

## **Learn How to Help People With Dementia in Small Ways: Info Session at 4 PM Monday at Darien Library**

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**Categories :** [Healthy Living](#), [Seniors](#)

**Tagged as :** [Dementia Friends](#)[Dementia Friends 2019](#)

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Being a Dementia Friend simply means learning more about dementia, putting yourself in the shoes of someone living with the condition, and helping in small ways.

An information session organized by At Home in Darien for people interested in becoming Dementia Friends will take place from 4 to 5 p.m., Monday at Darien Libraries.

Small gestures, such as spreading the word about Dementia Friends, or visiting someone living with the illness, can help make our community Dementia Friendly.

Anyone can be a Dementia Friend! Each Information Session lasts about one hour and will teach you how to make Darien a dementia friendly community.

Please RSVP by calling At Home in Darien at 203.655.2226 on Monday. At Home in Darien is open from 9 a.m. to 4 p.m.

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia.

Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends movement is now spreading through Connecticut.

*Darienite*

*News for Darien*

*<https://darienite.com>*

*See also: [The Dementia Friends USA website](#)*

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