

## **Important: Please report your new Dementia Friends**

Did you know that completing these activities creates Dementia Friends?

A Dementia Friend is somebody that has learnt about dementia and commits to take action in order to help people affected by the condition live well in their community.

Once you have completed these activities, **please remember to tell us how many new Dementia Friends you have made** and request free Dementia Friends pin badges by emailing the following information to **[youngpeople@alzheimers.org.uk](mailto:youngpeople@alzheimers.org.uk)**

- ① **Your name**
- ② **The name of your school / youth group / organisation**
- ③ **The number of Dementia Friends you have made**
- ④ **Optional:** Share your story with us! Tell us how you used these resources and let us know how you found them

Please note the following when using this resource:

- To make Dementia Friends, please ensure all activities are completed.
- The suggested age range is advisory. Please feel free to adapt to other ages you feel relevant.
- Alzheimer's Society owns and has copyright over this material.

If you have any questions or require further information please contact **[youngpeople@alzheimers.org.uk](mailto:youngpeople@alzheimers.org.uk)**

**Thank you for helping people affected by dementia to live well.**

# Brownie leaders resource to create Dementia Friends



45 minutes

This activity pack has been developed for Girlguiding to help Brownie leaders create Dementia Friends in their unit. This pack contains activities where Brownies will learn what dementia is, the five key messages of Dementia Friends, and how they can take action to help support people affected by the condition.

## Opening Discussion:



5 minutes

**Ask the following question:** Have you heard of the word dementia? What do you think it could be?

- Dementia is a condition that affects people in many different ways. Here are some examples; people might lose their memory, have problems with language, or get confused about things like the days of the week. Everyone is affected differently.
- Dementia is caused by diseases of the brain and today we will be learning a little more about how dementia affects someone, why it's so important to know more and what you can do to help people who are affected by the condition.
- In the following activities, we will talk about the five key messages of Dementia Friends that everyone should know. If you feel upset or have any questions during any of the activities today, please let your leaders know as soon as possible!

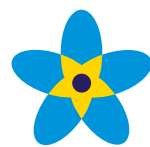
## What is Dementia Friends?



2 minutes

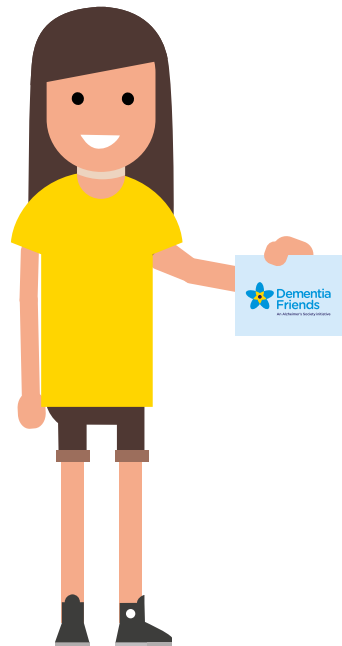
### Explain the following to your group:

Dementia Friends is a programme run by Alzheimer's Society to help everyone learn a little more about dementia and inspire people to take action to help people affected by the condition. Complete these activities and your unit will become Dementia Friends!



**Dementia Friends**

An Alzheimer's Society initiative



Girlguiding has worked in partnership with Alzheimer's Society to develop and create three fun unit meeting activities (for Rainbows, Brownies and Guides) which can be found in their Better Together topic. The Girlguiding activities introduce dementia awareness, signposting units to become Dementia Friends via Alzheimer's Society Youth Engagement pages and the activities in these resources. Dementia Friends is recognised as an impactful initiative. By becoming Dementia Friends, girls and leaders can explore how to take action in local communities, better supporting people living with, or affected by dementia. – Girlguiding

## Activity 1: Broken Sentences

 10 minutes

**Learning** – different explanations about how dementia can affect someone.

**Equipment needed** – Broken Sentences, scissors, blue tac.

**Ask the group to get into a large circle, or into small groups.**

Stick up each of the Broken Sentences phrases (in the back of this pack) at different places around the room. Tell the group you are going to read out the first half of the sentence and they have to move to stand next to the right answer. You can give them clues if they struggle. When they've finished, go through the answers one by one and stick the two parts of each sentence together to show the correct answer.

The answers to the complete sentences are:

1. Dementia is not a ... **natural part of ageing**
2. Dementia is caused by ... **diseases of the brain**
3. One common type of dementia is ... **Alzheimer's disease**
4. Dementia is not just about ... **losing your memory**
5. People with dementia can ... **still communicate effectively**
6. It is possible to... **live well with dementia**
7. There's more to the person ... **than the dementia**
8. Dementia Friends is about ... **turning understanding into action**

## Activity 2: My brain

 20 minutes

**Learning** – Five key messages that every Dementia Friend should know, how dementia affects someone and how we can all help.

**Equipment needed** – Pens, sticky notes and a printed picture of the brain (or get the Brownies to draw a brain in the middle of the paper)

**Brownies should work together in small groups to complete this activity.**

**Say:** The five key messages of Dementia Friends from the sentences you just matched, are:

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

**Say:** One of the five key messages is 'dementia is not just about losing your memory.' We are now going to focus on this key message in the next activity.

**Ask the group:** what other things does the brain help us to do other than remember things?



When someone gives an answer, ask the person to write it on a sticky note and stick it on the brain. Ask the rest of the group to think about what physical action they could do to demonstrate the answer just given (e.g. balance: standing on one leg).

