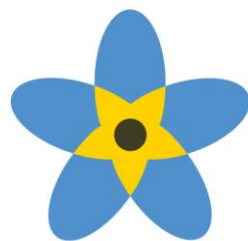




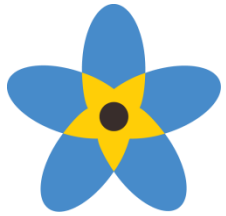
Dementia Friends Ohio Champions Training



Dementia
Friends
Ohio



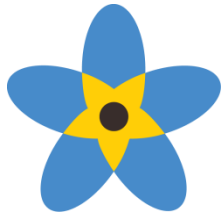
A Dementia Friendly America initiative



Dementia Friends USA Trailer



<https://vimeo.com/193649886>



Dementia Friends – United Kingdom

- Dementia Friends is an initiative developed by the Alzheimer's Society in the United Kingdom
- Alzheimer's Society led the dementia friendly communities work
- Inspired by the Japanese, Ninchisho (Dementia) Supporters program

www.alz.co.uk/dementia-friendly-communities/dementia-friends

- Created the Dementia Friends program

www.dementiafriends.org.uk/

The need for change

850,000 people living with
dementia in the UK

61%

Think their community doesn't
understand how to help them live
well



Source: *Dementia 2012: A national challenge*,
Alzheimer's Society, 2012



The need for change



1. Better understanding and less social stigma (25%). People with dementia would like the following to have more understanding :
 - family (54%)
 - friends (58%)
 - neighbours (51%),
 - health & social care professionals 58%)
 - people working in banks, post offices and shops (62%),
 - the police (54%)
2. More public awareness of the condition (17%).
3. More activities /opportunities to socialize (13%).
4. More tolerance and patience (7%).
5. More community spirit (7%).

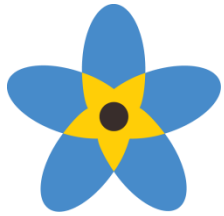
Source: *Dementia 2012: A national challenge*,
Alzheimer's Society, 2012





Dementia Friends Global Effort





Dementia Friends USA

- Dementia Friends USA is part of a global network.
- Dementia Friends in 37 countries worldwide!
- Dementia Friends USA is part of the Dementia Friendly America initiative
- n4a - National Association of Area Agencies on Aging administers both programs
- Dementia Friends USA launched nationally in January 2017
Over 23,000 Friends to date!
- <https://dementiafriendsusa.org/>





Why Dementia Friends Ohio ?

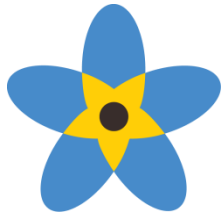
- 220,000 Ohioans living with Alzheimer's in 2017
- Projected to increase to 250,000 by 2025
- Ohio has the 7th highest incidence of Alzheimer's in USA
- Ohio's 6th leading cause of death
- 600,000 unpaid caregivers in Ohio
- Most expensive disease in the nation





Dementia Friendly America is all About Community Impact





What is Dementia Friends?

- Dementia Friends is a social action movement.
- The Dementia Friends program focuses on **five key messages**.
- To become a Dementia Friend, you need to understand the five key messages and then commit to dementia-friendly action.



Become a Dementia Friend – Two Ways



1. Online: www.dementiafriendsusa.org

2. In Person Session:

DFA offers a sub-license to one agency per state to implement in-person Dementia Friends Sessions across the state.



