

Become a Dementia Friend



What is a Dementia Friend?

A Dementia Friend is someone who has taken the time to learn more about dementia and how it affects people, and who understands the small, everyday actions that can make a big difference.

Dementia Friends is a national initiative led by Alzheimer's Society. It aims to increase understanding of dementia, challenge stigma, and inspire people to support those living with dementia in their communities, workplaces, and daily lives.

Becoming a Dementia Friend does not require specialist knowledge or a long-term commitment — it starts with awareness, understanding, and empathy.

What does being a Dementia Friend involve?

Becoming a Dementia Friend typically involves attending a short, interactive awareness session lasting around 30–45 minutes. Sessions can be delivered either virtually or in person.

During the session, you will:

- Learn the five key messages about dementia
- Understand how dementia can affect memory and thinking using practical examples
- Take part in simple activities that bring the experience of dementia to life
- Learn how small actions can help people with dementia feel more understood and included

At the end of the session, each participant officially becomes a Dementia Friend and receives a Dementia Friends badge along with an email banner which can be used on signatures.

Why become a Dementia Friend?

- Increase your understanding of dementia and its impact
- Help create a more inclusive and supportive environment at work and beyond
- Play a part in reducing stigma around dementia
- Support our wider commitment to social responsibility and community impact

Every action, no matter how small, helps to make a positive difference for people affected by dementia.

How to register your interest

If you would like to become a Dementia Friend or would like more information about upcoming sessions, please register your interest @ charity.finli.co.uk



**Alzheimer
Scotland**
Action on Dementia