Once the answer is stuck on the brain, ask the whole group to try and act out the action suggested. Repeat the activity with other group members until all answered or until time allows.

(continued...)

Answers	Example actions
Skills	Riding a bike, writing, using a knife and fork
Thinking/concentrating	Pointing to head, stroking chin, pulling a tense concentrating face
Sight/vision	Looking for objects / putting glasses on
Balance	Standing on one foot, doing a yoga pose, tightrope walking
Communication	Talking, pointing, hand gestures, body language
Movement	Walking, picking up objects, waving
Personality / emotions	Laughing, being loud, being shy, being sad, angry
There are some other more difficult examples below, which you may wish to touch on/ offer an action for, if you can think of one.	
Perception	Seeing objects that aren't there (like thinking a wiggled pattern on a carpet is snakes)
Dexterity	Making a cup of tea easily, stirring a spoon, threading a needle

**Explanation:** The brain controls everything we do (refer to examples). Dementia is caused by diseases of the brain, which means part of the brain may not work as well as it used to. That means if you have dementia you could struggle with any of those things, like: you might find it hard to get the right words out, get lost, get mixed up about dates and times, or not be able to talk or write anymore.

**Say:** I'm now going to explain in a little more detail the five key messages I read out before.

**Dementia is caused by diseases of the brain** – Imagine that the brain is like a big string of fairy lights, each light represents something the brain controls, like the ones we talked about on our brain picture. Now imagine dementia is causing some of those fairy lights to flicker, dim or switch off completely. For each person this will happen in a different order and different “lights” will be affected. Remember though that you can't catch dementia like chicken pox or the flu. If a member of your family has dementia it does not mean you will get it.

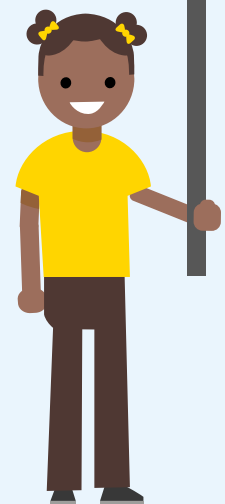
**Dementia is not a natural part of ageing.** Not everyone who is old will have dementia, and some people can get dementia when they're younger, but that is quite rare.

**Dementia is not just about losing your memory.** Imagine I have dementia. Everything I do, as we found from the last activity could become more difficult because I have dementia. I might forget your name (memory), I might not be able to talk (communication) or write anymore (skills / dexterity), so it's important to remember that.

**It is possible to live well with dementia.** Just because I struggle with some things, it doesn't mean I can't do things that I like or that make me feel happy. I might need a little help from other people sometimes to do these things.

**There is more to a person than the dementia.** Some people think that because I have dementia, that's all that matters now, but you must remember that I am still a person and have done lots of things in my life. Imagine that I used to be a hairdresser and I remember when I used to work in a hair salon. Now I like to brush people's hair and for people to sit in a chair in front of a mirror so that I can stand behind them. Some people might think it's strange, but it's who I am and what I'm used to.

## The five key messages



## Activity 3: Taking action!



5 minutes

### Learning – What can you do to take action to support people?

**Equipment needed** – Dementia Friends action slips, one for each person.

**Say:** Now that you have learned how dementia can affect someone, you are almost a Dementia Friend. The next part of Dementia Friends is about turning your new understanding into an action. An action is something that will help someone affected by dementia in some way, so that they can continue to live the lives they want to. What action could you take? Some examples are:

1. Think about how you talk about a person with dementia. Try to use positive language such as ‘person living with dementia’ rather than ‘dementia sufferer’ as it shows that people can still live well with dementia.
2. Share your learning of dementia with family and friends – teach them the five key messages of Dementia Friends!
3. Fundraise for Alzheimer’s Society!
4. When you receive your badge, wear it with pride.
5. After speaking about actions: fill in the action slips on the activity print out sheet! You can hang these up to show others, or you could take a photo and ask your leader to email it to us at [girlguiding@alzheimers.org.uk](mailto:girlguiding@alzheimers.org.uk) or upload it to social media.

Note: please ensure you have permission from Brownies parent/ guardian before sharing photos with us or on social media.



### What next

#### Well done! You and your young people are now Dementia Friends!

Tell Alzheimer’s Society that your unit has become Dementia Friends by ordering Dementia Friends badges for your group. You can request badges by emailing your full name, unit name and number of badges to [girlguiding@alzheimers.org.uk](mailto:girlguiding@alzheimers.org.uk).



**Activity one resource: Broken sentences**

	<b>First half of sentence – to read out</b>	<b>Second half of sentence – to place around the room</b>
1	<b>Dementia is not a</b>	<b>losing your memory</b>
2	<b>Dementia is caused by</b>	<b>Alzheimer’s disease</b>
3	<b>A common type of dementia is</b>	<b>live well with dementia</b>
4	<b>Dementia is not just about</b>	<b>turning understanding into action</b>
5	<b>People with dementia can</b>	<b>diseases of the brain</b>
6	<b>It is possible to</b>	<b>than the dementia</b>
7	<b>There’s more to the person</b>	<b>natural part of ageing</b>
8	<b>Dementia Friends is about</b>	<b>still communicate effectively</b>



Activity two resource: Printable picture of the brain



**Activity three resources: Dementia Friends action slips**

**My name is \_\_\_\_\_**

**I am \_\_\_ years old**

**As a Dementia Friend I will...**



**My name is \_\_\_\_\_**

**I am \_\_\_ years old**

**As a Dementia Friend I will...**