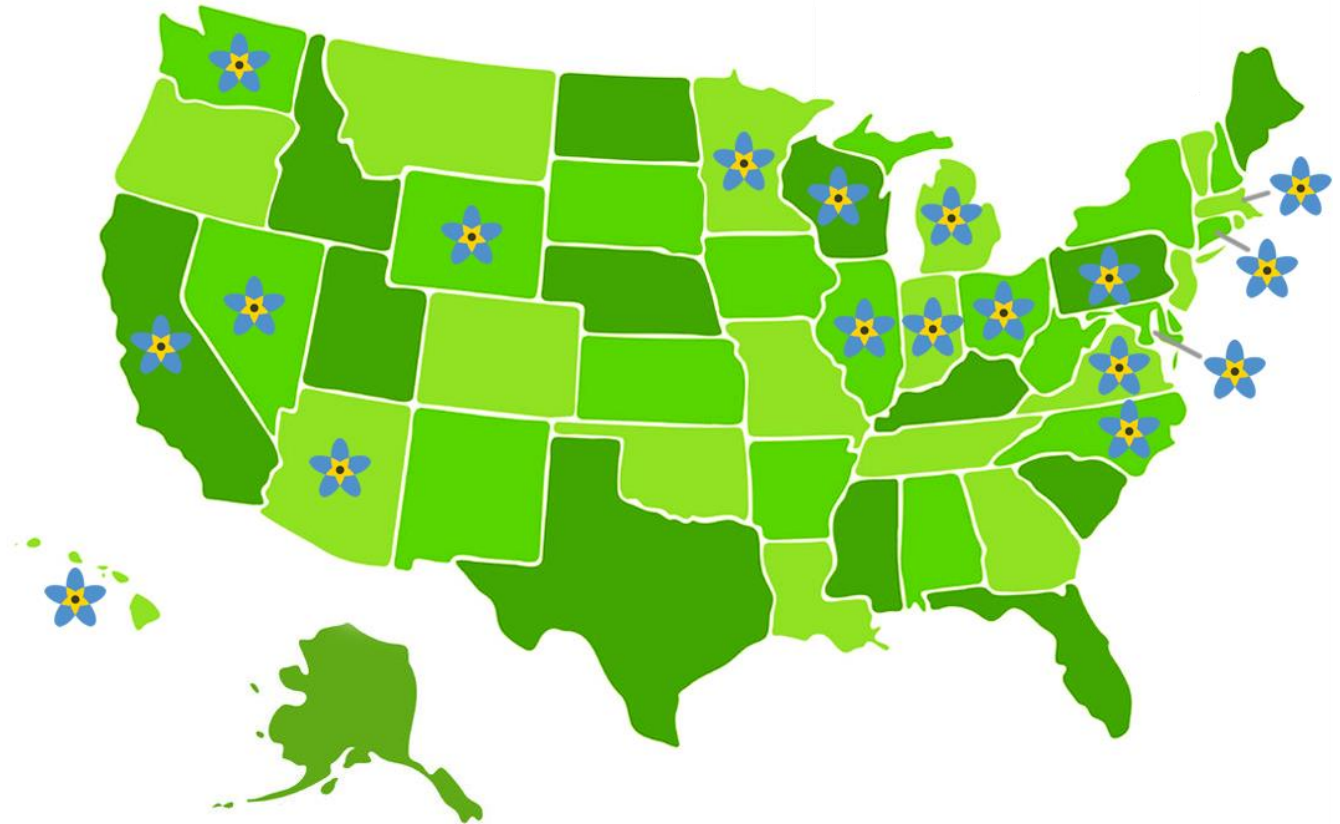
A Dementia Friendly America initiative

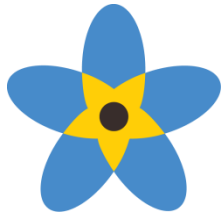


In-Person Sessions

In-person sessions are in:

- Arizona
- California
- Connecticut
- Hawaii
- Illinois
- Indiana
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Nevada
- North Carolina
- Ohio
- Pennsylvania
- Virginia
- Washington
- Wisconsin
- Wyoming





Dementia Friends Master Trainers

Ohio Sub-license holder:
Ohio Council for Cognitive Health

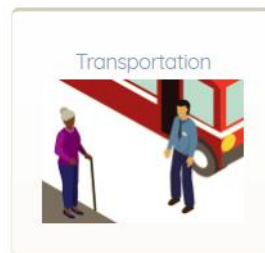
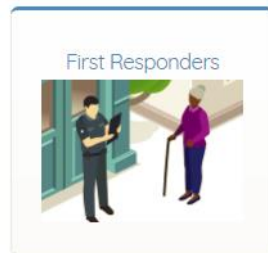
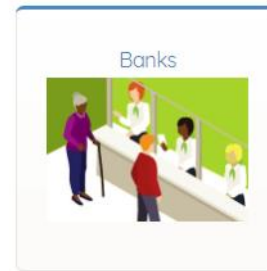
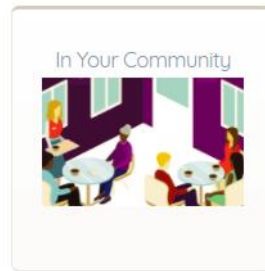
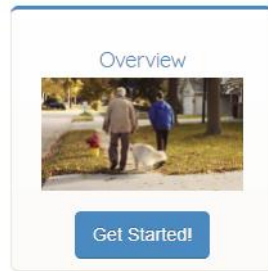
Ohio Master Trainers:

