Learn about dementia and the small ways you can help people in your community living with memory loss or dementia.

Dementia Friends provides a 1-hr presentation designed to raise awareness and empathy towards persons with memory loss or dementia. The presentation covers the basics of dementia, normal aging vs. signs and symptoms of dementia, and how to help those living with dementia.

Dementia Friends is a global public awareness movement. To learn more, visit www.dementiafriendsusa.org

To schedule a Dementia Friends session, email Christy Nishita, Ph.D., Gerontologist, UH Center on Aging & Age-Friendly Honolulu, cnishita@hawaii.edu