

Local Dementia Resources

in Eastern Washington



Learn how you can support people living with cognitive changes and make Eastern WA more dementia friendly.



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



A Member of the
Dementia Friendly
America Network



We each have a role to fulfill in fostering a dementia friendly community! **Learn how you can advocate for others:**

1. Volunteer with us

The Spokane Regional Dementia-Friendly Community is made up of volunteers who work to create an equitable community that is safe and supportive of people living with dementia and their care partners. Volunteers lead Dementia Friends information sessions, work on projects, and more. Join our cause: [Click Here](#)

2. Attend an education opportunity

Schedule an education session or series for your group, or drop in on a class that's open to the public. We also offer trainings for professionals. Visit our website to learn more: [Click Here](#)

3. Connect with resources

Connect with statewide resources like Dementia Road Maps, Legal Planning Toolkits and free legal assistance: [Click Here](#)

4. 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: [Click Here](#)

5. Subscribe to our Dementia Newsletter

Get the latest local news by subscribing to our biannual digital newsletter: [Click Here](#)

For additional Resources & Support:

Please visit the Dementia & Memory Loss site:

[Click Here](#)

(or) Scan the QR Code

Contact us:

(509) 777-1629

dementia@altcew.org

