I don't necessarily have to hold on anymore. It's so important to be safe when walking, that's one of the benefits of the Neurotango course!

What are some good prerequisites?

- Slow movements
- Clear, simple instructions
- Fun and enjoyment through music
- Meeting new people
- No pressure to perform or compete
- No long-term commitment
- No dance partner necessary, you can do it alone
- Everyone can participate
- Affordable prices.

Kevin Quaid – EWGPWD



I am going on ten years since my diagnosis of Lewy Body Dementia and up to five years ago I was too afraid to take public transport on my own, I am talking about, buses, planes and trains.

That is until I got involved, firstly, with our national rail company and they wanted training on the needs of people who had dementia and to try to understand how they could make life for us, as their customers, more accessible and what did we need to feel safe while travelling with them.

We did a lot of training with them and the day came when I was finally able to travel on my own, I have to say that, that first day felt a little bit like my first day at school, I was both afraid and excited, the one thing that I knew for sure was that I didn't have to be afraid or feel ashamed to ask for help. It could have been what platform was the train coming in to, was my carriage at the front middle or back of the train, what would happen to me when I got to my destination, but again I knew that I could ask for help and

the people were only too willing to help.

The more journeys that I took, the more confident that I got and because I travel a lot I got to know the staff at my local station and indeed at my final destination.

That in turn gave me the encouragement to then try the buses, not only in the country but also the city and again all I had to do was ask and 99% of people are only too willing to help.

Another big step for me was when I took my first flight on my own, I book special assistance and I wear my Sunflower Lanyard and this again made my life so much easier.

The benefits of this for me cannot be overstated because it gives me a sense of pride, it gives me a sense of dignity and it encourages me to push myself a little bit harder and to go outside of my comfort zone, because I am unable to drive, but can now take public transport on my own I don't feel like I am as much of a burden to my family.

The people who care for us also benefit greatly when this can happen because, I can now go away for a day or a couple of days or even a week at a time and they can have their own life back and the freedom to do what they want; once I have my phone and keep in contact, that adds another layer of protection, I plan my journey well in advance and I keep an app on my phone just in case I need to call a taxi.

Planning ahead your trip is the secret and planning it with the person who cares for you is so important, it gives everyone that extra piece of mind and that extra bit of freedom. I would highly recommend it for those of us who can, and the people who work for all the transport companies are always keen to learn if you speak to them because you never know what families are affected by a disability.

Trevor Salomon - EDCWG



If there is one word I always fell back on to reduce stress when using public transport with my wife Yvonne, it was 'planning'.

Yvonne who has been in a care home since May 2019 loved the great outdoors and I wasn't going to deprive her (or myself) of enjoying the experience just because of her advancing Alzheimer's disease.

Mostly we would travel to our chosen venues and locations by car but often we would use public transport which is generally very efficient and convenient in the great city where we live, London.

I had no expectation that our underground, train or bus services would make any allowances for us, so it became incumbent upon me to negotiate our journey challenges rather than rely on any third-party assistance.

Number one rule: wherever practicable, avoid travelling in peak commuter times because the noise,

volume of passengers and their imperative of arriving for work on time just added to Yvonne's confusion.

So, while the transport system was at its most busy, I would prepare Yvonne for our outing beginning with ensuring she was wearing her wrist identity bracelet which showed her name, identified her as having Alzheimer's and also gave my name and mobile number as her carer. I put her mobile phone in either a zipped pocket or her handbag and set the ring tone to its loudest volume.

Mindful of the fact that I might lose her or she could suddenly wander away from me, I tried to ensure she was dressed in bright coloured comfortable clothing and I always took a picture of her before we left the house just in case I might need the help of the police or the general public to look for her. I should add that this eventuality never occurred but taking precautions is something that carers naturally do.

I would always pack snacks, drinks, medication and incontinence supplies and ensure we returned home no later than mid-afternoon to avoid the confusion that comes with sundowning.

Reflecting on our travels, the one place I always felt support would make a huge difference to Yvonne and to me was airports, especially when travelling with major international airlines. People with dementia and their carers should be able to check in as priority passengers at the business or first-class desks, be eligible for fast track through security and allowed to board aircraft at the same time as families travelling with children and those people with physical disabilities.

