

South Yorkshire Dementia Action Alliances (SYDAA): Dementia Fire & Home Safety Project



Dementia Friends – helping to create dementia friendly communities

In addition to promoting fire & home safety and the free home safety checks the Dementia Fire & Home Safety Project distributes information about and encourages individuals and organisations to become a Dementia Friend and help to create dementia friendly communities. Dementia Friends is an Alzheimer's Society initiative, part of the Prime Minister's Challenge on Dementia and is funded by the Government.

Dementia Friends aims to increase awareness about dementia and change the way that our society thinks, talks and acts about dementia.

A Dementia Friend is someone who has attended a short awareness session and made a commitment to doing something specific that will help to make the lives of people living with dementia a bit better or easier in some way. Individuals (of any age) and organisations of any type (public, private, voluntary & community) can become a Dementia Friend.

Whatever action(s) you or the organisation you work or volunteer for commit to, they are all valuable and each one counts in helping to create Dementia Friendly Communities. Some of the things that you could do, depending on how much time you have, include:

- Spending time visiting a relative or someone else that you know is living with dementia and keeping in touch with them
- Telling others about Dementia Friends and/or about the different support services that are available
- Encouraging your workplace to become dementia friendly
- Slowing down when out in town and being more observant, understanding and patient
- Helping someone to find the right bus/shop
- Volunteering for an organisation that works with people living with dementia
- Carrying out a fundraising activity to help to support organisations working with those living with dementia

When you are out and about visiting your GP or hospital, shopping at your local supermarket or visiting other shops and businesses you may see the Dementia Friendly symbol on display – usually a sticker on the door or window. This means they have done some work with their staff to help them to be more aware of dementia and to be dementia friendly.



To find out more about Dementia Friends and/or to book a session at your organisation please contact your local Dementia Fire & Home Safety Coordinator using the contact details in or on the information pack provided. Alternatively you could contact your local Alzheimer's Society or your local Dementia Action Alliance.

Some Useful Links for Helping to Create a Dementia Friendly Community

Dementia Friendly Organisations webpage

Organisations are encouraged to sign up on-line. Copy this link into your web browser to register your organisation <https://www.dementiafriends.org.uk/register-partner-admin> Here you can find out what your organisation can do to become dementia friendly and get access to free videos to give insight into communication and other needs/difficulties e.g. handling money. The videos and other dementia friends' information can be embedded into your organisation training and development.

Become a Dementia Friend yourself

Individuals can sign up on-line. Copy this link into your web browser <https://www.dementiafriends.org.uk/register-digital-friend> Once signed up you will be sent a pack and a 'Dementia Friend' Badge

Bookcase Analogy video: Dementia friends

Individuals can watch this to help gain an understanding of the way dementia affects a person. <https://www.youtube.com/watch?v=9iOnxYbdrE>

'Small Changes' help make a dementia friendly community video

<https://www.youtube.com/watch?v=Fz8ACEu7Lho>

In this film we see Mary as she encounters people in her community, and see how a little bit of time and consideration for people living with dementia can make all the difference to their daily lives. Notice the time of day when she leaves and returns and the out of focus side edges of the screen that replicates her vision

Make your home Dementia Friendly (booklet)

https://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=2796

Free SCIE Dementia e-learning course <http://www.scie.org.uk/dementia/e-learning/>

This is for anyone who comes into contact with someone living with dementia and provides a general introduction to dementia and the experience of living with it. **Free to use for non-commercial and educational purposes.**

Module 1	What is and what isn't dementia
Module 2	Living with dementia
Module 3	What Causes dementia
Module 4	Diagnosis and who can help
Module 5	Common difficulties and how to help
Module 6	The emotional impact of dementia
Module 7	Positive communication