- Dr. Bonnie Burman, President
- Marty Williman, BSN, RN, Program Director

Ocfch.org

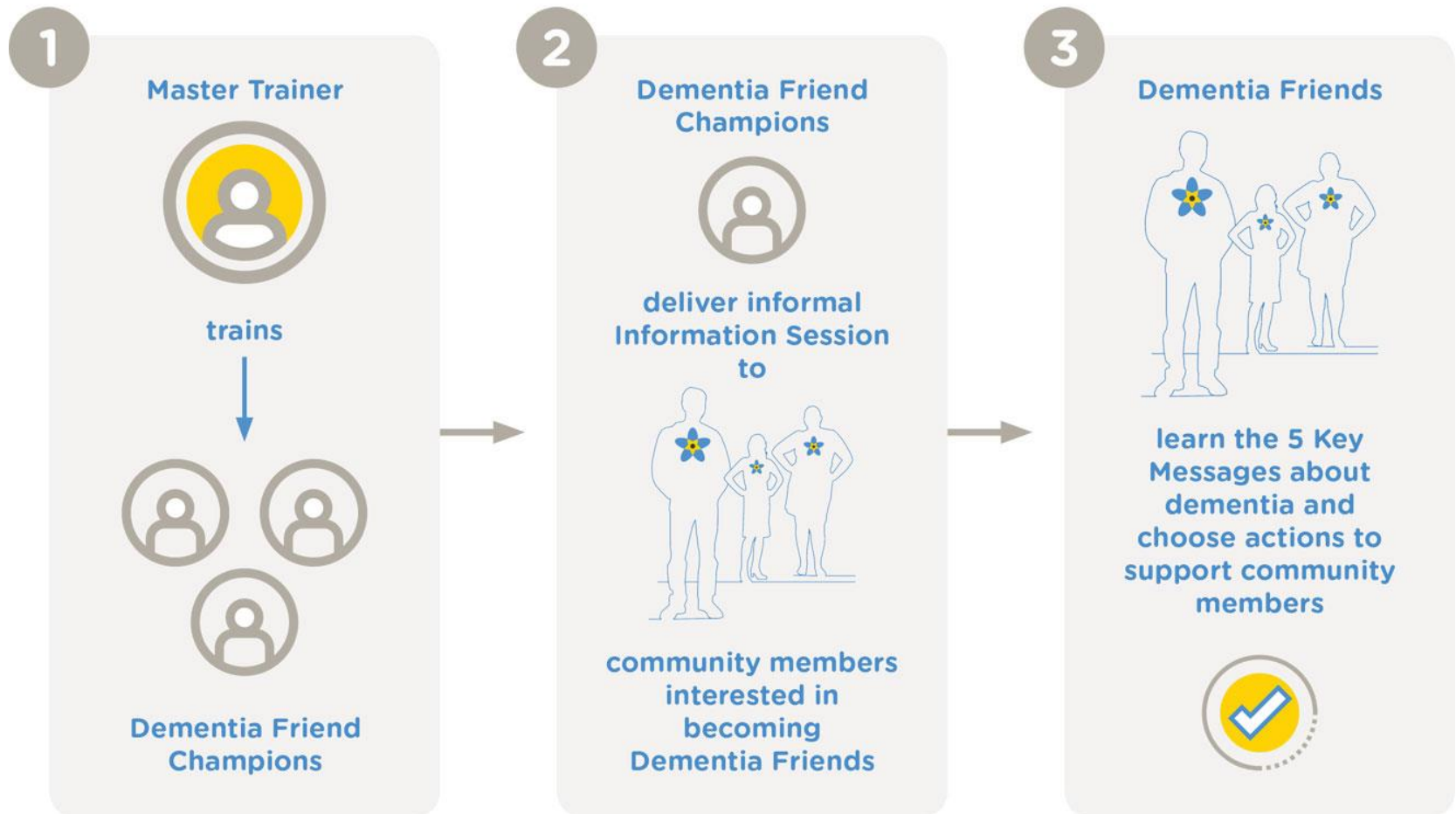


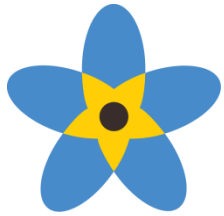
Become a Dementia Friend Online





How Dementia Friends Works





Dementia Friend Vs. Dementia Champion

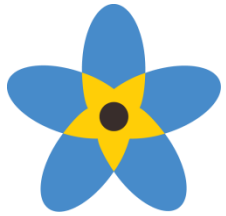


Dementia Friend

- Participates in a Dementia Friends Information Session or signs up online
- Learns the 5 key messages
- Turns their understanding into practical actions

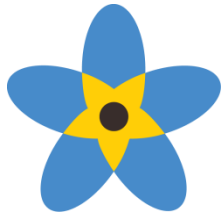
Dementia Champion

- Is a Dementia Friend
- Participates in Champion training
- Encourages others to become a Dementia Friend
- Delivers Dementia Friend Information Session(s)



What is an Information Session?

- Led by a Dementia Friends Champion
- Face to Face Meeting
- 45-60 minute duration
- Covers information on dementia and 5 key messages
- Attendees asked to commit to a dementia friendly action



Session Audiences

- **Community Groups**

- Kiwanis, Rotary, Lions, Altrusa, Block Watch, Book clubs

- **Businesses and Service Organizations**

- Retail shops, grocery stores, pharmacies, restaurants, theaters, museums, park districts, post offices, hair salons, legal and financial institutions, first responders, law enforcement, senior centers, scouts, veterans, YMCA, transportation, government, volunteer groups

- **Schools and colleges**

Curriculum adaptations for elementary, middle and high schools

- **Faith Communities**

- **Libraries**

- **Healthcare and Social Service Providers**

- **Senior Housing**

- **Residential and Long Term Care**



Champion Roles/ Responsibilities



As a Dementia Friends Champion, your responsibilities will be:
(page 3 of Champions Guide)

- ✓ To promote Dementia Friends throughout your own networks and communities.
- ✓ To organize your time, deciding when, and where, you are available to lead Dementia Friends sessions (in collaboration with the Master Champion, if applicable)
- ✓ To act as an ambassador for Dementia Friends, treating everyone with respect and dignity.



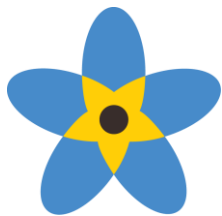


Champion Roles/Responsibilities



- ✓ To represent the views of Dementia Friends by following the Champion's Guide and Session Workbook.
- ✓ To describe Dementia Friends sessions as information sessions rather than "trainings," so that participants will have accurate expectations.
- ✓ To promptly record your Dementia Friends sessions and the number of Dementia Friends you make as instructed.
- ✓ To contact the Master Champion with any questions you no longer wish to volunteer





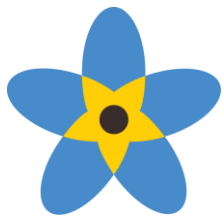
As Champions Please Do Not:

- As a Dementia Friends Champion, please do NOT:
(page 4 of Champions Guide)
- Promote your business or other personal interests during Dementia Friends sessions. The only materials that may be handed out are Dementia Friends materials. You may leave further information about dementia and local support services for attendees to take away if they choose.
- Give advice about individual situations or meet with attendees one-on-one. Instead, refer people to the Alzheimer's Association Helpline, or other resources listed on the Resource Page of the Session Workbook.



As Champions Please Do Not:

- Offer to stay in touch with attendees after sessions in your capacity as a Dementia Friends Champion, except to arrange future Dementia Friends sessions.
- Accept gifts, money or any item of material value from the host or attendees of your Dementia Friends sessions.
- Act in any way that could bring Dementia Friends USA into disrepute.



What Can I Expect?

What can I expect from being a Dementia Friends Champion?
(Page 4 of Champions Guide)

- To be part of an international movement making our communities safer, more respectful and inclusive for the growing number of people living with dementia, and those who care about them.
- To receive sufficient training and support so that you feel confident in this role.
- To build your own understanding of dementia.



What Can I Expect?

- To be kept up-to-date with Dementia Friends news and developments.
- To have your suggestions for improvement listened to.
- To feel valued and appreciated for your contribution
- To be able to stop volunteering as a Dementia Friends Champion at any time.



Before Your Session

- ✓ Be familiar with get basic information about what support is available for people affected by dementia in the community where you will deliver a Dementia Friends session.
- ✓ To do this, you can connect with your Master Trainer through Ohio Council for Cognitive Health at 419-348-0493 or via ocfch.org., or check other credible sources such as the Alzheimer's Association's Helpline at 1-800-272-3900.



