



den

DEMENTIA EMPOWERMENT  
NETWORK

RÉSEAU D'AUTONOMISATION  
DES PERSONNES ATTEINTES  
DE TROUBLES NEUROCOGNITIFS

Actively involve  
people living with  
dementia in group  
decision making.



If needed, find  
someone in the  
community who would  
be willing to act as a  
**group facilitator** -  
leadership is  
important!

# Keeping a Group Going

## IDEAS FOR GROUP ACTIVITIES

### FINDING FUNDING (optional)

## IDEAS FOR GROUP ACTIVITIES

- painting
- trivia
- charades
- mini golf
- cornhole
- walks
- meals
- movies

Have a variety of groups at  
the beginning and see what  
people gravitate towards!

## FINDING FUNDING

- 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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## TIPS FOR MAKING OTHERS FEEL INCLUDED

- ask questions
- use people's names
- be non-judgmental
- be compassionate

# Keeping a Group Going

## TIPS FOR INCLUSION

## BUILDING A SUPPORTIVE GROUP ENVIRONMENT

### BUILDING A SUPPORTIVE GROUP ENVIRONMENT

- ✓ Talk with the group about their interests for activities, discussions etc.
- ✓ Create group goals or 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

Visit [www.denvoices.ca](http://www.denvoices.ca) for more information.



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