



## Dementia Friends Champion Role & Responsibilities

### As a Dementia Friends Champion, your responsibilities include:

- Û To act as an ambassador for Dementia Friends and promote the program throughout your networks and communities.
- Û To organize your volunteer time as a Champion, deciding when, and where, you can lead Dementia Friends sessions.
- Û To describe Dementia Friends sessions as Information Sessions rather than “trainings,” so that participants know what to expect.
- Û To represent the principles of the Dementia Friends program by following the Champion’s Guide and Session Workbook.
- Û To promptly record your Dementia Friends sessions and the number of Dementia Friends completing each session.
- Û To email [info@ACTonALZ.org](mailto:info@ACTonALZ.org) with any questions or if you no longer want to be a volunteer Dementia Friends Champion.

### Before your Dementia Friends Information Sessions:

- Û Register as a Champion at [www.actonalz.org/dementia-friends](http://www.actonalz.org/dementia-friends) and gain access to session materials.
- Û Record your sessions on the Dementia Friends website as you schedule them.
- Û Find basic information about community services and supports available for people affected by dementia in the community where you will deliver a Dementia Friends session.
- Û Email [info@ACTonALZ.org](mailto:info@ACTonALZ.org) for guidance if you need to adapt your session for diverse audiences.

### During your Information Sessions:

- Û Deliver the Dementia Friends session as well as possible using the Champion’s Guide and Session Workbook.
- Û Give Dementia Friends materials only to those who attend a Dementia Friends session.

## After your Information Sessions:

- ü Promptly record the number of participants who complete each Dementia Friends session at [www.actonalz.org/dementia-friends](http://www.actonalz.org/dementia-friends)

## As a Dementia Friends Champion, please:

- ó Do not promote your professional or personal expertise and interests during Dementia Friends sessions.
- ó Do not give advice about specific situations. Instead, refer people to the Alzheimer's Association MN/ND 24/7 Helpline (800.272.3900) and Senior LinkAge Line® (1-800-333-2433).
- ó Do not offer to stay in touch with session attendees in your Champion role, except to arrange future Dementia Friends sessions.
- ó Do not accept gifts, money, or any item of material value from the host or attendees of your Dementia Friends sessions.
- ó Do not act in any manner that could negatively affect Dementia Friends Minnesota.

## What can I expect from being a Dementia Friends Champion?

- To be part of an international movement making our communities more respectful, safe, and inclusive for the growing number of people living with dementia and those who care about them.
- To receive sufficient training and support so that you feel confident in the Champion role.
- To build your own understanding of dementia.
- To be updated on Dementia Friends news and developments.
- To feel valued and appreciated for your contribution and encouraged to offer suggestions.
- To choose for yourself how long you continue as a Dementia Friends Champion.

*Thank you for being part of the  
Dementia Friends movement!*