Reducing Yvonne's distress and managing my own stress resulted in us enjoying recreational life to the full but I recognised that I was largely on my own with little or no formal help from the travel industry, only from empathetic employees.

7. Observations and conclusions

The first part of this section will share some observations based on the findings provided by our national member organisations and members of our European working groups, identifying key points and themes which have arisen, any trends emerging between countries, as well as any other observations.

In the second section, we make specific recommendations for actions which can be taken at a European and/or national level to improve the experiences of people with dementia, their families and carers, when using transport or accessing cultural and leisure activities.

7.1. Observations and conclusions

Gaps within dementia strategies

It was notable that the topic of transport was rarely addressed specifically within dementia strategies, and where included, this was done in the more general context of independent living or dementia-inclusive communities. Such is the importance of transport as a way of maintaining the autonomy and activity of the person, we would have hoped that there would be more dedicated actions to address this issue. A minority of submissions describe attempts to align dementia and transport planning through national transport strategies or universal design policies, but these linkages are typically high level and non-binding.

Similarly, specific actions relating to access to cultural life, recreation, leisure and sports are addressed more broadly under general descriptions of the need for people with dementia to remain active or engage in their communities. As was the case with transport, many of these actions also fell under the umbrella of various broader frameworks and measures, seldom including specific indicators.

Disability and ageing policies

In relation to transport, practical help with travel is more often delivered through disability and healthy-ageing frameworks than through dementia-specific plans or policies. For example, some of the more commonly cited examples from the survey included reduced fares, companion passes, and accessible vehicles and stops. Eligibility for such reductions

varies considerably, with most relating to age or level of disability. In a number of countries there is variation between cities or municipalities. In some places dementia is recognised as a qualifying disability and therefore eligible for discounted travel, however, this is inconsistent both within and between countries.

This inconsistent recognition of dementia as a disability can result in difficulties accessing support, especially where there is the need for medical certification of the disability and/or the pre-requisite of receiving disability benefits (which tend to assign tiers or levels of disability). As a result, eligibility criteria are often primarily focused on physical impairment or sensory impairment, without consideration of the barriers created by cognitive impairments; as a result, people with dementia may only become eligible for support at the more advanced stages of the condition, where physical symptoms manifest. This means people in the earlier phases, who could travel independently with modest adjustments and support, are at risk of exclusion.

Service design, operations and staff competence for transport

The primary factor determining the experience of people with dementia and their carers when travelling, was the knowledge and understanding of staff in these settings. Where drivers, station staff, ticket inspectors, airport staff etc. have received dementia-aware training, it was noted that the staff were able to provide assistance proactively, recognise schemes such as the Sunflower Lanyard and support people in a

way which met their needs. It was pleasing to see that there are some examples of programmes co-designed with people living with dementia and carers. It is crucial, however, that such training continues on an ongoing basis, as one-time sessions are likely to lose their effectiveness over time, owing to factors such as staff turnover.

Similarly, the built environment is important for people with dementia, with changes such as step-free boarding, good lighting, clear signage, and quiet waiting areas being helpful to allow people to travel independently.

Disability and parking cards

Given the recent introduction of the European legislation in relation to the European Disability and Parking Cards, it is perhaps unsurprising that most countries have not yet transposed this legislation. The exceptions to this being Belgium, Cyprus, Estonia, Finland, Italy, Malta, Romania, and Slovenia, which participated in the pilot programme.

Most EU27 and EEA countries reported having the European Parking Card (which already existed under previous EU legislation) in some form, however, the eligibility criteria varied considerably between countries and the eligibility for people with dementia was dependent on the individual country's rules, usually related to the level or severity of disability.

The majority of countries had some form of national disability card in place, entitling the holder to discounted access to cultural events and other leisure activities. However, as with other concession schemes, eligibility varies between countries, in line with the national disability assessments.

