

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)

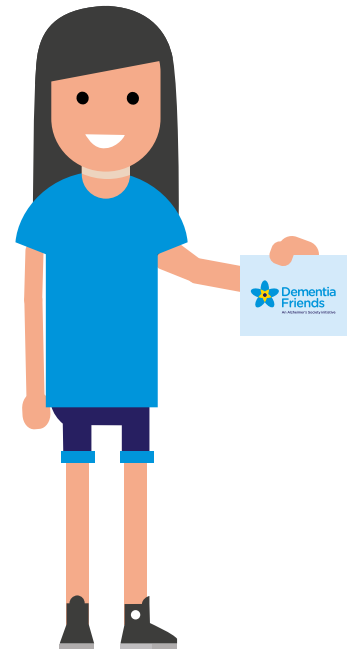
Thank you for helping people affected by dementia to live well.

Guide leaders resource to create Dementia Friends



40 minutes

This activity pack has been developed for Girlguiding to help Guide leaders to create Dementia Friends in their unit. This pack contains activities where Guides 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.



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

Opening Discussion:



5 minutes

Ask the following question: Have you heard of dementia? What do you think dementia is?

- 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 learn 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 dementia.
- 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!

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: Missing Words



10 minutes

Learning – different explanations about how dementia can affect someone.

Equipment needed – photocopied set of key word cards (one set for each person).

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

Explain to the group that you are going to read out statements about dementia, each with a missing word. They should find the missing word, and if they have it they should hold it up. Begin reading out the sentences below, but do not read out the missing word. When everyone has guessed the missing word, give a small explanation for each message.

1. Dementia is not a natural part of _____

Not everyone who is old will have dementia, and some people can get dementia when they're younger, but that is quite rare.

ageing

2. Dementia is caused by _____ of the brain.

Imagine that the brain is like a big string of fairy lights, each light represents something the brain controls. 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. In the same way any other organ can be affected by a disease (e.g. kidney disease, heart disease) dementia happens when dementia diseases damage the brain. 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.

diseases

3. Dementia is not just about _____

Imagine I have dementia. Everything I do 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 dementia is not just about losing your memory.

losing your memory

4. It is possible to _____ 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 but it is possible to live well with dementia.

live well

5. There is _____ to the person than the dementia.

Some people think that because I have dementia, that's all that matters now, but you must remember that there is more to a person than the dementia – I am still a person and I 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.

more

Activity 2: Who's right?

 15 minutes

Learning – how dementia can affect someone.

Equipment needed – Who's right slips (one per person)

Ask the group to line up with their backs against the wall, all facing towards you. They should have unobstructed space in front of them to take 10 steps forward.

Give each person a slip of paper; tell them to read through the information but keep the content to themselves.

Explain to the group: imagine that you are the person described on your slip of paper. I am going to read out a number of different tasks, and you must decide whether you can do the task. If you think you can, take a step forwards. If you think that you can't, stay where you are. I have given some of you limited information, so try your best with the information you have.

Read out the following statements:

1. **Are you able to make a cup of tea without help?**
2. **Are you able to do the ironing?**
3. **Can you vote in an election, making an informed decision?**
4. **Are you able to dress yourself?**
5. **Are you able to follow the plot of a TV programme?**
6. **Are you able to go to the local shop and return safely?**
7. **Can you still go to the local cafe to meet your friends?**
8. **Are you a volunteer at a local charity shop, serving customers and working the till?**
9. **Can you make cheese on toast on your own?**
10. **Can you complete a crossword puzzle?**

You are 73 years old and you were diagnosed with Alzheimer's six years ago. You live with your partner in your family home.

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Once you have read out all the statements, ask the group to remain where they are but to look around and see where everyone else is. Highlight that you are stood in different places, having taken a different number of steps.

Ask one person to read out their slip. If necessary, ask a second participant to do the same. Allow the group to figure out that they all have the same character.

Say: everyone with dementia is unique

Q: Was anybody right or anybody wrong?

A: No one was right and no one was wrong.

Q: What did we know about this person?

A: Not a lot! For example, they could have worked in a café for 30 years and made cheese on toast every day.

Q: What did we know about their partner?

A: Not a lot! They could have been the main carer for their partner.

Q: What do we know about their house?

A: Not a lot! It could be very dementia-friendly or not at all.

Say: If you've met one person with dementia... you have met one person with dementia. Everyone is affected in different ways. We need to remember there is more to the person than the dementia. If they find something difficult to do, we should help them to be able to do it for as long as they are able to do it.

Activity 3: Taking action!



5 minutes

Learning – What can you do to take action to help 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. Use positive language when talking about people with dementia. For example, use the words ‘person living with dementia’ rather than ‘dementia sufferer’ because it’s much more positive and 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 or upload it to social media.

Note: please ensure you have permission from Guides 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 Friend badges for your group. You can request your badges by emailing your full name, unit name and number of badges to girlguiding@alzheimers.org.uk.



more

memory



live well



ageing

diseases

Activity two resource: Who's right? Slip



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Activity three resources: Dementia Friends action slips

My name is _____

I am ___ years old

As a Dementia Friend I will...



- Wear my badge
- Be patient if someone is struggling
- Create a poster about dementia
- Another action _____



My name is _____

I am ___ years old

As a Dementia Friend I will...



- Wear my badge
- Be patient if someone is struggling
- Create a poster about dementia
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