



Dementia Friends Minnesota

An ACT on Alzheimer's Initiative

Join a growing movement of people who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend...it's easy and rewarding!



What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn your understanding into action that supports people living with dementia.

What Happens at the Information Session?

The one-hour session is a face-to-face discussion led by a Dementia Friends Champion; it's not a formal training or education session. The session is informal and includes fun activities and interaction. You'll learn what dementia is and tips for communicating with people who have dementia. Everyone who attends is asked to consider a practical action that can help someone in their community. The action can be big or as small — every action counts!

Remember...

You don't need to be a dementia expert to become a Dementia Friend.
You don't need to know someone with dementia to become a Dementia Friend.
After attending the session, you decide whether becoming a Dementia Friend is right for you.

Dementia Friends...

is a global movement that is striving to create more dementia friendly communities by changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, Dementia Friends is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for someone living with dementia.

Visit www.actonalz.org/dementia-friends to learn more about becoming a Dementia Friend and to find a session near you.