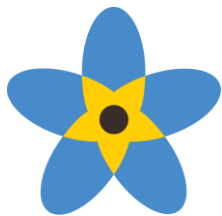
During Your Session

- ✓ Deliver Dementia Friends sessions to the best of your ability using the Champion's Guide and Session Workbook
- ✓ Give Dementia Friends materials only to those attending a Dementia Friends session.



After Your Session

- ✓ Inform the Master Champion if you have any questions or concerns
- ✓ Complete the Session Report form by the 7th day of the month and send to Marty Williman at mwilliman@ocfch.org



Tips for Delivering a Successful Information Session

(Pages 6&7 of Champions Guide)

- **Dementia Friends is an informational session.** It is not a formal training or education. Participation means that attendees have raised their understanding of dementia and committed to a practical action that can help someone with dementia living in their community.
- **Practice, practice, practice.** Practicing your material over and over will help build a comfort level with what you are sharing.
- **Use the Dementia Friends materials.** Conduct the Dementia Friends Information Session and activities following the Champion's Guide so that all participants have a consistent experience. However, make adaptations based on your specific audience e.g., cultural, faith or youth groups.



Tips for Delivering a Successful Information Session

- **Promote active discussion of the session content and activities.** However, redirect the discussion if it is straying too far from the key points being shared.
- **Challenge stigma.** In some cultures/languages, only negative words or connotations exist for a person living with dementia, e.g., “demented.” Be creative and attempt to challenge and overcome the stigma of dementia at every opportunity.
- **Watch the clock and control the group.** Dementia Friends is a combination of lecture and group activities conducted in 60 minutes (1 hour). There is no room to make up for lost time, so you need to carefully control the group and the time.



Tips for Delivering a Successful Information Session

- **Know your audience.** If the group you're presenting to has cultural characteristics, inform yourself about the group ahead of time. For example, do they have specific beliefs about aging? Does their culture have a widespread stigma about dementia?
- **Introduce yourself.** You may be introduced by the session host or your co-Champion presenter, but regardless, begin by saying your name again.
- **Do group introductions?** Be aware that having participants introduce themselves can take more time than you expect. Even if you ask people to say their name only, someone may share their story. You are on a tight 60-minute timeframe.



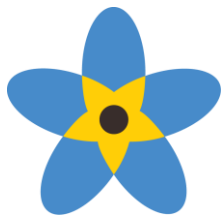
Dementia Friends Session Materials

- Champion's Guide
- Dementia Friends Session Workbooks
- Sign-In Sheet
- Registration/Evaluation Form
- Dementia Friends Certificates
- Session Reporting Form
- Pens/pencils, camera, watch/clock



Optional Session Materials

- We are/I am a Dementia Friends Poster
- Pins
- Magnets
- Buttons
- Directional Signs
- Dementia Friends Business Cards and notecards



Dementia Friends Session Overview

(Page 8 of Champions Guide)

- Overview
- Broken down by time
- Use far left to insert actual time for the Session
- Use to keep track of time

Dementia Friends Information Session Overview

The table below provides an overview of the Session broken down by time. Use the far left column to insert the actual time for the Session. If the Session begins at 9:00 a.m., the Welcome would be 9:00-9:04 a.m.

Overall Time: 60 minutes			
	4 Minutes	Welcome	Introduce self. Overview of Dementia Friends Information Session.
	4 Minutes	One Word on Dementia	Participants share one word on dementia. Overview of dementia, most common type is Alzheimer's disease.
	2 Minutes	What is Dementia Friends?	Developed in the United Kingdom. Goal is to help community members understand what dementia is and how they can make a difference.
	2 Minutes	Normal Aging vs. Alzheimer's	Overview of normal aging.
	4 Minutes	10 Early Signs and Symptoms	Overview of 10 signs of Alzheimer's.
	7 Minutes	Broken Sentences Worksheet and Five Key Messages	Introduce five key messages.
	5 Minutes	Bookcase Story	Description of how dementia may affect someone.
	12 Minutes	Everyday Tasks	Activity to understand there are many steps we each take to complete a task.
	10 Minutes	Communication	Lecture on the importance of communication including tips.
	2 Minutes	Review the Five Key Messages	Review five key messages that were introduced earlier.
	8 Minutes	Turn Your Understanding into Action	Participants identify one action and write on action slip and session workbook. Distribute Dementia Friends pins.
	2 Minutes	Resources in Your Community/Conclusion	Share information on community resources. Thank you for becoming a Dementia Friend!



Part 1 of 12 – Welcome

(Page 9 of Champions Guide)

- Introduce yourself and welcome participants.
- Session will last about 60 minutes.
- Share objectives:
 - Participants will be able to describe dementia and know the most common type of dementia.
 - They will understand the five key messages about dementia and learn how to effectively communicate with a person living with dementia.
 - Participants will be asked to choose an action(s) as a Dementia Friend.



Part 2 of 12 - One Word on Dementia

(Page 10 of Champions Guide/Page 2 of Session Workbook)

- In this activity participants share their thoughts about the term “dementia.”
- Ask participants to share one word that comes to mind when they hear the term “dementia.”
- Allow the audience to answer, making sure that you acknowledge their words. Once you have taken 5 – 6 words from the audience, ask:
 - Are these words overwhelmingly positive or negative?
- Conclude with reading the statement in the Champions Guide on page 10 describing dementia and AD.





Part 3 of 12 – What is Dementia Friends?

(Page 11 of Champions Guide/Page 2 of Session Workbook)

- Developed by the Alzheimer's Society in the United Kingdom
- Help community members:
 - ✓ Understand the five key messages about dementia
 - ✓ How dementia can affect people
 - ✓ How we each can make a difference in the lives of people living with the disease

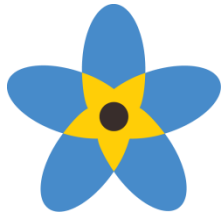




Part 4 of 12 – Normal Aging vs. Alzheimer's

(Page 11 of Champions Guide/Page 3 of Session Workbook)

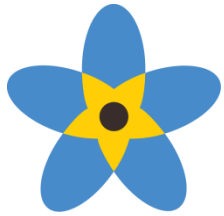
- Provide an explanation of normal age related changes as stated in the Champion Handbook on page 11.
- Let participants know that next you will be talking about changes that are not normal and may be signs or symptoms of something significant.



