

# Dementia Friends Ohio

**People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community.**

To provide this helping hand, Dementia Friends Ohio aims to give people an awareness and understanding of dementia and the small things that they can do to make a difference.

**The Dementia Friends program focuses on five key messages that we believe everyone should know about dementia:**



1. Dementia is not a natural part of aging.
2. Dementia is caused by diseases of the brain.
3. It is not just about losing your memory.
4. It's possible to live well with dementia.
5. There is more to the person than the dementia.

## Free One-Hour Sessions – Online or In-Person

- Open-to-the-public sessions and **personalized sessions** for your organization.
- Specialized programs for **veterans' groups, libraries, faith communities, financial planners, restaurants**, and more!
- Attend and leave empowered with information to take action and help others.



Learn more about Dementia Friends and sessions by visiting our website, [ocfch.org](https://ocfch.org)

**Ready to take it a step further?**  
**Become a Dementia Friends Ohio Champion.**

Complete a free 2.5-hour training and get equipped to lead your own Dementia Friends sessions in your community.

For more information on how to become a Champion, visit:

[ocfch.org/df/dementia-friends-sessions/](https://ocfch.org/df/dementia-friends-sessions/)

# Dementia Friendly Ohio

**Dementia friendly communities are started by residents, business owners, and service providers joining together with a shared mission to create a more dementia friendly culture.**

Each community supports family and friend care partners by offering accessible information, resources, and in-person support, while ensuring meaningful participation in community life for all.

## Why Join the DFA Network?

- Be part of a growing statewide movement to make Ohio dementia friendly.
- Receive **local, state, and national recognition** as a community leader.
- Partner with—not just do for—people living with dementia and their care partners.
- Display the **Dementia Friendly Ohio logo** customized with your community's name.



**Dementia  
Friendly  
Ohio**

An Initiative of Dementia Friendly America® and  
Ohio Council for Cognitive Health



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