

# KEY FACTORS FOR

The DEN: Empowering Dementia Voices,  
Connecting People, and Growing Together

## STARTING A NEW GROUP



**Finding a meeting space:** Contact different agencies and buildings like: libraries, community centres, senior centres, care homes, local coffee shops and restaurants.

**Finding new members:** Advertise your group in bulletin boards, at the library, on facebook, in the local paper, by word of mouth.

\*some groups have had more success referring to 'memory issues' rather than dementia



**Making others feel included:** Ask questions, use members' names (name tags help!), be non-judgmental and compassionate.

**Build a supportive group environment:** talk to the group about their interests, create group goals/guidelines all members agree on, develop friendships and connections within your own group and amongst other DEN groups.



VISIT [WWW.DENVOICES.CA](http://WWW.DENVOICES.CA) FOR MORE INFORMATION



DEMENTIA EMPOWERMENT  
NETWORK

RÉSEAU D'AUTONOMISATION  
DES PERSONNES ATTEINTES  
DE TROUBLES NEUROCOGNITIFS



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