Part 5 of 12 – 10 Early Signs and Symptoms

(Pages 12&13 of Champions Guide/Page 3 of Session Workbook)

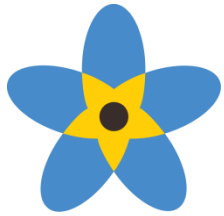
- Read the bolded 10 early signs and symptoms of Alzheimer's disease statements in the Champions Handbook.
- Say or paraphrase the additional information following each statement.
- Read the bold, italic statements which are the normal age-related changes.



Part 6 of 12 - Broken Sentences

(Pages 14&15 of Champions Guide/Page 4 of Session Workbook)

- Ask the group to divide into pairs or small groups. Ask them to turn to the Broken Sentences Worksheet.
- Read the instructions, informing participants to match sentences in Column 1 to Column 2.
- When all have finished, go through the answers one by one.
- Say the first part of the sentence listed under Column 1 and ask a volunteer to share what they identified as the response from Column 2.



Emphasize Five Key Messages

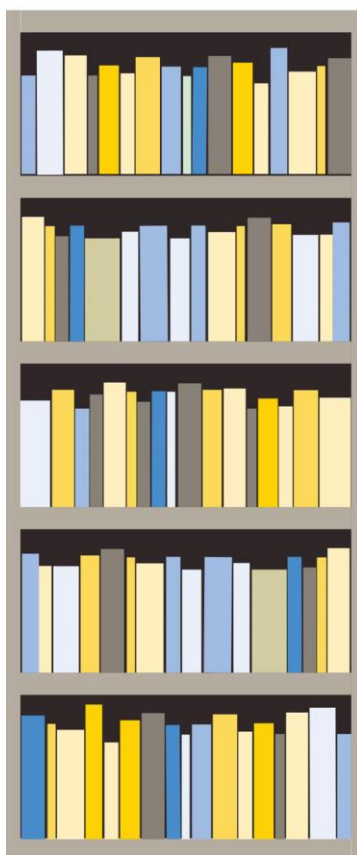
- ❖ Dementia is not a normal part of aging.
- ❖ Dementia is caused by diseases of the brain.
- ❖ Dementia is not just about having memory problems.
- ❖ It is possible to have a good quality of life with dementia.
- ❖ There's more to the person than the dementia.

For each statement, use or paraphrase the expanded statements in the Guide on pages 14 & 15 to elaborate.



Part 7 of 12 - The Bookcase Story

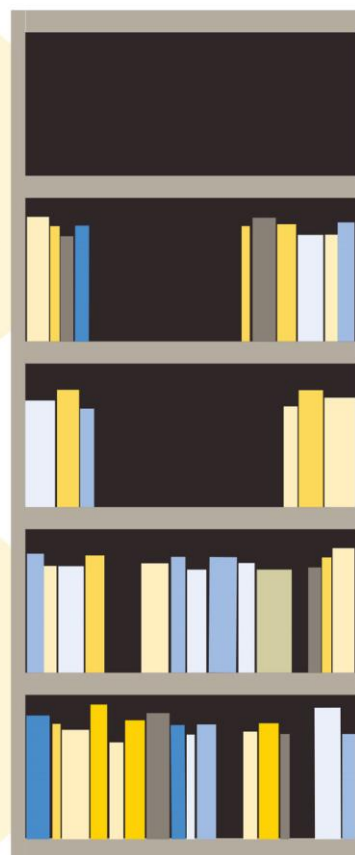
Healthy Brain



Top Shelves:
Facts and
complex
thinking

**Bottom
Shelves:**
Emotions,
love,
happiness

As Dementia Progresses





Part 7 of 12 - Bookcase Story

(Page 16&17 of Champions Guide/Page 5 of Session Workbook)

- Read the Bookcase Story aloud from the Champions Guide.
- The story describes dementia and the different areas of the brain that are affected. It is a good way to illustrate how dementia might affect a person.
- Share the additional information on thinking skills, factual and emotional parts of the brain found in the Guide on page 17.



