

Volunteer Position Description: Dementia Friends Champion

What is Dementia Friends?

Dementia Friends is a global movement changing the way people think, talk, and act about dementia. Originating in UK at the Alzheimer's Society, this initiative helps individuals gain an awareness about dementia and discover ways to **take action through free, informal one-hour information sessions that anyone is welcome to attend**. In Washington state, the program is operated by the UW Memory and Brain Wellness Center by partnering with organizations that take the lead at the county level.

Through their actions big or small, Dementia Friends help to foster dementia-friendly communities. A dementia-friendly community is a village, town, city, or county that is informed, safe, and respectful of individuals living with dementia, their families and caregivers/care partners, and provides supportive options that foster quality of life.

Whether you have a personal connection to dementia or just want to make a difference, you can help change lives by volunteering as a Dementia Friends Champion.

What is the role of the Dementia Friends Champion?

Dementia Friends Champions are dedicated and trained volunteers who are passionate about dementia awareness, and experienced with public speaking and outreach (or have a desire to learn). Champions work independently to schedule and lead informal 60-minute interactive Dementia Friends Information Sessions to community members and different sectors within the community (workplaces, school, faith communities, transportation services, banking and financial institutions, legal and financial planning services, and more).

A script and materials are provided, and sessions can be held in-person, hybrid, or virtually, depending on the needs of the group and ability of the Champions.

Information shared at these information sessions include: what dementia is, the most common type, early signs and symptoms, communication tips and strategies, key messages to know, brain health information, ways to take action to foster dementia-friendly communities, and local community resources.

As a Champion, you will:

- Engage with your community - Find and connect with local groups to host Information Sessions.
- Lead impactful sessions - Use your public speaking skills to educate and inspire others.
- Promote awareness - Share the Dementia Friends movement within your personal and professional networks.
- Create real change - Help people understand dementia and foster inclusive communities.

Why Become a Champion?

- Be part of a global movement making communities more dementia-friendly.
- Help provide valuable resources to those affected by dementia.
- Utilize/gain public speaking and outreach experience
- Receive comprehensive training (just 3 hours) and ongoing support.
- Earn volunteer references and join a network of like-minded advocates.

Who We're Looking For:

- Passion to make a difference and raise dementia awareness in the community
- Comfort with public speaking and outreach (or have a desire to learn)
- Reliable, organized, excellent communication skills

Bilingual speakers is a plus- we currently have material available in Mandarin, Russian, Vietnamese, and Spanish. Help us to connect with these communities! Dementia can affect everyone.

This is a great opportunity for retired older adults and individuals with experience in social services/dementia care services.

Time Commitment:

Attend a one-hour Information Session + a two-hour Champion training (available monthly).

Commit to leading at least 1-2 sessions over one year with the goal of bringing on 10 new Dementia Friends

Plan and promote your sessions at your own pace

Join the Movement!

Ready to make an impact? Let's connect! Sign up today to become a Dementia Friends Champion and help create a more dementia-friendly world.

Learn more: Visit <http://www.dementiafriendswa.uw.edu>, or contact Dementia Friends Program Manager Katie Zeitler, UW Memory and Brain Wellness Center at 206.685.6749, karenadz@uw.edu.

Thank you for your interest!

A note on volunteers who work in the industry: Volunteers must represent Dementia Friends Washington as a Dementia Friends Champion when engaged with Dementia Friends volunteer tasks, such as outreach and leading a session. Per our license agreement and state-funding, we are not able to promote businesses, products and at-cost services before, during, or after information sessions. Only free educational materials or related local community resources may be shared at the end of the session; your volunteer supervisor can provide guidance on what resources are appropriate.