

Dementia Friends Information Session Overview

The table below is an overview of the Session by segment of time within the full 60 minutes. Use the blank left column to insert the actual time segments. For example, if the Session begins at 9:00 a.m., the Welcome would be 9:00-9:04 a.m.

Overall Time: 60 minutes			
	4 Minutes	Welcome	Introduce self. Overview of Dementia Friends Information Session.
	4 Minutes	One Word on Dementia	Participants share one word on dementia. Overview of dementia, most common type is Alzheimer's disease.
	2 Minutes	What is Dementia Friends?	Developed in the United Kingdom. Goal is to help community members understand what dementia is and how they can make a difference.
	2 Minutes	Normal Aging vs. Alzheimer's	Overview of normal aging.
	4 Minutes	10 Early Signs and Symptoms	Overview of 10 signs of Alzheimer's.
	7 Minutes	Broken Sentences Worksheet and Five Key Messages	Introduce five key messages.
	5 Minutes	Bookcase Story	Description of how dementia may affect someone.
	12 Minutes	Everyday Tasks	Activity to understand there are many steps we each take to complete a task.
	10 Minutes	Communication	Lecture on the importance of communication including tips.
	2 Minutes	Review the Five Key Messages	Review five key messages that were introduced earlier.
	8 Minutes	Turn Your Understanding into Action	Participants identify one action and write on action slip and session workbook. Distribute Dementia Friends buttons.
	2 Minutes	Resources in Your Community/Conclusion	Share information on community resources. Thank you for becoming a Dementia Friend!