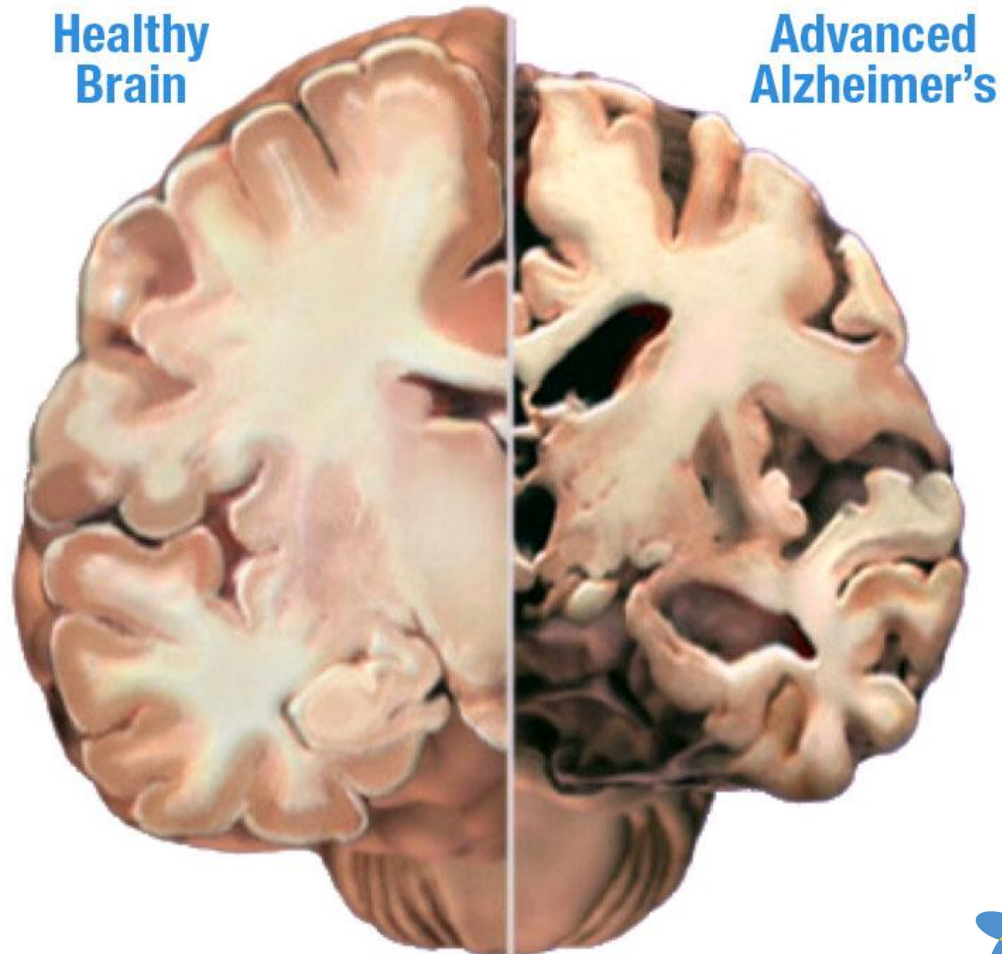
Video of Bookcase Story

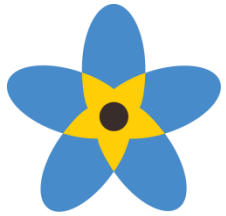
- Alzheimer's Society video of Bookcase Story
- Not intended to be used in Information Session
- For Champion's use in understanding the story

<https://www.youtube.com/watch?v=kkvyGrOEIfA>



Healthy Brain vs. Alzheimer's Brain

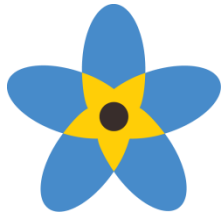




Part 8 of 12 - Everyday Tasks

(Pages 18&19 of Champions Guide/Page 6 of Session Workbook)

- Ask the group work in pairs or groups and write a detailed, step-by-step instruction list to complete a daily task.
Examples:
 - Make a sandwich
 - Brush teeth
- Identify a task that is sector specific and/or culturally relevant
 - Emergency responders – take blood pressure
 - Law Enforcement – put on protective gear
- Summarize activity – bottom of page 19 in Guide



Part 9 of 12 - Communication

(Pages 20-22 of Champions Guide/Pages 7&8 of Session Workbook)

- Use the content in the Champions Guide to discuss Communication.
- One activity in this section:
 - Say: People with dementia may have difficulty communicating if we move or talk too quickly. It may take the person up to 20 seconds to take in what you have said and get out their response. Here is how long that is.
 - Using a watch or clock the Champion lets the group know when 20 seconds has passed.





Part 9 of 12 - Conversation Tips

(Pages 20-22 of Champions Guide/Pages 7&8 of Session Workbook)

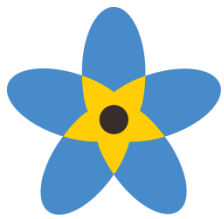
- Conversation Tips are divided into two sections:
 - When approaching the person and starting a conversation
 - During the conversation
- Share a few bullets from each section.



Part 10 of 12 – Review the Five Key Messages

(Page 23 of Champions Guide/Page 9 of Session Workbook)

- Next review the five key messages.
- Ask for volunteers to share the key messages that they remember.
- Repeat each message.



Part 11 of 12 – Turn Your Understanding into Action

(Pages 23&24 of Champions Guide/Page 9 of Session Workbook)

- Facilitate a discussion on “what does dementia-friendly mean to you” using the content in the Champion Guide.
- Summarize what it means to become a Dementia Friend and ask participants to choose an action.
- Remind participants that no action is too big or too small – every action will make a difference.



Turn Your Understanding Into Action

- Give the group time to identify an action.
- Write in participant workbook
- Ask if anyone would like to share their action(s.)
- Optional:
 - Action slips – distribute and collect if you are interested in documenting actions

As a Dementia Friend, I will...

☒ get in touch and stay in touch with someone I know living with dementia.

☒ be patient.

☒ be more understanding.

☒ carry out a personal action:
I will organize a lunch and learn for employees at work.

As a Dementia Friend, I will...

☐ get in touch and stay in touch with someone I know living with dementia.

☐ be patient.

☐ be more understanding.

☐ carry out a personal action:
Encourage my community to become DF in multiple ways.



Part 12 – 12

Resources in Your Community

(Page 25 of Champions Guide/Pages 10&11 of Session Workbook)

- Remind participants of resources in their community:
 - Ohio Council for Cognitive Health
 - Alzheimer's Association
 - Area Agency on Aging
 - Local Senior Centers
 - Project Lifesaver
 - County Veterans Services Office
 - Ombudsman Office
 - Adult Protective Services
 - County Department of Jobs and Family Services
 - National offices - NIA/NIH, Medicare, Social Security
 - Others



Acknowledging Dementia Friends

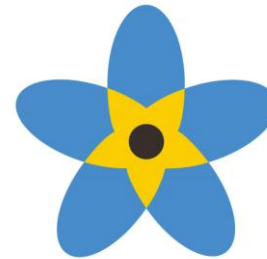
- Take individual or group photos of participants holding the We Are Dementia Friends/I am a Dementia Friend signs
- Post on Facebook, Ohio Council for Cognitive Health and your agency websites; newsletters; provide to participants, send to local paper – see sample press releases





Recognition

- Dementia Friend business cards and notecards
- Dementia Friend buttons, pins and magnets



**I am a
Dementia
Friend**

5 Key Messages

1. Dementia is not a normal part of aging.
2. Dementia is caused by diseases of the brain.
3. Dementia is not just about having memory problems.
4. It is possible to have a good quality of life with dementia.
5. There's more to the person than the dementia.

www.actonalz.org/dementia-friends



Session Reporting

- Required to report to N4A – Dementia Friends USA Administrator
- Complete and return to Ohio Council for Cognitive Health by the 7th day of each month



Session Reporting Form

Please complete this form after you have led a Dementia Friends Information Session.

