

How to Make Your Community Dementia Friendly

You can be part of making your community safe and respectful for persons living with dementia. There are many ways to get involved.

Watch these brief videos

- View our introductory video: Always a Dancer (2.5 minutes) by visiting our website at www.mass.gov/dementia-friendly-massachusetts.
- View the video, *Let's Talk* (2.5 minutes) by visiting our website at www.mass.gov/dementia-friendly-massachusetts. Feel free to share it widely to help spread information about dementia throughout our Black American communities.
- See what “dementia friendly” could look like in your community by watching these brief videos at www.dfamerica.org/sector-videos.

Join our mailing list

- Join our mailing list by going online at www.mcoaonline.com/dfm.

Help your neighborhood's businesses become dementia friendly

- Distribute our neighborhood business packets to help your community's businesses become dementia friendly. To order the packets, visit the Alzheimer's Association website at www.alzmassnh.org/our-town/business-engagement, or call their 24/7 Helpline at 800-272-3900.
- Host training on how to be a dementia friendly business and receive Dementia Friendly Business window stickers. For more information, contact Maura Moxley at mmoxley@alz.org, or call the Alzheimer's Association's 24/7 Helpline at 800-272-3900.

Dementia Friendly Massachusetts is state-wide, grassroots movement comprised of organizations, individuals, and municipalities growing dementia friendly communities to become more inclusive and supportive of those living with dementia, their families, and care partners. Dementia Friendly Massachusetts is a member of Dementia Friendly America and is generously supported by Tufts Health Plan Foundation.

Visit, promote, or start a memory café

Memory cafés welcome people with dementia, their families, and friends. They're in a variety of places including coffeehouses, museums, or community organizations:

- To find and visit a memory café in your area, go to www.mass.gov/dementia-friendly-massachusetts and select “Learn how to make your community dementia friendly.”
- Post flyers around town to promote memory cafes and/or learn how to start one in your area by contacting Beth Soltzberg at bsoltzberg@jfcsofma.org.

Improve your understanding and spread awareness in your community

- Improve your understanding of dementia by attending a Dementia Friends information session, or lead a Dementia Friends information session. To learn how, visit dementiafriendsma.org.
- Raise awareness of dementia and connect people in your community to programs and services. Contact Maura Moxley at mmoxley@alz.org for information.

Join others in your community

- Share ideas and join others to make your community dementia friendly. To learn how, contact Emily Kearns at emily@mcoaonline.com.
- Learn how cities and towns across MA are making their communities “age friendly” as well as dementia friendly. Visit the MA Healthy Aging Collaborative at www.mahealthyagingcollaborative.org, or contact James Fuccione at James.Fuccione@mahealthyaging.org. Also, visit the AARP Livable Communities website at www.aarp.org/livable-communities.

Do you have questions about any of this information?

- Contact Emily Kearns at emily@mcoaonline.com or 978-604-0830 to learn more.

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