

Join the Movement!

Can we be the Land of 10,000 Dementia Friends by December 31? Together, let's make it happen!



What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn what dementia is, what it's like to live with the disease, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?

The one-hour session is a discussion led by a Dementia Friends Champion. It is not a formal training session. Everyone who attends can turn their new understanding of dementia into a practical action that can help someone living in your community.

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 you attend the session, taking action as a Dementia Friend is up to you.

Dementia Friends...

is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Minnesota and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia. See details below about a Dementia Friends information Session in your area.

When & Where

Contact



Visit www.actonalz.org/dementia-friends to learn more about becoming a Dementia Friend!