Date of Session: _____

Location: _____
(Name of building, street address, city, state, zip code)

Start Time of Session: _____

Name of Champion(s): _____

Number of Dementia Friends made: _____

Which of the following describes the sector of individuals participating in the session? (check all that apply)

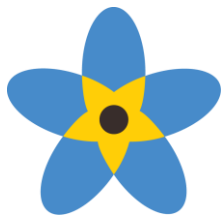
- | | |
|--|--|
| <input type="checkbox"/> Business Sector | <input type="checkbox"/> Library |
| <input type="checkbox"/> Civic Organization | <input type="checkbox"/> Medical/Health Care |
| <input type="checkbox"/> Community Members (<i>not affiliated with a sector</i>) | <input type="checkbox"/> Senior Housing |
| <input type="checkbox"/> Education | <input type="checkbox"/> Social Service Organization |
| <input type="checkbox"/> Faith Community | <input type="checkbox"/> Youth/Teens |
| <input type="checkbox"/> Government | <input type="checkbox"/> Other Describe: _____ |

Email Address of Dementia Champion(s): _____

Comments about session: _____



Please email this form to Marty Williman with Ohio Council for Cognitive Health at mwilliman@ocfch.org or phone information to 419-348-0493. Thank You!



Other Forms: Sign –In Sheet

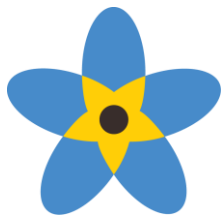


Dementia Friends Sign-In

Location: _____ Date: _____

Please Print Name
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.





Registration/Evaluation Form



Dementia Friends Evaluation

Thank you for attending the Dementia Friends Session and for becoming a Dementia Friend! Please answer the following questions based on the session. If you have already become a Dementia Friend online, please do not go any further to help keep our count of registered Dementia Friends accurate.

Name (optional): _____

Address (optional): _____

Phone (optional): _____

Email (optional): _____

Please add me to your mailing list: Yes _____ Not at this time _____

City: _____ State: _____ Zip Code: _____

1. My awareness has increased about Alzheimer's and other related dementias.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

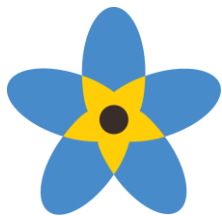
Please Explain:

2. I feel more confident/equipped as a community member to recognize the signs and offer support to the needs of a person living with dementia trying to navigate in the community.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

Please Explain:





Dementia Friends Certificate



Certificate of Participation

Name Person

**Dementia Friends Information Session
Month, 201X**

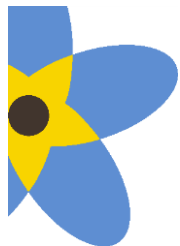
Champion's Name

Date Presented





Optional Materials: Flyers



Become a Dementia Friend

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference. Please join us.

Date:

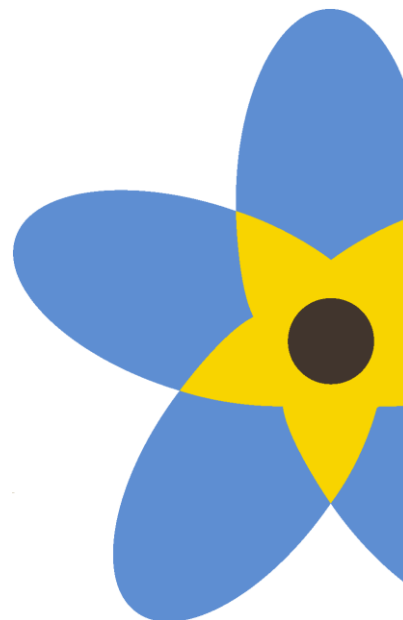
Time:

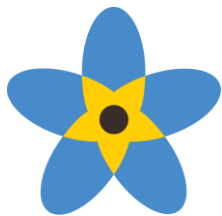
Location:

Wheelchair Accessible

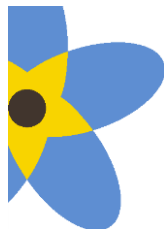
Other Information:

For More Information:





Customizable Flyers



Become a Dementia Friend!

Dementia Friends give people an understanding of dementia and the small things they can do to make a difference in the lives of those affected. Please join us and bring a friend to this free, interactive program.

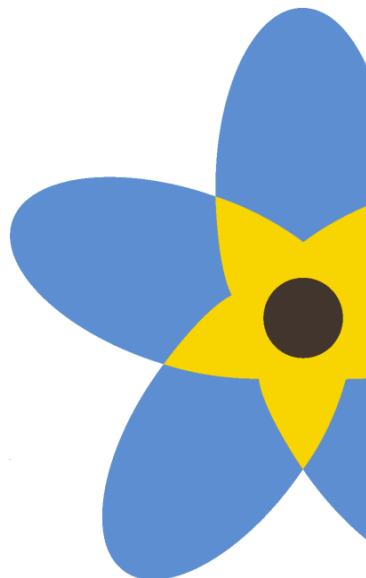
Date: Monday, August 13, 2018

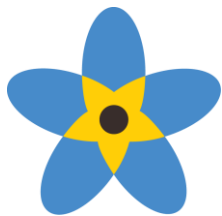
Time: 6:00 - 7:00 p.m.

