

# Wellbeing: Becoming a Dementia Friend

## Course overview

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A Dementia Friend is somebody that learns about dementia so they can help their community. Too many people who are affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

Anyone can become a dementia friend, you do not have to have dementia or know anyone who has dementia. The actions you take as a dementia friend do not have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

## What will I study?

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You will:

- Find out what is involved in becoming a dementia friend
- Identify small actions you can take to be more dementia friendly
- Find out what it is like to live with the condition
- Gain a deeper understanding of how dementia affects the day to day activities we take for granted.

## Assessment method

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- You will participate in discussions, reflections, activities and receive verbal feedback from the tutor throughout the session.

## Entry requirements

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There are no specific requirements however you will need a solid understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722