

Dementia Friendly Massachusetts Initiative – Ways to Get Involved

The Dementia Friendly Massachusetts Initiative is a collaborative, statewide effort to help communities across the Commonwealth to become safer, more inclusive and supportive of the growing number of people who are living with dementia and those who care about them. There are many ways to get involved now, and this list will grow over time!

LEARN

- Join the mailing list by visiting www.dfmassachusetts.org.
- Visit the website of our national partner, Dementia Friendly America, at www.dfamerica.org. Click “Get Involved” to watch an hour-long recorded webinar that gives an overview of Dementia Friendly America.
- Become a Dementia Friend online by visiting www.dementiafriendsusa.org.
- Organize a local educational event about dementia. Contact Emily Kearns at ekearns@jfcsboston.org for a list of organizations that can provide education and training.

SHARE

- Post flyers about memory cafés at your town library, supermarket, coffee shop, house of worship, and other spots where people living with dementia and family members may see them. Contact Beth Soltzberg at bsoltzberg@jfcsboston.org for flyers.
- Share Dementia Friendly America’s Sector Guides and Sector Videos with your colleagues, community members, and others. Visit www.dfamerica.org and click on “Tools and Resources” to find guides and videos for sectors such as libraries, hospitals, restaurants, banks, first responders, faith communities, and many others.
- Join a Learning Community to share ideas and approaches with community leaders via a monthly conference call. Contact Emily Kearns at ekearns@jfcsboston.org to learn more.

Dementia Friendly Massachusetts Initiative is co-convened by the Executive Office of Elder Affairs (EOEA) and Jewish Family and Children’s Service (JF&CS), and managed by representatives from the Alzheimer’s Association MA/NH Chapter, LeadingAge Massachusetts, the Massachusetts Association of Councils on Aging, the Massachusetts Healthy Aging Collaborative, and the Multicultural Coalition on Aging. The Advisory Committee includes over 40 organizations statewide. DFMI is generously supported by Tufts Health Plan Foundation.

HELP

- Volunteer at a memory café, a relaxed social gathering for people living with dementia, family and friends. See www.jfcsboston.org/MemoryCafeDirectory for a statewide directory.
- Become an Alzheimer's Association Dementia Ambassador in your community to raise awareness and connect people to programs and services. Contact Maura Moxley at mmoxley@alz.org for information.

LEAD

- Contact Emily Kearns at ekearns@jfcsboston.org to find out what's already happening in your community, then join or start a dementia friendly community initiative! The Dementia Friendly America Toolkit provides step-by-step instructions that have successfully guided communities all over the U.S. Visit www.dfamerica.org, and click on "Tools and Resources." Choose "Toolkit."
- For those who have some background knowledge/experience about dementia, train to lead Dementia Friends public awareness sessions (coming soon; contact Beth Soltzberg at bsoltzberg@jfcsboston.org for information).

Do you have questions about any of this information? Contact Emily Kearns at ekearns@jfcsboston.org or 978-604-0830 to learn more.

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