

Dementia Action Week

21st – 27th May 2018

Take part in Dementia Action week this year!

This week is a chance to take action to help people who are living with Dementia as well as raise awareness of it. Here are some ideas you can do during this week:

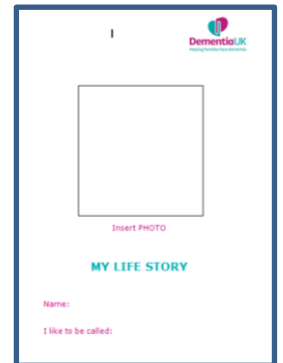
Wear Blue!

Join our wear something **blue** day on Friday 25th May 2018 and get everyone



Life Stories

Support a person living with Dementia, to create a life story booklet, encourage their family and friends to help. These can be found on the Dementia UK website.



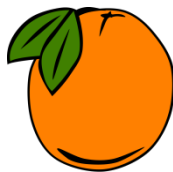
Share the Orange

Alzheimer's Research UK is asking everyone to share their video of the "Orange." This video is to help people have a better understanding of Dementia.

You can find the video here:

<https://www.alzheimersresearchuk.org/orange/>

Why not share this video with the people you work with as your action in Dementia Action Week?



An Alzheimer's Society initiative

The Quality Innovation team are Dementia Champions and can come to your home to make staff, residents, friends and family, Dementia Friends. You can find out more about becoming a Dementia Friend at <https://www.dementiafriends.org.uk/> If you would like someone to come to your home to do this, please contact quality.innovation@essex.gov.uk

What can you do in Dementia Action Week?

Why not organise activities for families and friends to get involved in? This could be a tea party, a themed lunch or games night!

Please let the Quality Innovation team know what you get up to during the week. We would love to feature what you do in our newsletter.

Get in touch at quality.innovation@essex.gov.uk



Essex County Council