



Volunteer Position Description:

Dementia Friends Champion, King County

Background:

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, Dementia Friends helps communities across the world understand what dementia is and how it affects people. Everyone can make a difference for people touched by dementia.

Individuals interested in becoming a Dementia Friend attend a 60-minute Dementia Friends Information Session led by a Dementia Friends Champion. During the Information Session, individuals develop an understanding about what dementia is, the most common type of dementia, 5 key messages, communication tips and strategies, and ways to take action. Local resources and support are also shared. Sessions are held at various spaces out in the community, including senior centers, churches, businesses, and more.

Dementia Friends Champions undergo a 3 hour training, which includes a Dementia Friends Information Session. The training also covers the 5 key messages that are part of the Dementia Friends program, understanding the content and materials used to deliver a Dementia Friends Information Session, and tips for delivering a successful session.

Interested in becoming a Dementia Friends Champion? Let's connect! You don't have to be an expert or know someone living with dementia to be a Dementia Friend!

Position Title: Dementia Friends Champion, King County

Supervisor: Katie Zeitler, Dementia Friends Washington Program Manager, karenadz@uw.edu, (206)685-6749

Dementia Friends Champion Roles and Responsibilities:

In general, as a Dementia Friends Champion, your responsibilities will be:

- To promote Dementia Friends throughout your own networks and communities.
- To organize your time, deciding when, and where, you are available to lead Dementia Friends sessions (in collaboration with the Program Manager, if applicable)
- To act as an ambassador for Dementia Friends, treating everyone with respect and dignity.
- To represent the views of Dementia Friends by following the Champion's Guide and Session Workbook.
- To describe Dementia Friends sessions as information sessions rather than "trainings," so that participants will have accurate expectations.
- To promptly record your Dementia Friends sessions and the number of Dementia Friends you make as instructed.
- To contact Katie Zeitler, Program Manager, with any questions or if you no longer wish to volunteer.

Time Commitment/Schedule:

- Volunteer will attend one-hour Dementia Friends Information Session and two-hour Dementia Friends Champion training
- Total time commitment will vary: 2 hours to deliver Information Sessions (arrive half an hour before and stay half an hour after) with

additional time to plan for and promote Information Session. Number of Information Sessions per month will vary depending upon interest.

- Volunteer must be able to serve minimum 6 months

Requirements:

- 18+
- Experience or interest in public speaking
- Reliable and dependable
- Excellent time management skills
- Excellent interpersonal and communication skills

Volunteer Benefits:

- Learn about dementia, the most common type, 5 key messages, communication tips and strategies, and local resources and support
- Be part of a global movement to help spread awareness about dementia and help make a difference

More Information:

Visit www.dementiafriendswa.uw.edu and fill out this [online interest form](#). For more information, contact Dementia Friends Washington Program Manager Katie Zeitler, karenadz@uw.edu, (206) 685-6749.