



**The Dementia Friends Session includes the Five Key Messages everyone should know about Dementia, helping you to understand Dementia more and support people living with Dementia in our Community.**

## **What is a Dementia Friend?**

A Dementia Friend is somebody that **learns about dementia** so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

## **What does a Dementia Friend do?**

Dementia Friends help people living with dementia by **taking actions** - both big and small.

These actions don't have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

## **Who can be a Dementia Friend?**

Everyone! Dementia Friends is open to anyone who wants to help people with dementia in their community.