

Guide on how to **JOIN THE DEN** **DEMENTIA EMPOWERMENT** **NETWORK**

Empowering Dementia Voices,
Connecting People, and Growing
Together!



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DEMENTIA EMPOWERMENT NETWORK

What is the DEN?

DEN stands for the Dementia Empowerment Network. It is a vibrant, engaged, creative, connected network of dementia voices in Canada, working together to shape their communities and the world around them.

We're more than a network; we're growing a vibrant community. DEN brings people living with dementia to share stories, support and learn from one another.

DEN isn't about whispers; it's about raising our voices. We promote groups, advocate for change, and create platforms for those affected by dementia to be heard.

We share resources—practical guides, inspiring stories, and innovative ideas—for groups and allies who want to make a difference.

DEN Membership

In order to be part of the network we ask that you:

- Are part of a group of two or more people living with dementia.
- Share what you are doing with the network at least every 4 months.
- Ensure that engaging and empowering the voices of people living with dementia your main focus as a group.

Groups operate in a variety of ways.

A group can:

- start in a pub (or a cafe) with two people!
- be supported and ‘housed’ by a variety of organizations such as support services and local charities.
- take place in a service setting e.g., a day centre or care home.
- set up independently with a bank account.
- be led by people with dementia.
- have paid staff members who provide practical support to the running of the group, as well as well as volunteer support.
- Groups also exist without any professional input at all.

Groups want to do different things and could be involved in:

- campaigning, awareness raising and training about dementia.
- consultations and local practice, or policy development.
- working to create dementia-friendly communities.
- involved in research, as well as potentially leading their own research projects.
- creative arts and activities.
- community building events.
- Many groups dip in and out of taking part in opportunities, which is absolutely fine.

A group can:

- A group can be any size.
- They may be large groups that get together to work on provincial or national issues.
- Most groups however, are smaller, local groups with 3- 6 members.
- It only takes two people to make a group and don't be afraid to start small and slow.

As a member of the DEN you will:

- Be invited to take part in weekly facilitators peer support group on zoom.
- Have your own group page on the DEN website. This is a place for you to share your activities, stories and photographs and so much more.
- Learn about opportunities to get involved.
- Have access to advice and support about issues or developments facing your group
- Share your experiences – what you are doing, your achievements and what you would like to do with others.
- Ensure that the engagement and empowerment of people living with dementia is at the heart of what you do.
- Be invited to networking events with to meet and connect with other DEN groups (if there is interest).

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Next Steps

Please complete the DEN registration form and email to tracy@hamiltoncoa.com.

We will then be in touch with you soon.

Visit www.denvices.ca for more information.



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Support generously provided by:

