



den

DEMENTIA EMPOWERMENT
NETWORK

RÉSEAU D'AUTONOMISATION
DES PERSONNES ATTEINTES
DE TROUBLES NEUROCOGNITIFS

Actively involve
people living with
dementia in group
decision making.



If needed, find
someone in the
community who would
be willing to act as a
group facilitator -
leadership is
important!

Keeping a Group Going

IDEAS FOR GROUP ACTIVITIES

FINDING FUNDING (optional)

IDEAS FOR GROUP ACTIVITIES

- painting
- trivia
- charades
- mini golf
- cornhole
- walks
- meals
- movies

Have a variety of groups at
the beginning and see what
people gravitate towards!

FINDING FUNDING

- Talk to your **local Lion's Club or Rotary Club** and ask for them to sponsor your group
- Approach **local businesses** and ask if they would be willing to supply free meeting space or refreshments
- Speak to those in your networks about **local grants** to apply to



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Keeping a Group Going

TIPS FOR INCLUSION

BUILDING A SUPPORTIVE GROUP ENVIRONMENT

TIPS

FOR MAKING OTHERS FEEL INCLUDED

- ask questions
- use people's names
- be non-judgmental
- be compassionate

BUILDING A SUPPORTIVE GROUP ENVIRONMENT

- ✓ Talk with the group about their interests for activities, discussions etc.
- ✓ Create group goals or guidelines that all members agree on
- ✓ Develop friendships and connections within your own group and amongst the other DEN groups
- ✓ Consider volunteering as a dementia advocate

and help with some of the 'behind the scenes' work that keeps the DEN going

Visit www.denvoices.ca for more information.



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