

Dementia Friends

Who we are and how your organisation can get involved

What is the Dementia Friends initiative?

Dementia Friends is a social action movement run by Alzheimer's Society and funded by the Cabinet Office and the Department of Health that aims to give a million people an understanding of dementia, and the small things we can all do that could make a difference to people living with dementia.

What is a Dementia Friend and how can I become one?

A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action. This action could be anything: tweeting about Dementia Friends, wearing the badge or a pledge to be more patient in the queue at the supermarket if someone is taking longer to pay. No action is too small and every action counts.

One way to become a Dementia Friend is to attend a 45-60 minute information session run by a Champion in your local area or workplace.

The other way is to watch a short video and complete at least one further module that is most relevant to your area of work. The modules cover: getting around; on the phone; filling out forms and paying for things.

To find out more visit <https://www.dementiafriends.org.uk/>.