

# Dementia Friendly Greater Pittsburgh



A Member of the  
Dementia Friendly  
America Network

## Who We Are

We are part of a global movement that is changing how people think, act and talk about dementia. A dementia friendly community is welcoming and supportive of individuals living with dementia, their families and caregivers. Dementia Friendly Greater Pittsburgh was founded in 2017 as an initiative of Southwestern Pennsylvania Partnership for Aging and Age-Friendly Greater Pittsburgh. We are part of Dementia Friendly Pennsylvania, a state-wide initiative that helps to build inclusive communities across Pennsylvania.

## Our Vision

We strive to make our region one where those living with dementia and their care partners can live safe, engaged lives; where they are informed and included in the everyday life of their community.

## Join Us!

Help make our community dementia friendly by joining our team of volunteers! We're working to develop new educational offerings, participate in advocacy events and connect to available resources.

## Our Partners



Cover photo by Matthew Paulson

## What We're Doing

We provide education, create opportunities for engagement and advocate for the needs of those living with dementia and their care partners. We collaborate with professionals across sectors (healthcare, business, government, nonprofit), those living with dementia, care partners and community members.



## What to Know About Dementia

### 10 Warning Signs of Dementia\*

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

\* Alzheimer's Association  
[www.alz.org/alzheimers-dementia/10\\_signs](http://www.alz.org/alzheimers-dementia/10_signs)

### Dementia by the Numbers in Pennsylvania

- 280,000+ people living with Alzheimer's Disease, set to reach 320,000 in 2025\*
- 404,000+ unpaid caregivers\*
- 646+ million hours of unpaid caregiving valued at \$10.7 trillion per year\*
- 270+ geriatricians\*
- 12,900+ Dementia Friends in Pennsylvania\*
- 6,000+ Dementia Friends in Allegheny County\*

\* Alzheimer's Association  
[www.alz.org/facts](http://www.alz.org/facts), 2023

\* Dementia Friends Pennsylvania  
[www.dementiafriendspa.org](http://www.dementiafriendspa.org), 2023

# Get Involved

## Become a Dementia Friend

*Created in partnership with Jewish Healthcare Foundation and Dementia Friends Pennsylvania*

This free, one-hour training will teach you how to turn your understanding of dementia into a practical action that can help individuals living with dementia in your community. The training session will cover five key messages about dementia, touch on what it is like to live with dementia and identify communication tips to use in the community. All participants receive a workbook, resource packet and certificate.

## Volunteer as a Dementia Champion

Dementia Friends Information Sessions are facilitated by volunteer Champions who have participated in a Champion training. Our Champion training equips you with the knowledge and activities needed to facilitate Dementia Friends Information Sessions with family, friends, colleagues and the wider community.

## Read Our Community Toolkit

Our toolkit educates our community on what dementia is; ways to support people living with dementia and their care partners. It also provides local and national dementia resources. To read the community toolkit, please visit: [swppa.org/dfgp](http://swppa.org/dfgp).

## Get Trained: Dementia Friendly @ Work

*Created in partnership with Presbyterian SeniorCare Network and Dementia360*

In this free, one-hour training, we teach businesses and organizations how to recognize the signs of dementia and Alzheimer's disease, interact with a person living with dementia, create dementia friendly spaces and access other resources. Trained workplaces will receive a window cling to display.



If you'd like to join our efforts, email [DementiaFriendlyGreaterPGH@gmail.com](mailto:DementiaFriendlyGreaterPGH@gmail.com)

For local dementia resources, call Dementia360 at 412-435-8950

Follow us on Facebook  
[@DementiaFriendlyGreaterPgh](https://www.facebook.com/DementiaFriendlyGreaterPgh)