

KEEPING A GROUP GOING

Here's some ideas on how to keep your group going and ensure its success!



ACTIVITIES

Actively involve people living with dementia in group decision making!

Some ideas for group activities include: painting, trivia, charades, mini golf, cornhole, walks, meals, movies, Christmas in July etc.

*have a variety of ideas at the beginning and see what people gravitate towards

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FUNDING (optional)

- Talk to your local Lion's Club or Rotary Club and ask for them to sponsor your group
- Approach local businesses and ask if they would be willing to supply free meeting space or refreshments
- Speak to those in your networks about local grants to apply to



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MAKING OTHERS FEEL INCLUDED

- Ask questions that are easy to answer and take everyone back to a time they can remember!
 - if you don't know where to start, ask a goofy icebreaker question
- Use people's names - Name tags help with this!
 - introduce yourself to new members
 - introduce people to each other
- Be non-judgmental and compassionate!

Walking into a room where you don't know many people is a bit scary - greet everyone at the door when you can and smile!



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SUPPORTIVE GROUP ENVIRONMENT

- Talk with the group about their interests for activities, discussions etc.
- Create group goals and guidelines that all members agree on
- Develop friendships and connections within your own group and amongst the other DEN groups
- Consider volunteering as a dementia advocate and help with some of the behind the scenes work that keeps the DEN going



DEMENTIA EMPOWERMENT
NETWORK

RÉSEAU D'AUTONOMISATION
DES PERSONNES ATTEINTES
DE TROUBLES NEUROCOGNITIFS



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