Dementia-specific initiatives for culture, recreation, leisure and sport

It was noticeable from the responses that there have been significant efforts to develop dementia-specific initiatives, across culture, recreation, leisure and sport, in order to provide activities and opportunities for people with dementia to remain active within their communities. Additionally, other initiatives aimed at

reducing social isolation, including people with disabilities or providing activities for older people, were also suitable for people with dementia.

Amongst dementia-specific initiatives, relaxed theatre and cinema screenings, quiet museum hours, guided tours with tactile materials, creative workshops, reading and reminiscence groups, and adapted movement or dance sessions, were recurring examples across European countries. The availability and cost of these initiatives varied considerably, depending on the organisations offering them. Additional important considerations for these activities included the training for front-of-house staff, as well as environmental adjustments such as seating, lighting, and noise management. Furthermore, scheduling such sessions in mid-morning or early afternoon, with small groups, as well as providing clear and easily accessible information, were deemed important factors for participation.

Civil society and community leadership

In many countries, the role of civil-society organisations and, in particular, Alzheimer's associations, played a leading role in ensuring that people with dementia and their carers were able to participate in cultural, leisure, recreation and sporting activities. Whether offering services directly themselves or working in partnership with governmental and other organisations offering such activities, their work in helping to ensure dementia-inclusiveness was apparent. This included co-producing activities with people living with dementia, shaping content, pacing and environment. Partnerships between charities and mainstream institutions, such as museums, theatres, orchestras, and sports clubs, extend reach and help normalise inclusion. To a large extent, whilst national impetus and funding is vital, many initiatives and programmes stem from local and community-based work, led by individuals driving change in their local contexts.

Even where countries had few initiatives led by government or institutions themselves, it was evident that Alzheimer's associations and other civil society organisations were almost solely responsible for ensuring that people living with dementia were able to continue to take part in leisure and recreational activities, often offered as part of their services e.g. Alzheimer's Cafés.

Inequalities, unmet need and information gaps

Whilst it was evident that there are many initiatives taking place in countries across Europe, the differences between countries remain striking in terms of the variation in the availability of such initiatives, both for transport and access to cultural life, recreation, leisure

and sport. Even within countries, it was apparent that, whilst some national initiatives exist, the majority take place in more urban areas. This has the potential to leave people with dementia and their carers facing additional barriers and difficulties in accessing initiatives or programmes to keep them active and engaged within their communities.

7.2. Recommendations

Based on the considerations above and the feedback of the European Working Group of People with Dementia and the European Dementia Carers Working Group, Alzheimer Europe has developed a number of recommendations for both national and European decision-makers.

Although noted in previous sections, the difference in eligibility thresholds, particularly for government support and initiatives, was a common feature throughout many of the supports mentioned. Not only were there significant differences between countries, but also within them, where regions or municipalities had responsibility for assessment of disability and provision of support, including disability or parking cards.

Recommendations for national governments – Transport

1. National governments should work with transport organisations and national Alzheimer's associations, to coordinate awareness raising amongst the public and provide dedicated training for transport staff on dementia. As part of this:
 - People with dementia and their carers should be involved in the development of the content and materials associated with the campaign.
 - The campaign should highlight people with dementia and carers, advising them about their right to support when travelling and signposting further information.
 - Governments should examine the possibility of extending the Sunflower Lanyard scheme to all forms of transport, not only in airports.
2. National governments should work with regional and local governments, as well as public transport operators, to provide consistent practice and policies for support schemes and concession rates for persons with disabilities (including dementia) and for carers, to eliminate variations between regions/municipalities.
 - This should also include the implementation of the EU Parking Card.
3. National governments should ensure that all legislation and policy, at a national, regional and local level, complies with the UNCPRD, recognising that dementia is a disability especially those relating to eligibility criteria.
 - Specifically, disability policies for support (e.g. disability cards, concession schemes etc.) must be amended to recognise the nature of dementia as a cognitive and progressive condition, ensuring people receive full possible support from the point of diagnosis, not only once the condition has reached a set eligibility threshold (which often focuses primarily on physical mobility).