Location: Lima Public Library,
650 West Market St., Lima

Other Information: This program
is free and open to the public

For More Information:
Contact Dani Hollar, Head of
Reference Services at 419-228-
5113, or Marty Williman with Ohio Council for
Cognitive Health at 419-348-0493, or email
mwilliman@ocfch.org.





Optional Materials: Flyers

Become a Dementia Friend

Come to a Dementia Friends Information Session to learn a little more about what it's like to live with dementia and turn that understanding into action.

Date:

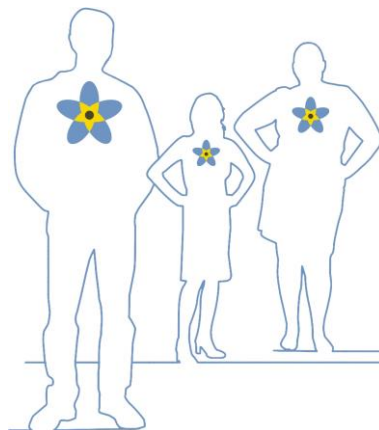
Time:

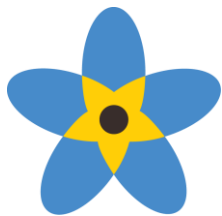
Location:

Wheelchair Accessible?

Other Information:

For More Information:





Media Release



Date: September 4, 2018

Contact: Barbara Rose at Shawnee Springs, phone: 937-747-2471

email: brose@nationalchurchresidences.org

Immediate Release

Program aims to increase dementia awareness in North Lewisburg

A campaign to tackle the stigma and lack of understanding around dementia is underway with the support of National Church Residences.

Cherry Arbors is hosting a Dementia Friends Ohio Information Session on Wednesday, October 3 and invites the public to join in learning about Alzheimer's disease and other dementias, how to best support individuals and families who are impacted, and much more. The program will be presented by Marty Williman, BSN, RN, Program Director, Ohio Council for Cognitive Health.

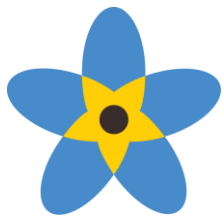
Dementia Friends is the biggest ever global initiative to change public perceptions of dementia. It aims to transform the way we think, talk and act about the disease. The Dementia Friends session helps you learn about dementia and the small ways you can help. From telling friends about the program to visiting someone you know living with dementia, every action counts.

The 45-minute session, beginning at 1:00 p.m. on October 3 will take place at Cherry Arbors, 125 Cherry St., North Lewisburg.

Anyone interested in attending the Dementia Friends Session should contact Barbara Rose, Service Coordinator at Shawnee Springs by calling 937-747-2471 or emailing brose@nationalchurchresidences.org.

Ohio Council for Cognitive Health is a growing network of care partners, health partners and community members dedicated to transforming life for those living with dementia, their loved ones and their communities. Anyone interested in learning more about Ohio Council for Cognitive Health and becoming involved with Dementia Friends Ohio should visit www.ocfch.org or contact Marty Williman, BSN, RN, Program Director, Ohio Council for Cognitive Health at 419-348-0493 or email mwilliman@ocfch.org.





Social Media Communication



Social Media Communications

Below are sample social media communications you could use before (or after) your Dementia Friends Information Session. Feel free to amend these so they are relevant for your community.

Facebook:

Over (NUMBER) people have become Dementia Friends in (STATE). Why not join them at the Dementia Friends Information Session in (LOCATION) on (DATE)?

You will learn about dementia and the small ways you can help people living with it. Make a difference in your community!

Sign up here: (INSERT CONTACT INFORMATION)

Help tackle the stigma and lack of understanding around dementia by becoming a Dementia Friend. We are holding an Information Session in (LOCATION) on (DATE).

Sign up here: (INSERT CONTACT INFORMATION)

Nearly (NUMBER) are living with Alzheimer's. Become a Dementia Friend by learning about dementia and the small ways you can help. Every action counts.

Attend a one hour Dementia Friends Information Session in (LOCATION) on (DATE)

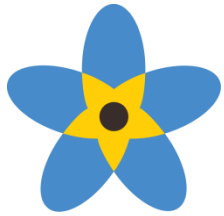
Sign up here: (INSERT CONTACT INFORMATION)





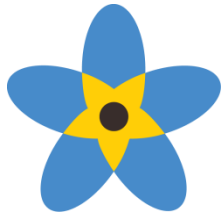
Common Questions

- Do I have to be an expert in dementia to be a Champion?
- Can I charge for an Information Session?
- Can I receive CEUs for attending the Champion training?
- Is there a powerpoint for Dementia Friends sessions?
- I don't think Dementia Friends provides in-depth information on dementia, can I add information?
- Why is this called an Information Session, not a training or education?
- Others?



Staying Connected

- **Dementia Friends Ohio Champions Huddle Calls** every other month on the 4th Wednesday at 10:00 a.m. Toll free number- 515-604-9719, and access code: 172958#.
2019 call dates: January 23, March 27, May 22, July 24, September 25 and November 27
- **Watch for Dementia Friends Ohio updates and get tip sheets on brain health, caregiving, dementia and more** from Ohio Council for Cognitive Health's website – www.ocfch.org
- **Visit the Dementia Friends/Dementia Friendly America Website**, sign up to receive their updates and newsletter at www.dementiafriendsusa.org
- **Like and Follow Dementia Friends/Dementia Friendly America on Facebook** at www.facebook.com/DementiaFriendlyAmerica
- **Follow Dementia Friends on Twitter** @dementiafriend_



OCFCH Contact Information

For more information contact:
Ohio Council for Cognitive Health
ocfch.org

- Dr. Bonnie Burman, President
bburman@ocfch.org
- Marty Williman, BSN, RN, Program Director
mwilliman@ocfch.org or 419-348-0493