



Dementia Friends

A **Dementia Friend** learns about dementia in a one-hour setting and then turns that understanding into action. Anyone can be a Dementia Friend - we all have a part to play in creating dementia friendly communities! From telling friends about the program to visiting someone who is living with dementia, every action counts.



Dementia Friends Champion

A **Dementia Friends Champion** is a volunteer who goes through a training that prepares them to encourage others to make a positive difference to people living with dementia in their community. A Dementia Friends Champion can lead a live Dementia Friends session that gives people information about the personal impact of dementia, and what they can do to help.

Dementia Friendly Community

A **Dementia Friendly Community** is a place that supports and respects people with dementia and their caregivers. Joining dementia friendly communities means working together across sectors to create a more inclusive, supportive environment. The cross-sector team includes at a minimum, government, clinical, community-based organizations and at least one person living with dementia and their care partner from the community.



Will You Become Dementia Friendly?



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