



TEN PRACTICAL STEPS TOWARDS BECOMING A MORE DEMENTIA-FRIENDLY CHURCH



GOLDEN RULE: Ask and involve people affected by dementia



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| ① WELCOMERS: Our Welcomers at church services are Dementia Friends or understand the key facts about dementia. | ① |
| ② TRAINING: People from church have attended awareness-raising sessions or training to understand more about dementia. | ② |
| ③ BUILDINGS: We have reviewed our church buildings for dementia-friendliness e.g. pictorial signage for the toilets. | ③ |
| ④ SERVICES: We have reviewed our church services for dementia-friendliness e.g. visual prompts, familiar hymns and prayers. | ④ |
| ⑤ INFORMATION: We regularly share information on dementia e.g. in displays, notices or notice sheets. | ⑤ |
| ⑥ MENTION: We openly talk about dementia, in church services (prayers and sermons) and beyond. | ⑥ |
| ⑦ PASTORAL SUPPORT: We offer pastoral support for carers as well as people living with dementia, including transport. | ⑦ |
| ⑧ NAMED CO-ORDINATOR: We have a named dementia (or disability) co-ordinator, aware of local charities/resources. | ⑧ |
| ⑨ MEMORY BOXES: We have Memory Boxes available in church. | ⑨ |
| ⑩ SPECIAL EVENTS OR SERVICES: We offer special events or services focusing on dementia. | ⑩ |

TRAINING: EXAMPLES

- Dementia Friends Information Session.
- Dementia-Friendly Churches course run by the diocese.
- Other training offered e.g. by the Council.

SPECIAL EVENTS OR SERVICES: EXAMPLES

- Monthly Forget-me-not tea for people living with dementia and their carers
- Regular film afternoon for carers and the people they care for.
- Forum on dementia with input from people locally living and working with dementia.
- An event for Dementia Awareness Week e.g. a tea, a tea dance or a special service – perhaps a Songs of Praise format, interviewing people living and working with dementia.