Recommendations for the European Commission – Transport

1. The European Commission should harmonise the rules around passenger rights, simplifying the right to assistance regardless, of the type of transport.
 - As part of this, the Commission should also reduce the advance notice period required to guarantee assistance and allow supporters of the person requiring assistance to travel for free, in instances where the transport company has required it.
2. The European Commission should commit to undertaking a systematic audit of the application of the rights of passengers with disabilities across the EU, particularly in relation to those which involve cross-border travel (flights, trains etc.) to ensure consistency of application across the EU.
3. Through monitoring of the implementation of the EU Parking Card, the Commission should identify inconsistencies in implementation, both between and within Member States, as well as identifying the associated eligibility criteria in Member States and whether this is consistent with the UNCRPD, particularly in relation to the definition of disability.

Recommendations for national governments – Access to cultural life, recreation, leisure and sport

1. National, regional and local governments should work together to identify gaps and barriers to accessible and affordable services relating to cultural life, recreation, leisure and sport services.
 - As part of this, people with dementia and their carers should be included in discussions so they may highlight any barriers to their participation or gaps in service provision.
 - Where facilities and venues are run by the state, the government should work with Alzheimer's associations to ensure that staff are trained to recognise and support people with dementia.
 - Governments should examine the possibilities around off-peak concessions and programmes in culture, leisure, recreational and sports settings which would be beneficial for people with dementia and their carers.
2. National governments should work with regional and local governments, to encourage consistent practice and policies for support schemes and concession rates for persons with disabilities (including dementia) and carers, to eliminate variations between regions/municipalities.
 - This should also include the implementation of the EU Disability Card.
3. National governments should ensure that all legislation and policy, at a national, regional and local level, especially relating to eligibility criteria, complies with the UNCRPD, recognising that dementia is a disability.
 - Specifically, disability policies for support (e.g. disability cards, concession schemes etc.) must be amended to recognise the nature of dementia as a cognitive and progressive condition, ensuring people receive the fullest possible support from the point of diagnosis, not only once the condition has reached a set eligibility threshold (which often focuses primarily on physical mobility).

Recommendations for the European Commission – Access to cultural life, recreation, leisure and sport

1. Through monitoring of the implementation of the EU Disability Card, the European Commission should identify inconsistencies in implementation, both between and within Member States, as well as identifying the associated eligibility criteria in Member States and whether this is consistent with the UNCRPD, particularly in relation to the definition of disability.
2. As part of its work on updating actions for the European Strategy for the Rights of Persons with Disabilities 2021-2030, the European Commission should develop initiatives and programmes related to the accessibility of cultural life, recreation, leisure and sport, with particular consideration of how to improve access and participation of people living with dementia and their carers.



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Malta	Alex Gobey, Director, Dementia Care Directorate within Active Ageing and Community Care
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Türkiye	Dr. Nil Tekin, Board Member, Alzheimer Association of Türkiye Sertaç Süslü, Board Member, Alzheimer Association of Türkiye
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United Kingdom – England, Wales and Northern Ireland	Danielle Streeter, Policy Assistant, Alzheimer’s Society
United Kingdom - Scotland	Vicki Cahill, Policy and Public Affairs Lead, Alzheimer Scotland Jim Pearson, Deputy Chief Executive, Alzheimer Scotland

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Acknowledgement	
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	<p>Current members (from June 2025)</p> <ul style="list-style-type: none"> • Trevor Salomon (United Kingdom) – Chair • Roslynn Vella (Malta) – Vice-Chair • Bill Alexander (United Kingdom – Scotland) • Peter Banda (Slovakia) • Paddy Crosbie (Ireland) • Sylva Dneboská (Czechia) • Chris Ellermaa (Estonia) • Emil Emilsson (Iceland) • Annick Germeys (Belgium) • Zornitsa Karagyozeva (Bulgaria) • Hatice Sertaç Süslü (Türkiye) • Peter Thörngren (Sweden) • Liv Thorsen (Norway) • Olivera Vasilevska Danev (North Macedonia) • Christina Zioga (Greece) <p>Past members (prior to June 2025)</p> <ul style="list-style-type: none"> • Barry Northedge (United Kingdom - Scotland) • Sonata Mačiulskytė (Lithuania)





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