

## Are you part of a business or organisation?

If you would like to know how your business, workplace, school, college or organisation can get involved with Dementia Friends Scotland, please contact us by email at [dementiafriends@alzscot.org](mailto:dementiafriends@alzscot.org). We will get back to you to discuss delivering an information session tailored for you.

## About Alzheimer Scotland

Alzheimer Scotland – Action on Dementia is Scotland’s leading specialist dementia charity, working to improve the lives and opportunities of everyone affected by dementia. We aim to be Scotland’s foremost provider of dementia support services and information and to be a leading force for change.

We provide direct care services, therapeutic activities and support to people with dementia and their families and carers from more than 60 sites around Scotland. We also campaign to improve public policies and services for people with dementia and their partners, families and carers.



Making sure nobody faces dementia alone.

## How can you help us

As well as becoming a Dementia Friends, you can support our work by:

- becoming a member and adding strength to our campaigning voice
- taking part in our fun events – or hold your own event – see our fundraising toolkit at <http://my.alzscot.org/>
- donating regularly with a monthly gift, enabling us to plan ahead with confidence
- leaving a legacy or setting up a tribute fund.

## Information and support

Our confidential Dementia Helpline, on Freephone 0808 808 3000 offers 24 hour information and emotional support. Call anytime to talk things over, find out about local services or for our free information pack.

You can also find information on our website at [www.alzscot.org](http://www.alzscot.org) Alzheimer Scotland, 160 Dundee Street, Edinburgh, EH11 1DQ; Tel: 0131 243 1453; Email: [info@alzscot.org](mailto:info@alzscot.org)

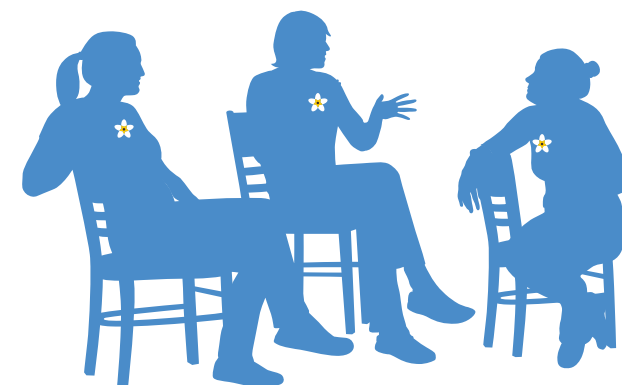


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# Dementia Friends Scotland

Learn a little bit about what it's like to live with dementia and turn that understanding into action



## What is Dementia Friends Scotland?

Dementia Friends Scotland is part of a social action movement to increase awareness of dementia and to address the stigma experienced by many people living with the illness.

With the right support and understanding, people can live well with dementia and still contribute to their local community. Only by raising our own level of understanding and awareness can we make a positive difference.

Anybody can become a Scottish Dementia Friend. It's just about understanding a bit more about dementia and the small things you can do to help people with the condition. This could be helping someone find the right bus or being patient in a till queue if someone with dementia is taking longer to pay. Every action counts.

## 5 key messages of Dementia Friends Scotland

- Dementia is not a natural part of ageing
- Dementia is caused by brain diseases
- Dementia is not just about losing your memory
- It is possible to live well with dementia
- There is more to the person than the dementia.

## How you can become a Dementia Friend

Becoming a Dementia Friend is easy and can take as little as 10 minutes of your time, depending on which route suits you.

### Information sessions

If you can spare around an hour or so, you can attend a face-to-face information session in your local area. This will provide you with an understanding of how to interact with people who have dementia. Five key dementia messages will be brought to life through a number of activities delivered by one of our trained Dementia Advisors. At the end of the session you will become a registered Dementia Friend – you will also receive a certificate and a badge. After the session we will simply ask that you continue to spread the word about Dementia Friends and use your new-found knowledge to help those who need it.

Visit [www.dementiafriendsscotland.org](http://www.dementiafriendsscotland.org) and click on Information Sessions to sign up for a session near you. We will be adding further dates and locations over the coming months.

### Go online

If you are unable to commit to a face-to-face session, you can still become a Dementia Friend by going online at [www.dementiafriendsscotland.org](http://www.dementiafriendsscotland.org) and

spending around 10 minutes watching a suite of short films. Once you have watched the films, you can register your details to join the thousands of people who have already become Dementia Friends. We will send you a Dementia Friends Scotland badge which we would encourage you to wear with pride and raise even more awareness of dementia. You will also get an electronic certificate to print off plus a card reminding you of the five key messages of Dementia Friends Scotland.

### Your call to action

As part of becoming a Dementia Friend, you will be asked to think about what you can do differently in your day-to-day life that may help people living with dementia. This could involve something as simple as wearing your Dementia Friends Scotland badge every day, or posting on Facebook that you have become a Dementia Friend and what you have learned as a result.

It doesn't have to be a huge commitment – a small change in what you do can make a big difference to a person with dementia.

*Thank you for considering becoming a Dementia Friend. It makes a big difference to people like me, all over Scotland, that people like you want to help us to live well in our local communities.*

**Stewart**