Dementia Friend



Dementia Friends USA is part of a global movement that is changing the way people think, act and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people affected by dementia.

It takes less than 10 minutes to become a Dementia Friend.





A Dementia Friend is someone who learns about what it's like to live with dementia and then turns that understanding into action.

From **telling friends** about the Dementia Friends program to **calling or visiting** someone who is living with dementia to **volunteering** with a local dementia-friendly initiative, **every action counts.**

Anyone of any age can be a Dementia Friend. We all have a part to play in creating dementia-friendly communities.



Visit dementiafriendsusa.org and become a Dementia Friend today!

