



# Dementia Friends

An Alzheimer's Society initiative

## **Oakmeadow Surgery Staff are proud to be Dementia friendly.**

We here at Oakmeadow surgery are happy to say that in April 2024 all our staff became Dementia Friendly.

### **What is Dementia Friendly?**

- Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.
- Whether you attend a face-to-face Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.

### **Become a Dementia Friend.**

Being a Dementia Friend simply means learning more about dementia, putting yourself in the shoes of someone living with the condition, and turning your understanding into action. From visiting someone you know with dementia to being more patient in a shop queue, every action counts. There are two ways of becoming a dementia friend, you can become a Dementia Friend by watching our online video where you will meet Teresa, Emma and Alex who are living with dementia and learn more about what it is like to live with the condition. You can also attend an information session which are run by Dementia friends Ambassadors to help you understand what its like to live with dementia and the actions you can take.

If you would like to become a dementia friend, please use the link below to register

<https://www.dementiafriends.org.uk/>