

About the DEN

DEN stands for the:

**Dementia
Empowerment
Network**

The DEN brings
people together.

We are a collection of peer
support groups that are
based around:

friendship

mentorship

community connections

advocacy

Contact Us

Email info@hamiltoncoa.com

- to learn how to start a group or
- to have your group join the DEN



Visit www.denvoices.ca
for more information.

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Starting a Group and Keeping a Group Going



**DEMENTIA EMPOWERMENT
NETWORK**

**RÉSEAU D'AUTONOMISATION
DES PERSONNES ATTEINTES
DE TROUBLES NEUROCOGNITIFS**



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



What do I need to Start and Maintain a Group?

- ☒ Meeting Space
- ☒ New Members
- ☒ Activities
- ☒ Funding (optional)

Meeting Space

Contact different agencies and buildings like:

- libraries
- community centres
- senior centres
- care homes
- local coffee shops and restaurants



TIP: have a group for care partners in a different area or side of the space at the same time as the group for people living with dementia

New Members

Advertise your group:

- in bulletin boards
- at the library
- on facebook
- in the local paper
- by word of mouth



TIP: some groups have had more success referring to '**memory issues**' rather than **dementia** because of the stigma associated with the diagnosis

Building a Supportive Environment

One way is by greeting everyone at the door (especially when you know a new member will be joining)

- Introduce your name
- Walk them in
- Introduce them to other people

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, bingo etc.



TIP: have a variety of activities at the beginning and see what people gravitate towards

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