

Dementia

Dementia is one of society's biggest challenges and it is very possible that most of us will have to face it one day if not already.

There are now over one million Dementia Friends who are going out into their communities with a better understanding of dementia and some of the ways they can help people living with the condition.

Dementia Friends are helping to create communities in which people living with dementia feel more understood and included.

As part of Alzheimer's Society's long-term commitment to help more communities and businesses become dementia-friendly, a new target of creating four million Dementia Friends by 2020 has been set.

The programme is their biggest ever initiative to change people's perceptions of dementia.

Dementia Friends was launched to tackle the stigma and lack of understanding that means many people with the condition experience loneliness and social exclusion.

We need to create more communities and businesses that are dementia friendly so that people affected by dementia feel understood and included.

Here are the ways you can get involved:

Dementia Friend


Whether you attend a face-to-face Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about Dementia Friends to visiting someone you know living with dementia, every action counts.

Here's how some ordinary people like us have helped. Simple and yet effective.

'My action is to make an effort to spend more time with my Nanna who is living with dementia' **Chris Tunnicliff**

'I will be scanning all my father's old photographs from childhood onto the computer so he can see these more regularly.' **Rachel Palmer** **Dementia Friends Champion**

There are over 10,000 volunteer Dementia Friends Champions encouraging people to learn a little bit more about dementia. Champions are trained and supported by the Alzheimer's Society to run Information Sessions in their community and help inspire others to help those living with dementia live well.

'Becoming a Dementia Friend Champion has undoubtedly been one of the most positive and exciting things I've done' – **Jane Gilby, Dementia Friends Champion**  **Organisations**

Dementia Friends work with all types of organisations from large to small across the private, public and third sector and support them to roll out Dementia Friends to their workforce.

If you would like to learn more about being a Dementia Friend please take 5 minutes and take a look at their web site <https://www.dementiafriends.org.uk>