

There are around 800,000 people affected by dementia living in the UK. It is important that as a community we feel more confident in recognising the early signs and symptoms of dementia and begin to understand what it might be like for someone living with the disease. You can do this by becoming a dementia friend.

One Life Suffolk are hoping to encourage as many people across the County to become trained, please read on to find out more about how you can do this and why it is important.

How do I become a dementia friend?

if you are short of time you can become a dementia friend by registering your details and watching a short 5-minute video through following the link on this page: www.onelifesuffolk.co.uk/dementia

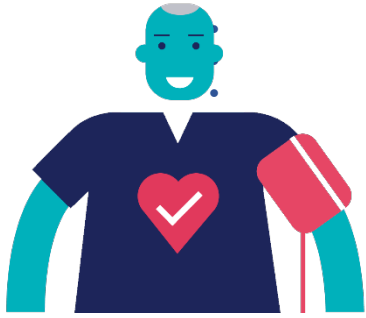
Face- to- face dementia friend training may also be available and details of your closest sessions are listed at: <https://www.dementiafriends.org.uk/register-friend>

Why should I become a dementia friend?

- The online training only takes approx. 8 minutes
- You will have better awareness of the disease
- Through completion of the online training you will also receive a ‘Little Book of Friendship’ and a dementia badge.
- You will feel more confident in recognising and identify some of the common signs and symptoms of dementia which may benefit everyone around you including, clients, patients, friends, family and colleagues!
- You can sign post others to the training to help spread awareness in your local area
- You may feel more confident when signposting people/ patients to useful resources or support sessions

What next?

- Visit the <https://www.dementiafriends.org.uk/> to find out more about how you can put your training into action.
- Support others to think about how the risk of dementia could be reduced through making positive lifestyle changes. One Life Suffolk is a FREE healthy lifestyle service offering weight management, stop smoking, health walks, health checks and an active wellbeing service. For more information log on to www.onelifesuffolk.co.uk
- If you already care for someone that is affected by dementia, then there may also be some support available for you. The Suffolk Family Carers can provide some information, guidance and support for carers, for more details log on to <http://www.suffolkfamilycarers.org>



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