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For Immediate Release

## **LifeSpan Launches New *Dementia Friends* Program October 25**

### **Aims 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 launching a local “Dementia Friends” program that aims to tackle the stigma and lack of understanding around dementia. One hour workshops, open to the public, will be offered every fourth Friday of the month from 10:00 AM – 11:00 AM at LifeSpan’s offices in New Albany, located at 33 State Street (third floor of the YMCA) beginning October 25. 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.

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.”

To register for an upcoming information session, go to: [www.dementiafriendsindiana.org](http://www.dementiafriendsindiana.org)

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