

Be part of the change!

Take action in making Indiana a dementia friendly state. Besides becoming a Dementia Friend, here are more ways you can get involved:

- Like and share DFI on social media
- Become a Dementia Champion and deliver informational sessions to your community
- Connect community partners and organizations to DFI to become dementia friendly (businesses, churches, restaurants, hospitals, etc.)
- Reach out to community stakeholders and leaders about engaging in DFI
- Start talking about dementia and Dementia Friends Indiana

FOR MORE INFORMATION

For more information about dementia and support, please visit alz.org/in.

To learn more about the Dementia Friends Indiana movement, please visit:

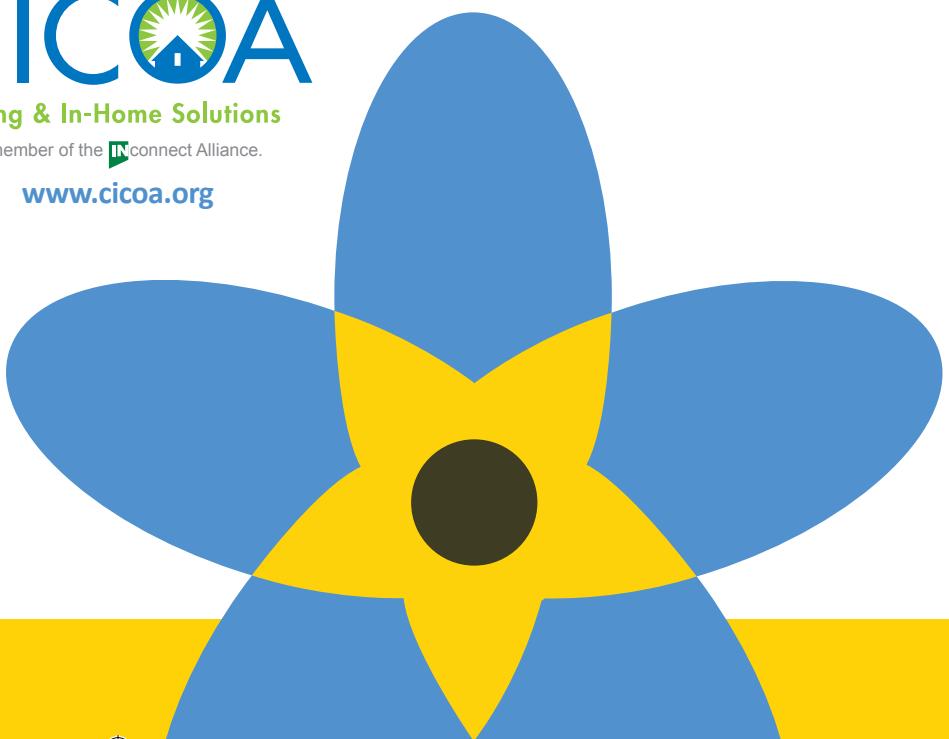
DementiaFriendsIndiana.org

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STATE ADMINISTRATOR

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Aging & In-Home Solutions
A member of the INconnect Alliance.

www.cicoa.org



Dementia Friends

It starts with you.



What is a Dementia Friend?

A Dementia Friend is someone who wants to make a positive difference in the lives of people living with dementia through increased awareness and support.

Even small changes can help support people living with dementia to remain included, accepted and connected with their community.

The Dementia Friends Indiana movement seeks to advance education and awareness of dementia, reduce the stigma associated with the disease, and create community environments that are welcoming and conducive for those living with dementia.

Why become a Dementia Friend?

- Dementia is a general term for conditions such as Alzheimer's and other diseases that cause problems with memory loss, language, behavior and other cognitive processes.
- Dementia affects every community sector and is a significant burden on the mental and physical health of family caregivers.
- 70 percent of people with dementia live in community-based settings, such as a home, rather than in institutional care.
- Despite its high prevalence, there is still significant misunderstanding and lack of knowledge about the disease, resulting in stigma and isolation for those living with dementia and their caregivers.

How to become a Dementia Friend

To become a Dementia Friend, you can either attend an in-person workshop or watch a series of online videos. A list of workshops can be found at DementiaFriendsIndiana.org.

If you prefer to watch videos, an overview video will provide information about dementia, how to recognize the signs, and simple actions you can take to make your community more dementia friendly.

After watching the overview video in its entirety, you will be prompted to select three more sector-specific video shorts. Once you have viewed the overview and three video shorts, you will be able to register as a Dementia Friend and print a certificate.

