

DEMENTIA ACTION FRAMEWORK

“10 – 10 – 10” CAMPAIGN FOR ACTION
*What can you do in 10 minutes, 10 days, and 10 weeks
to help make your family and community more dementia-friendly?*

10 MINUTES	10 DAYS	10 WEEKS	
Look at your calendar. Schedule 30+ minutes of exercise, 5 days a week, for the next 4 weeks. Do it now.	Tour your local senior center. Learn about their services and consider volunteering there.	Read a book on dementia and brain health. Discuss it with your book club.	
Put emergency contact info on your phone and on your fridge, in your wallet, and in the glove compartment of your car.	Attend a webinar on dementia caregiving. Ask your employer to share dementia education resources with employees.	Create a living will, health directive, and advance care plan. Get advice from health, financial and legal experts.	
Make a list of people you would want on your support team if you were diagnosed with dementia.	Get family or friends together. Watch a film about dementia, discuss it.	Do a home safety assessment. Address safety issues (lighting, railings, locks, stairs, etc.) <i>ahead</i> of the need.	
Download brain healthy recipes and invite family or friends to cook dinner with you. Talk about prevention.	Visit assisted living and memory care centers for a tour and learn about their services.	If you or a loved one has symptoms or concerns about dementia, consult a doctor.	
Ask your representatives what they're doing to support age-friendly, dementia-friendly communities. Seek public health policies that impact seniors, including those with dementia and their caregivers.			

***(Put an X in the boxes to the right of action items you plan to commit to.
Use the next page to add ideas for other actions you'd like to share.)***

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Framework provided by The Sue’s Story Project.