

Dementia Friends MN: Implementation and Cultural Adaptations

Presenters:

Vivian Anugwom

Inclusive Community Bridges
and ACT West African
vuobasi@gmail.com

Tricia Cowan

Bemidji State University and
ACT Giwedining Northland
tcowan@bemidjistate.edu

Yolima Chambers

Centro Tyrone Guzman
ychambers@centromn.org

Emily Farah-Miller

ACT on Alzheimer's
emily@metroaging.org

Resources

Dementia Friends Minnesota

<http://www.actonalz.org/dementia-friends>

Alzheimer's Association Spanish Portal

<https://www.alz.org/espanol/overview-english.asp>

Alzheimer's Disease International, Dementia in Sub-Saharan

<https://www.alz.co.uk/dementia-in-africa>

ACT on Alzheimer's Cultural Competence and Awareness

<http://www.actonalz.org/cultural-competence-and-awareness>

Dementia Friends Nigeria

<https://www.facebook.com/dementianigeria/>

Indian Health Services: Eldercare

<https://www.ihs.gov/eldercare/>

National Indian Council on Aging

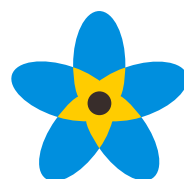
<https://nicoa.org/>

National Resource Center on Native American Aging

<https://www.nrcnaa.org/>

Wisdom Steps

<https://wisdomsteps.org/>



**Dementia
Friends
Minnesota**

An ACT on Alzheimer's Initiative

Dementia touches the lives of all communities of people throughout Minnesota. Dementia Friends was launched in September 2016 to tackle the lack of understanding of dementia and to move people to take simple, dementia friendly actions.

Many cultural communities are highly affected by the disease and the stigma can loom large. Minnesota has piloted Dementia Friends with these cultural communities: Latino, West African, and Native American.

To date, lessons learned include:

- With some simple adaptations (such as culture-relevant resources and images), Dementia Friends can be a helpful program for culturally diverse communities.
- We need to be mindful of reading grade levels and be flexible with words used in the program content.
- We need to ensure that Dementia Friends session participants are comfortable with doing individual or small group activities.