



Become a Dementia Friends Champion!

ABOUT THIS TRAINING

This training will equip you with the knowledge and materials needed to facilitate a Dementia Friends Information Session with community members. An Information Session is a face-to-face session that lasts approximately one hour and is run by a Dementia Friends Champion. It covers the five key messages everyone should know about dementia through activities and discussion. The goal of the Dementia Friends Information Session is to help community members understand dementia and the small things they can do to make a difference for people living with dementia.

TRAINER

Beth Soltzberg, MSW, MBA
Coordinator, Dementia Friends Massachusetts
Director, Alzheimer's/Related Disorders Family
Support Program, JF&CS

WHEN & WHERE

November 9, 2017

3:15 p.m. – 4:45 p.m.
Best Western Royal Plaza
181 Boston Post Road
Marlborough, MA

This training will follow the Creating Welcoming Communities symposium. Room location to be announced.

This training is free of charge and is intended for those who wish to become Dementia Friends Champions, a volunteer role described below.

Space is limited. Registration is required by November 3, 2017.

Please read “Champion Role & Responsibilities” before registering. This training is free of charge. [Registration is required by November 3, 2017.](#)

Learn more about Dementia Friends Massachusetts, and register for the Champion training at www.dementiafriendsma.org (click “Champion Training” to register).

Questions? Contact Beth at bsoltzberg@jfcsboston.org or 781-693-5628.

Dementia Friends Champion Role & Responsibilities

As a Dementia Friends Champion, your responsibilities include:

- ✓ To act as an ambassador for Dementia Friends and promote the program throughout your networks and communities.
- ✓ To organize your volunteer time as a Champion, deciding when, and where, you can lead Dementia Friends sessions.
- ✓ To describe Dementia Friends sessions as Information Sessions rather than “trainings,” so that participants know what to expect.
- ✓ To represent the principles of the Dementia Friends program by following the Champion’s Guide and Session Workbook.
- ✓ To promptly record your Dementia Friends sessions and the number of Dementia Friends completing each session.
- ✓ To participate in twice-yearly conference calls and periodic feedback surveys to share ideas with other Champions around Massachusetts.
- ✓ To email Beth Soltzberg at bsoltzberg@jfcsboston.org with any questions or if you no longer want to be a volunteer Dementia Friends Champion.

Before your Dementia Friends Information Sessions:

- ✓ Register as a Champion at www.dementiafriendsma.org and gain access to session materials.
- ✓ Record your sessions on the website as you schedule them.
- ✓ Find basic information about community services and supports available for people affected by dementia in the community where you will deliver a Dementia Friends session.
- ✓ Email Beth Soltzberg at bsoltzberg@jfcsboston.org for guidance if you need to adapt your session for various audiences.

During your Information Sessions:

- ✓ Deliver the Dementia Friends session as well as possible using the Champion’s Guide and Session Workbook.
- ✓ Give Dementia Friends materials only to those who attend a Dementia Friends session.

After your Information Sessions:

- ✓ Promptly record the number of participants who complete each Dementia Friends session at www.dementiafriendsma.org

As a Dementia Friends Champion, please:

- ✗ Do not promote your professional or personal expertise and interests during Dementia Friends sessions.
- ✗ Do not give advice about specific situations. Instead, refer people to the Alzheimer's Association 24/7 Helpline (800.272.3900).
- ✗ Do not offer to stay in touch with session attendees in your Champion role, except to arrange future Dementia Friends sessions.
- ✗ Do not accept gifts, money or any item of material value from the host or attendees of your Dementia Friends sessions.
- ✗ Do not act in any manner that could negatively affect Dementia Friends Massachusetts.

What can I expect from being a Dementia Friends Champion?

- To be part of an international movement making our communities more respectful, safe and inclusive for the growing number of people living with dementia and those who care about them.
- To receive sufficient training and support so that you feel confident in the Champion role.
- To build your own understanding of dementia.
- To be updated on Dementia Friends news and developments.
- To feel valued and appreciated for your contribution and encouraged to offer suggestions.
- To choose for yourself how long you continue as a Dementia Friends Champion.

***Thank you for being part of the
Dementia Friends movement!***