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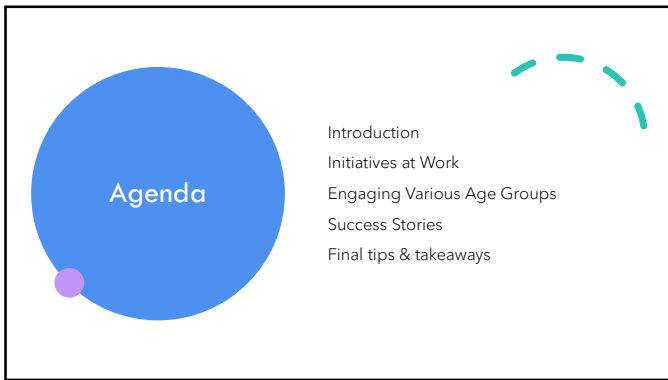
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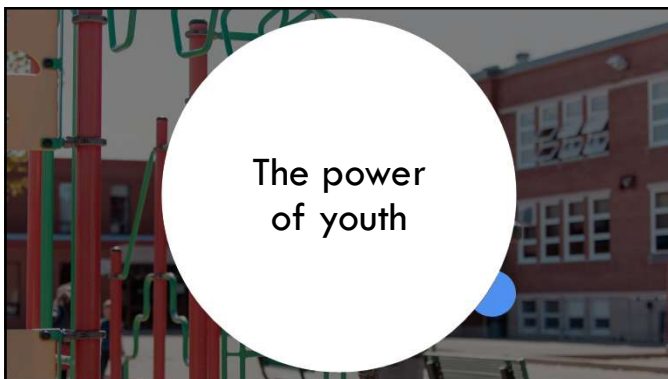
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## La Crosse County Initiatives

**Dementia Friends Education** to: School classrooms and groups, Community Youth clubs and organizations, Church Youth Groups

**Lectures, Education & Dementia Live** to: Higher Education classes, Healthcare Programs

**Intergenerational Engagement Opportunities**

**Resource Development with Youth at the focus**

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## Early Childhood 3K-1<sup>st</sup> Grade (ages ~3-6)

- Understand Brain & Body\*
- What does the Brain Do?\*
- Illness in the Brain\*
- Storytelling
- Key Takeaways:
  - Encouraging students to talk about what they learned at home
  - Understand their brain, illness it may get, and how to be kind to those in need
  - Dementia Friends Certificate

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## Early Elementary 2<sup>nd</sup> - 5<sup>th</sup> Grade (ages ~7–11)

- Understand Brain & Body
- Define Dementia - Illness in the Brain - Who Gets Dementia
- Storytelling
- Everyday Tasks Activity\*
- Key Takeaways:
  - Encouraging students to talk about what they learned at home
  - Ways to help (patience, listening, kindness)
  - Dementia Friends Certificate

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## Middle School 6<sup>th</sup> -8<sup>th</sup> Grade (ages ~12–14)

- Normal Aging vs. Alzheimer's and Dementia
- Interactive Worksheet
- Who's Right Activity\*
- Communication Exercise\*
- Key Takeaways:
  - Emphasize patience, understanding, and advocacy
  - Encourage sharing what they've learned
  - Dementia Friends Certificates

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### High School 9<sup>th</sup> -12<sup>th</sup> Grade (ages ~15–18)

- Normal Aging vs. Alzheimer's and Dementia
- Who's Right Activity
- Bookcase Story\*
- Communication Exercise
- Sandwich Activity
- Key Takeaways
  - Emphasize patience, understanding, and advocacy
  - Encourage sharing what they've learned
  - How they can help
  - Dementia Friends Certificates

A close-up portrait of a young woman with reddish-brown hair, looking slightly to the side with a gentle expression.

