

ongoing relationships

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Developed by the Alzheimer's Association of the UK, the Dementia Friends initiative is well underway in Minnesota with over 13,000 people trained as Dementia Friends. By helping everyone in the community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. The training is appropriate for all ages, from teenagers through our oldest citizens. If you are interested in learning more about this training or other JFCS senior services, please contact Annette Sandler, Aging Services Director, at 952-542-4866 or asandler@jfcsmpls.org.

Approximately 89,000 Minnesotans age 65+ are living with Alzheimer's disease. It is projected that Alzheimer's cases and other dementias will double by 2050. These numbers represent family members, friends, neighbors, co-workers, colleagues, congregants and customers. Dementia Friends training helps individuals heighten their awareness of dementia and equips them to respond warmly and effectively when interacting with people living with dementia and their care partners.

WHAT IS A DEMENTIA FRIEND?

Individuals become a Dementia Friend by attending a one-hour informational session to learn the five key messages about dementia, what it's like to live with the disease, and how to turn understanding into action that supports people living with dementia. Visit www.actonalz.org/dementia-friends for more information.

LEARNING OBJECTIVES

At the conclusion of the one-hour session, participants will:

- > Learn what dementia is
- > Recognize the signs of dementia
- > Learn tips for communicating and interacting with a person who has dementia
- > Get familiar with dementia-related resources and services in your community

For more information, or to schedule a session for your organization, contact Annette Sandler, Aging Services Director, at 952-542-4866 or asandler@jfcsmpls.org.