



Join a growing movement of youth around the world who are helping their communities become aware about dementia.

What is Dementia Friends?

Dementia Friends is a global public awareness movement. The goal is to help everyone in a community learn what dementia is, and the simple steps that each of us can take to make our communities more supportive. Around the world, many young people are taking the lead.



How do I become a Dementia Friends Champion?

A Champion is a trained volunteer who leads hour-long Dementia Friends information sessions in their community. High school students can earn community service credit and build public speaking skills as a Champion. You can lead sessions for your family, friends, school or community clubs, for a congregation, and so on. You will be given all of the materials that you need, including workbooks for each person who comes to one of your sessions.

Remember...

You don't need to be a dementia expert to become a Dementia Friend Champion.

You don't need to know someone with dementia to become a Dementia Friend Champion.

Learn more at www.dementiafriendsma.org

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 Massachusetts 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. Visit www.dementiafriendsma.org or contact Beth Soltzberg at bsoltzberg@jfcsboston.org to learn more!

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