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### College Pre-Health Professions (Young Adults)



- Lectures on Brain Health, Sexuality & Aging, Normal Aging vs. Alzheimer's and Other related Dementias
- Experiential Opportunities: Dementia Friends Champion Training, Bookcase Story, 5 Key messages, Panel of Caregivers, Sandwich Activity, Dementia Live
- Volunteer Hours, Practicum Hours, Semester Internships
- Key Takeaways
  - Understand dementia as a whole-person condition
  - Importance of early detection and intervention
  - Advocacy of brain health and caregiver support across the lifespan
  - Communication and connection are core clinical skills

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### Resources

#### Handouts Online

- Guide for Engaging Youth
- Youth Education Impact
- Bookmark Outreach Sample
- Youth Parent Letter Sample
- Well-Being Bingo
- Youth Presentation PowerPoint Sample

#### At-a-cost Resources

- Age-u-cate Dementia Live
- Moments of Meaning Packs

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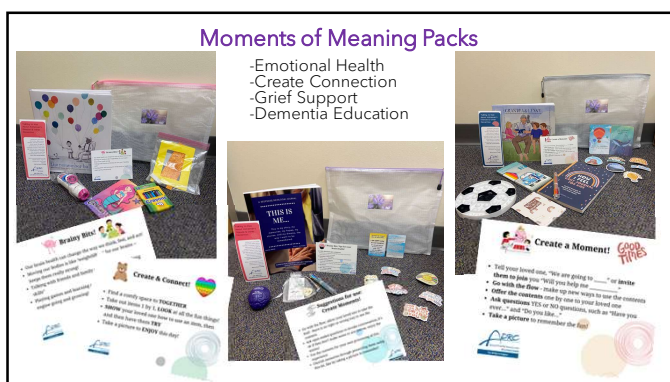
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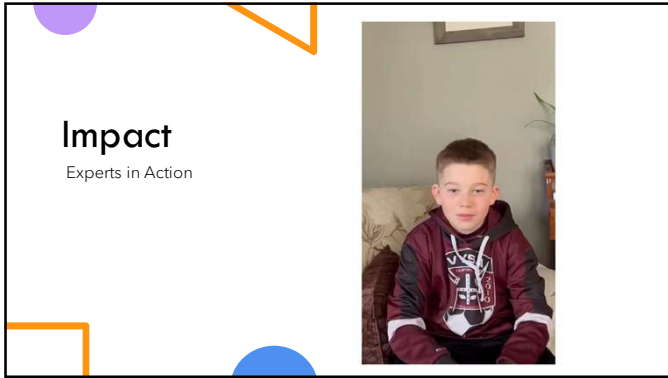
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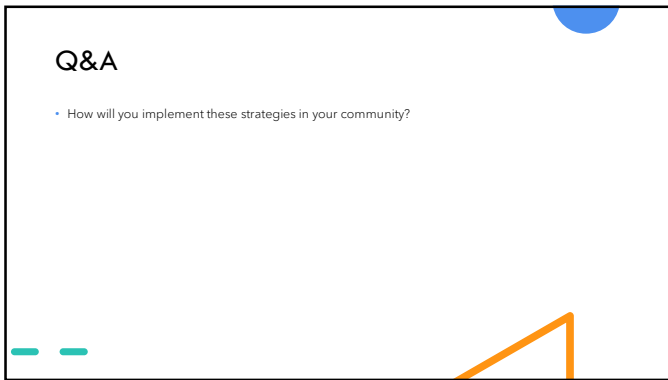
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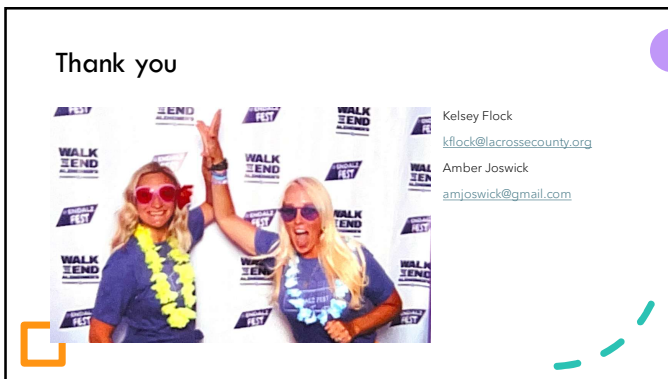
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