



**Dementia
Friends
Pennsylvania**

A Dementia Friendly America initiative

A program of



**Changing the way we
think, act and talk
about dementia.**

**Become a
Dementia
Friend!**

Join a growing movement of people like you who are making a positive difference in the lives of people living with dementia

What makes you a Dementia Friend?

You become a Dementia Friend by attending an interactive 60-minute Information Session to learn about living with dementia and the small things you can do to show support to members of your community.

As a Dementia Friend you will turn your understanding into a practical action that can help someone with dementia living in your community. The action can be as big or small as you choose because every action counts!

Please understand...

You don't need to be a dementia expert, have prior knowledge, or know someone living with dementia to become a Dementia Friend.

What happens at the Information Session?

- Describe dementia
- Know the most common type of dementia
- Understand five key messages about dementia
- Learn ways to effectively communicate with a person living with dementia
- Choose a small dementia-friendly action

To schedule an in-person or virtual session visit us at:

www.dementiafriendspa.org

Supported by



Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Pennsylvania and across the United States.