

What is a Dementia Friend?



Dementia Friends is a global, call-to-action movement developed by the Alzheimer's Society in the United Kingdom and is underway in the United States. Ohio Council for Cognitive Health serves as the state lead for Dementia Friends Ohio.

The goal is to help everyone in a community understand how dementia impacts individuals and families, and things we can each do to make a difference.

What does a Dementia Friend do?

- Attends a **free**, one-hour Dementia Friends Information Session
- Learns the basics of dementia, including common types, signs and symptoms, communication tips, and community resources
- Explores positive messaging and dementia stigma reduction
- Leaves with one practical action to make their community more supportive for people living with dementia



We love seeing our Dementia Friends in action. Tag us in your initiative and we'll share it on our page!

Who can become a Dementia Friend?

Anyone who lives or works in Ohio is welcome to attend a Dementia Friends Information Session. No prior experience or background is required.

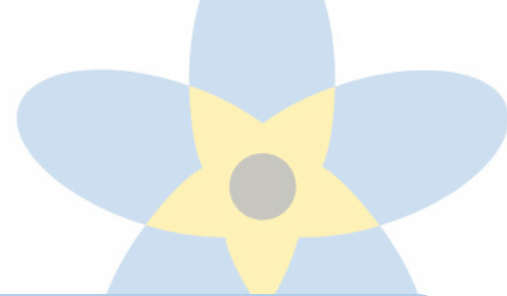
Why it matters

Dementia Friends helps build more understanding, patient, and inclusive communities across Ohio. Every person who becomes a Dementia Friend takes a step toward shaping a community where people living with dementia feel seen, supported, and valued.



Learn more about Dementia Friends and sessions by visiting our website, **ocfch.org**

What is a Dementia Friends Champion?



A Dementia Friends Ohio Champion leads Dementia Friends Information Sessions in their own communities. Champions are volunteers who extend the reach of this movement, bringing awareness and understanding about dementia to the people and places they know best.

Why become a Champion?

Champions multiply the impact of the Dementia Friends movement. Each session a Champion leads creates new Dementia Friends, expanding the network of people committed to making Ohio a more dementia-inclusive state.



Who can become a Champion?

Anyone in Ohio can become a Dementia Friends Champion, and it's free to join. No prior experience is required. Whether you are a healthcare professional, a neighbor, a business owner, or a community volunteer, your voice matters.



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What is a Champions Training?

- Champions complete a free 2.5-hour virtual training which includes a full Dementia Friends Information Session
- Receive additional guidance, tools, and materials to deliver sessions confidently
- Champions lead sessions in libraries, health and social services, faith communities, local businesses, and more – every community sector can benefit from Dementia Friends

"It's a wonderful way to become involved, give back to the community, and help those with dementia as well as caretakers. I am so happy I became a Champion...!"

– Kristen S.
Dementia Friends Ohio Champion