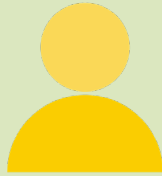


Changing the way people think, act, and talk about dementia.

What is dementia?



How do I communicate with someone living with dementia?



What can I do to make my community dementia friendly?



Dementia Friends was developed by the Alzheimer's Society in the United Kingdom and currently runs in over 30 states in the United States. There are over 13.5 million participants worldwide.

How do I become a Dementia Friend?

Attend a **free** in person or virtual information session (60-90 minutes).

What will I learn at a Dementia Friends Information Session?

- What dementia is and the most common type
- 5 key messages
- Communication tips and strategies
- Ways to take action
- Resources and support

Other ways to get involved:

- **Volunteer** as a Dementia Friends Champion
- **Request an Information Session** for your organization, business, club, group, school, etc.



Anyone
can become
a **Dementia Friend!**

Let's get in touch!

www.dementiafriendswa.uw.edu

✉ dementiafriendswa@uw.edu

📘 [@dementiafriendsWA](https://www.facebook.com/dementiafriendsWA)

🌐 [@dementia-friends-washington](https://www.instagram.com/dementia-friends-washington)