

Young People and Dementia



Celebrating dementia-friendly youth initiatives from around the world

As the number of people living with dementia worldwide rises, the younger generation are increasingly likely to be affected by dementia through family and friends. By educating young people about dementia we can help reduce stigma and increase understanding, creating a generation who are not afraid to speak about dementia and who understand how they can help. To mark **Universal Children's Day 2018** we are showcasing examples of the inspiring contribution that young people are making around the world to support people living with dementia and how young people are taking the lead to create a dementia-friendly generation.

Indonesia

Intergenerational Home Visit Music Program

Indonesia's National Alzheimer Association Home Visits-Music intervention raises awareness of dementia amongst the youth and aims to be the biggest youth movement in Asia Pacific. Amalia Fonk-Utomo from Alzheimer Indonesia believes that as result of the programme there is more awareness of dementia and the youth can at least start supporting their own family.

The experience has also been positive for people living with dementia:

'I feel young again! And actually I am still young! hahahaha.'

Iman Sardjono (90 years old) after hearing and singing along with the young people.

'What an amazing experience! It's like visiting a living museum because Grand Pa knows things we just know from history! We are happy and we surely want to do it again.'

Young musician participant



Alzheimer's Indonesia

For more information:

www.alzi.or.id

Instagram & Twitter:
[@alzi_indonesia](https://www.instagram.com/alzi_indonesia)

Facebook:
[Alzheimer Indonesia](https://www.facebook.com/AlzheimerIndonesia)



Iran

Dementia Awareness and Education Project for 5th Graders and Families in Iran

In Iran almost 25% of population is under the age of 14 years old, as such engaging young people has been a priority of the Iran Alzheimer Association (IAA).

Young people can help support people living with dementia. Through awareness at an early age information will be retained in the brain for a long period of time and can have an impact in the reduction of the prevalence and socio-economic cost of dementia in the future.

Farin Faraneh, IAA

The Dementia Awareness and Education Project worked with 44 elementary schools in the city of Tehran to enhance awareness of dementia among elementary school children and their families. The project encourages them to change their attitude towards people with dementia, reducing stigma, and starting a dialogue between children and their parents about dementia and support the family care-givers.

Feedback from both children and parents, showed that 91.57% thought the project gave them a better understanding of dementia, 55% of families living with a person with dementia stated that they had noticed a positive change in their child's attitude and behaviour highlighting that the project was most effective in raising awareness among children and their families.

'We must visit our grandparents more.'

'Eat more leafy plants.'

School pupils

'The kids were motivated and asked many questions about the state of health of their grandparents and parents. They also wanted to know how they can prevent and avoid getting the condition.'

Farin Faraneh, IAA

Alzheimer's Society Memories with grandma animation was dubbed in Farsi complimenting the training very well.



Minnesota, USA

Dementia Friends Champion and Girl Scout Edie Weinstein from Minnesota wrote and published a book 'Grandpa and Lucy: A story about love and dementia'.

Edie Weinstein, who is a ninth grader and Dementia Friends Champion, wrote Grandpa and Lucy to help more people, particularly youth, learn about dementia. She wanted to make it more enjoyable for young people to talk to their relatives or other older friends who have dementia.

This book has been a tool for Edie to make audience Dementia friends with the help of this book; Edie has made about 400 people dementia friends.

'I got involved with the dementia community three years ago when I attended my first Dementia Friends session and I have stayed involved with this issue and organization ever since then. Writing this book and becoming active personally in dementia education has taught me how to connect with so many people. It continues to provide me with a way to confidently talk to, learn from, and enjoy the company of people who I once felt separated from by fear.'

Edie Weinstein,
Dementia Friends Champion and Girl Scout

ACT on Alzheimer's and Dementia Friends Minnesota have now developed a Dementia Friends curriculum for youth engagement around her book.

Edie and her family continue the intergenerational approach and Grandpa and Lucy will be translated into Spanish to reach more young people.



**Dementia
Friends
Minnesota**

An ACT on Alzheimer's Initiative



**For more information
about the book:**

[www.facebook.com/
inkypuppypaws](https://www.facebook.com/inkypuppypaws)

www.inkypuppypaws.com

Costa Rica

Dementia Friends in schools

Costa Rica is the first country in Latin America to implement Dementia Friends. 13 year old and Dementia Friends Champion Jose Pablo Roman is leading the youth and intergenerational approach in his country creating Dementia Friends in schools.

‘I have always been interested in social initiatives, I discovered Dementia Friends through my father who was already a volunteer and helped me realise the long term importance of the project. Dementia Friends helps create understanding about dementia. It is also important to bear in mind that for change to be delivered we need to work with communities and actively engage with the youth.’

Jose Pablo Roman, Dementia Friends Champion

Jose believes children are the future of the country and by teaching younger generations we can achieve long term impact.

‘It is important to raise awareness of dementia among the youth because they will continue the work started by older generations and from an early age they can become sensitive to the condition and situations they themselves may face in the future.’



**Dementia
Friends
Costa Rica**

Una iniciativa de la Asociación Costarricense de Alzheimer y otras Demencias Asociadas



For more information visit:

www.ascadacr.wordpress.com

www.facebook.com/ASCADACR