



## **Dementia Friendly America**



Dementia Friendly America operates two initiatives- Dementia Friendly Community Initiatives and Dementia Friends. While separate, the initiatives complement each other. Dementia Friends focuses on change at an individual level. How can I make a difference in my community by increasing my knowledge and awareness? Dementia Friendly Community Initiatives focuses on change at a community level. Now that we have individual knowledge and awareness, what can we do to change our community? Oftentimes Dementia Friends is the educational vehicle a community selects to spread knowledge to other community members. Likewise, new Dementia Friends may feel inspired to lead or become involved with a Dementia Friendly Community Initiative.



## **DEMENTIA FRIENDLY**

The Dementia Friendly Community Initiative focuses on community impact. A dementia friendly community takes action to foster quality of life for people living with dementia by decreasing stigma, increasing opportunities for meaningful social interaction, and offering support in addressing the changing needs of people living with dementia.

Each dementia friendly community is comprised of individuals who work together to encourage and engage all sectors of the community to become more inclusive of persons living with dementia!



## **DEMENTIA FRIENDS**

The Dementia Friends initiative focuses on individual impact. A Dementia Friend joins others in a one-hour Information Session which covers five key messages that everyone should know about dementia, through activities and discussion. Each Dementia Friend turns their understanding into a practical action focused on changing the way they think, act, and talk about dementia!