

Watertown Commission on Aging

February 6, 2019

Agenda Item: Becoming a Dementia Friend**Request for Action: Discussion and Direction****Department: Commission on Aging****Background:**

On January 29th, I spoke with Sharmeen Al-Jaff from the City of Chanhassen senior commission. We discussed at length the process of becoming an Alzheimer friendly community. Sharmeen expressed that though she is extremely pleased with the success of the program, it was very time consuming. There are four phases of training and education to complete which require heavy involvement and community engagement. She stated there are grants available for assisting with the process. Sharmeen suggested if this is something the City of Watertown wants to engage in, that we should try to coordinate with other agencies (Carver County).

Another option to the fore mentioned, is to become a “Dementia Friend”. Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer’s Society in the United Kingdom, the [Dementia Friends initiative](#) is underway in Minnesota. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

To become a Dementia Friend, you participate in a one-hour Dementia Friends Information Session presented by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about what it’s like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone living in your community. Your action can be big or small – because every action counts!

Recommendation: Staff is recommending the Commission on Aging work toward becoming a Dementia Friend for 2019 before committing to additional training and expenses.

Attachments:

List of dates for dementia friend training

About

Find a Dementia Friends Information Session

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Dementia Friends

During this friendly and interactive Session you will increase your understanding of dementia, and think about the small things that you can do to make a difference for people affected by dementia in your community.

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Minnetonka

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**02/05/2019 -
12:00pm**

**Dementia Friends
Information Session**

Minnetonka
Community Center
14600 Minnetonka
Blvd
Minnetonka , MN
55345

[Details](#)

**02/11/2019 -
6:00pm**

**Dementia Friends
Information Session**

Ridgedale Library
12601 Ridgedale Dr.
Minnetonka , MN
55305

[Details](#)

**03/05/2019 -
12:00pm**

**Dementia Friends
Information Session**

Minnetonka
Community Center
14600 Minnetonka
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**03/11/2019 -
6:30pm**

**Dementia Friends
Information Session**

Ridgedale Library
12601 Ridgedale Dr
Minnetonka , MN
55305

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**04/02/2019 -
12:00pm**

**Dementia Friends
Information Session**

Minnetonka
Community Center
14600 Minnetonka
Blvd
Minnetonka , MN
55345

Details

**05/07/2019 -
12:00pm**

**Dementia Friends
Information Session**

Minnetonka
Community Center
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Minnetonka , MN
55345

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