Dementia Friends MN: Implementation and Cultural Adaptations

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Resources

Dementia Friends Minnesota
http://www.actonalz.org/dementia-friends

Alzheimer’s Association Spanish Portal
https://www.alz.org/espanol/overview-english.asp

Alzheimer’s Disease International, Dementia in Sub-Saharan
https://www.alz.co.uk/dementia-in-africa

ACT on Alzheimer’s Cultural Competence and Awareness
http://www.actonalz.org/cultural-competence-and-awareness

Dementia Friends Nigeria
https://www.facebook.com/dementianigeria/

Indian Health Services: Eldercare
https://www.ihs.gov/eldercare/

National Indian Council on Aging
https://nicoa.org/

National Resource Center on Native American Aging
https://www.nrcnaa.org/

Wisdom Steps
https://wisdomsteps.org/

Dementia touches the lives of all communities of people throughout Minnesota. Dementia Friends was launched in September 2016 to tackle the lack of understanding of dementia and to move people to take simple, dementia friendly actions.

Many cultural communities are highly affected by the disease and the stigma can loom large. Minnesota has piloted Dementia Friends with these cultural communities: Latino, West African, and Native American.

To date, lessons learned include:

• With some simple adaptations (such as culture-relevant resources and images), Dementia Friends can be a helpful program for culturally diverse communities.

• We need to be mindful of reading grade levels and be flexible with words used in the program content.

• We need to ensure that Dementia Friends session participants are comfortable with doing individual or small group activities.