

# Local Dementia Resources

for our faith communities



We all have a part to play in creating a dementia friendly community!



By the **Spokane Regional Dementia Friendly Community (DFC)**



A Member of the  
Dementia Friendly  
America Network



**Familiarize yourself with these resources & consider hosting training or education opportunities!**

### **1. Dementia Friends Training**

A Dementia Friend learns about memory loss and then turns that understanding into action. Anyone can become a Dementia Friend by attending a one-hour information session. Learn more about this program and join the movement today: [bit.ly/3HropK6](https://bit.ly/3HropK6)

### **2. Dementia Resource Guide**

A local resource list and roadmap for those living with dementia and their care partners. A variety of supports are available. View the following link to access or print: [bit.ly/3u7MRwX](https://bit.ly/3u7MRwX)

### **3. Spokane County Library District's (SCLD) "Stay Sharp" Toolkits**

Embark on adventures together with those living with dementia or memory loss by checking out a SCLD "Stay Sharp" toolkit. These kits feature a variety of activities and topics, and can be found on the SCLD website: [bit.ly/47GPeEM](https://bit.ly/47GPeEM)

### **4. Dementia Friendly America (DFA)**

DFA has guides that provide information, resources, and actions that specific communities can take. This includes a Dementia Friendly Faith Communities Sector Guide which can be found at the following link: [bit.ly/3SsNt9E](https://bit.ly/3SsNt9E)

**For additional resources & support:**

**Please visit the Dementia & Memory Loss site:**

[bit.ly/3vTuB11](https://bit.ly/3vTuB11)

(or) Scan the QR Code

**Contact us:**

(509) 777-1629

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