



Section 5:

# Details of the Dementia Friends Course



### **What is a Dementia Friend?**

A Dementia Friend is someone who learns about dementia in order to help their community.

Far too many people who are affected by dementia feel that society does not understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that those people living with dementia can continue to live in whichever way they wish.

### **What do Dementia Friends do?**

Dementia Friends help people living with dementia by taking steps – both large and small.

These steps need not be time-consuming. Every action counts – such as visiting a person you know who lives with dementia or showing more patience and understanding in a shop queue. Dementia Friends can also get involved by volunteering, campaigning or wearing a badge to raise awareness.

### **Who can be a Dementia Friend?**

Everyone! Dementia Friends is open to all who are anxious to help those in their community who are living with dementia.

The aim of Dementia Friends is to offer a better understanding for people living with dementia, and the little things that all of us can do to make a difference to the lives of those effected by dementia. Dementia Friends is led by the Alzheimer's Society, and one branch of its work is to create communities that are dementia-friendly. By attending a Dementia Friends Information Session, you will be given the opportunity to join the movement to change the way in which people think, act, and discuss the condition.

### **How can one become a Dementia Friend?**

The Dementia Society organises information sessions about the condition. These are a lively, interactive way of learning a little about dementia, and how it can impact on people's lives. Led by voluntary Dementia Friends Ambassadors, these sessions of 45–60 minutes encompass five key messages that everyone should know about dementia through activities and discussions. At the end of the Information Session, the participants are given the opportunity to turn their

understanding into actions by committing to act with an understanding of dementia. No action is too big or too small – from the wearing of the Dementia Friends badge to spreading the message on social media. (NB: The Dementia Friends Information Session is not dementia training; the voluntary Ambassadors are not dementia specialists and are unable to provide further information or advice. Furthermore, they have not been verified by the Disclosure and Barring Service (DBS). The Union of Independents do have some Welsh-speaking Ambassadors who are part of the scheme.

Should you require further information, please contact us at:

**undeb@annibynwyr.cymru / 01792 795888**

Tŷ John Penri, 5 Axis Court, Parc Busnes Glanyrafon, Bro Abertawe, SA7 0AJ

### **Safeguarding Considerations**

This new campaign provides an opportunity to celebrate, promote and develop the excellent work that many people undertake to support those living with dementia. However, we should not ignore the sad reality that there are a minority of situations where vulnerable persons, including those with dementia, are ill-treated, harmed or neglected. If you are concerned for an individual or a situation, you should contact the Office of the Interdenominational Panel (01745 817584) or [emergency contact numbers \(panel.cymru\)](http://panel.cymru).

If you are about to commence new dementia-friendly activities at your chapel, you will have to re-assess who needs to complete a DBS verification or attend safety training in your church. Further details are available on the panel's website <https://panel.cymru/en/> or the Union's website page on Safeguarding.