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New Albany, Indiana
For Immediate Release

LifeSpan Announces New *Dementia Friends* Workshops

Free workshops aim to reduce the stigma surrounding the disease.

LifeSpan Resources, the designated Area Agency on Aging for Clark, Floyd, Harrison and Scott counties, announced it is adding more “Dementia Friends” workshops across its four county area (Clark, Floyd, Harrison and Scott). The agency launched the Dementia Friends program last October. Dementia Friends aims to tackle the stigma and lack of understanding surrounding Alzheimer’s and dementia.

Dementia is a growing concern across the nation. The World Health Organization declared it an epidemic in 2016. In Indiana, the number of residents living with dementia is 110,000 and projected to increase to 130,000 by 2025. Dementia Friends is a global movement that aims to change the way people think, act, and talk about dementia. Developed by the Alzheimer’s Society in the United Kingdom, the Dementia Friends initiative is underway in Indiana and across the United States. The program states that by helping everyone in a community understand what dementia is, and how it affects families, each of us can make a difference for people touched by dementia.

One hour workshops offered by LifeSpan Resources, are free and open to the public. They are offered in multiple locations on a monthly basis. While not a medical program, participants will learn what dementia is, what it’s like to live with the disease, and some tips for communicating with people who have dementia. The sessions are friendly discussions led by a Dementia Friends “champion” who will present simple ways to support someone living with the disease. Everyone who attends a workshop will receive a packet and certificate stating they have become a Dementia Friend.

Workshops begin in March and are free, but registration is appreciated. To register for an upcoming information session, go to: www.dementiafriendsindiana.org

Floyd County:

Mark Elrod Tower, 1 Wolfe Trace, New Albany, Every 4th Tues.; 9:30 AM – 10:30 AM

LifeSpan Resources, 33 State Street, New Albany, Every 4th Fri.; 10:00 AM – 11:00 AM

Clark County:

Yellowwood Terrace, 2100 Greentree North, Clarksville, Every 4th Weds.; 9:30 AM – 10:30 AM

Harrison County:

Joe Rhoads Senior Center, 123 S. Mulberry, Corydon, Every 4th Weds.; 10:00 AM – 11:00 AM

Scott County:

Bacala Senior Center, 69 E. Wardell, Scottsburg, Every 2nd Fri.; 10:00 AM – 11:00 AM

For more information, contact Lucy Koesters at lkoesters@lsr14.org or 812-206-7938.

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