

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**

- 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**

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

Ranger leaders resource to create Dementia Friends



60 minutes

This activity pack has been developed for Girlguiding to help Ranger leaders create Dementia Friends in their unit. This pack contains activities where Rangers 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: What do you know about the word dementia and how it affects people?

- 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 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!

What is Dementia Friends?



2 minutes

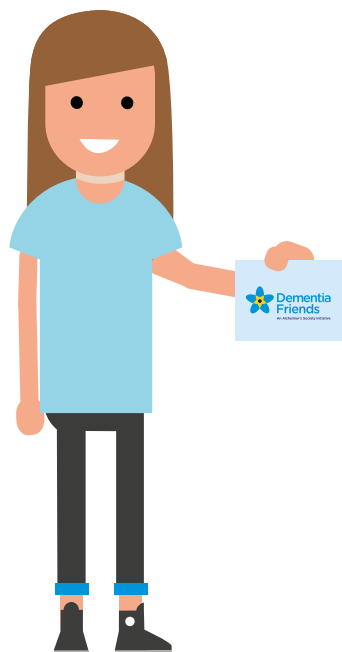
Explain the following to your group:

Dementia Friends is an initiative 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. For further information regarding the UMA (Unit Meeting Activity) resources available for Ranger units, contact programme@girlguiding.org.uk. Dementia Friends is recognised as an impactful initiative. By creating 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: Bingo

 10 minutes

Learning – different explanations about how dementia can affect someone.

Equipment needed – bingo card for each person (ensure you have a selection of the different bingo cards to hand out – which are available at the back of this pack)

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 on their bingo sheet and circle it – but they should not say it out loud. The first person to get a horizontal row of four should shout “line!” The blue boxes can count towards your line. It’s not a test, we won’t single people out for their answer, so don’t be afraid to shout ‘line!’

Begin reading out the sentences below, but do not read out the missing word:

1. Dementia is not a natural part of _____ **ageing**
2. Dementia is caused by _____ of the brain. **diseases**
3. One common type of dementia is _____ disease. **Alzheimers**
4. Dementia is _____, which means the symptoms will gradually get worse. **progressive**
5. Alzheimer’s disease usually starts by affecting people’s _____. **short term memory**
6. Dementia is not just about _____. **losing your memory**
7. Dementia can also affect people’s _____. **perception**
8. People with dementia can still _____ effectively. **communicate**
9. At any time, one in _____ people over 65 has dementia. **fourteen**
10. It is possible to _____ with dementia. **live well**
11. There’s _____ to the person than the dementia. **more**
12. Dementia Friends is about turning understanding into _____. **action**

When someone shouts ‘line!’, have a round of applause for the first winner! **Repeat the statements you’ve gone through so far** and ask anyone in the group if they know the missing word for each sentence.

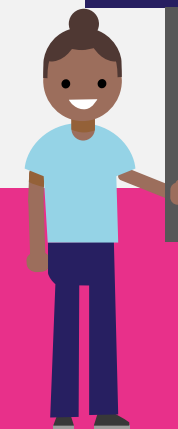
Explain to the group that you are going to continue the game and to win they must now circle all the remaining words on their bingo sheet, and then shout ‘house!’.

Continue reading out the statements above until you have a winner (everyone wins!).

At the end of the activity, explain that five of the statements were the **five key messages** of Dementia Friends and that you are now going to explain them further:

1. **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.
2. **Dementia is caused by diseases of the brain.** – 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. Imagine that the brain is like a big string of fairy lights, each light represents a brain function. 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.
3. **Dementia is not just about losing your memory** – 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.
4. **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 but it is possible to live well with dementia.
5. **There is more 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.

The
five key
messages



Activity 2: Dementia-friendly areas

Learning – what is the social impact of dementia? How can your Rangers take action to help?

Part 1: Discussion

 10 minutes

Dementia Friends is about turning understanding of dementia into action to help support people affected by the condition. Split your Rangers into groups and ask them to discuss how someone with dementia might find their environment more challenging (including individual buildings and getting around their local area). Some examples they should consider are:

- The lighting – poor lighting and shadows could be disorientating for people with dementia
- Are the signs easy to read and understand?
- Are there accessible toilets or a seated area?
- Are there reflective or patterned objects? Some people with dementia have difficulty with processing visual information so could become confused
- Black mats in doorways can look like black holes to people with dementia because of their difficulties with perception
- If everything is the same colour, people with dementia can struggle to see things clearly – for example, if toilets are completely white, or a white light switch on a white wall.

