



Alzheimer's, the most common type of dementia, can affect anyone, some even at an early age. Much of today's society has very little understanding about this disease. More than five million American's are living with Alzheimer's disease, the most common type of dementia. Some people are impacted by dementia even at early age. Yet, the public tends to have little knowledge of dementia. As a result, people living with dementia can feel misunderstood, isolated, and even stigmatized.

As a caregiver, healthcare professional or someone in the community who has encountered a person with dementia, have you asked yourself:

***Are these changes that I am seeing a normal part of aging or an indication of something more serious?**

***How can I help him/her to be more independent for as long as possible?**

***What can I do to communicate better with him/her, so I don't feel so frustrated?**

***Is there a way to potentially improve my relationship with him/her?**

These questions and more are addressed at a Dementia Friends Information Session. This free one-hour Session is presented by a Dementia Friends Champion. These are offered either virtually, over the phone or, when safe to do so, in person. It is not a formal training. At the end of the session, you will be asked to commit to a dementia-friendly action as part of becoming a Dementia Friend. This means doing some small thing to help a person with dementia. For example, being patient with someone ahead of you in a store, spending time with someone you know who is living with dementia, and there are many other opportunities where you will find you can use these skills.

Please join us to help create a sense of kindness and understanding so that everyone affected by this disease feels that they are a valuable part of society. To get caregiver tips and become a Dementia Friend contact:

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