Part 2: Dementia-friendly audit (30-40 minutes)

 30-40 minutes

Equipment – Dementia Friendly Area Survey (one for each group), pens

This activity is an opportunity for your group to identify ways that buildings or areas could be improved to become more dementia-friendly. Once the group has thought of some possible issues environments can have for people with dementia, **ask the group to complete a dementia-friendly audit of an area**. This can be in the building where you run your unit, such as looking at signs, colour, lighting and kitchen suitability. Alternatively, if you have more time, you can go into the community and identify areas to audit, such as a high street, park, canal, supermarket, train station (ensure you approach the person responsible for the area and ask if they would be interested in becoming more dementia friendly first). This activity can be completed in your unit meeting place, however, if you do go off site to complete this activity, ensure you fill out the appropriate risk assessment for your unit.

Split your Rangers in to small groups or pairs and use the **Dementia Friendly Area Survey** to work around the room/building/area to highlight the difficulties someone with dementia may face. You can give them clues and suggestions.

Bring your answers together and discuss the issues you've noticed. For example, were signs unclear or paths uneven and difficult to navigate? Discuss with the group ways that the problems could be solved? For example:

- Make things accessible and easy to reach
- Paint areas in clear, contrasting colours
- Create quiet areas with seating

Next steps: At another session, why not try to implement some of these changes? Find out who is the owner of the space, agree the changes you would like to make and then get to work making the space dementia -friendly! Don't forget to let us know what you have been doing.

Activity 3: Taking action!



5 minutes

Learning – What can you do to take action to help people?

Equipment needed – Dementia Friend 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 Rangers 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.



Activity one resource: Bingo sheet – one sheet per person.



B	I	N	G	O
	perception	losing your memory	diseases	more
communicate	live well		short term memory	action
ageing		progressive	fourteen	Alzheimer's



B	I	N	G	O
	more	progressive	ageing	short term memory
diseases	Alzheimer's		communicate	perception
losing your memory		progressive	fourteen	action

Activity one resource: Bingo sheet – one sheet per person.



B	I	N	G	O
losing your memory	more	diseases		Alzheimer's
communicate	action	live well		progressive
	perception	ageing	short term memory	fourteen



B	I	N	G	O
	ageing	diseases	short term memory	Alzheimer's
communicate	action		perception	progressive
live well		more	losing your memory	fourteen

Activity one resource: Bingo sheet – one sheet per person.



B	I	N	G	O
perception	short term memory	Alzheimer's		communicate
progressive	losing your memory	fourteen		diseases
	more	ageing	action	live well



B	I	N	G	O
	communicate	more	live well	perception
ageing	Alzheimer's		fourteen	losing your memory
action		diseases	short term memory	progressive

Activity one resource: Bingo sheet – one sheet per person.



B	I	N	G	O
progressive	ageing	diseases		fourteen
communicate	action	losing your memory	perception	
live well		more	short term memory	Alzheimer's



B	I	N	G	O
progressive	ageing	diseases	communicate	
	action	losing your memory	perception	fourteen
more		live well	short term memory	Alzheimer's

Activity one resource: Bingo sheet – one sheet per person.



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progressive	ageing		action	fourteen
	communicate	losing your memory	short term memory	Alzheimer's
more	diseases	live well	perception	



B	I	N	G	O
progressive		short term memory	action	fourteen
ageing	communicate	losing your memory		diseases
more	Alzheimer's	live well	perception	

How dementia-friendly is your neighbourhood?

Complete this checklist for your local area and return it to your Ranger Leader. Tick all that apply and write notes for every section.

Street _____ Town _____

Date checked _____ By _____ Age _____

It is clear what each building is for (shops, offices, residential, etc.)

Notes _____

Entrances to places and buildings are clearly visible and obvious

Notes _____

Signs are clear and give simple information at the right points

Notes _____

Signs are easy to read, ideally with dark letters on a light background

Notes _____

Footpaths/corridors are wide, flat and well maintained

Notes _____

Notes _____

Pedestrian crossings and public toilets are at ground level

Notes _____

There is a seating area and the seating is sturdy, with arms and back rests

Notes _____

There are accessible toilets available

Notes _____

There is good use of contrasting colours to help people with dementia see

Notes _____

Crossings have noise as well as lights to let you know when to cross

Notes _____

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
- Another action _____

