



To schedule a session, contact dementiafriendlycolorado@gmail.com

Dementia Friendly Denver
Presents

Dementia 101 + Reducing Your Risk

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not for profit, volunteer-based initiative announced at the White House Conference on Aging in 2015. Our mission is to make communities across the nation more dementia friendly, reduce dementia stigma, and improve the quality of life for those living with Alzheimer's disease and other dementias and their family care partners. Dementia Friendly Denver offers one hour dementia education programs at no cost to government, business, academic, faith, and community groups throughout the greater Denver area.

Topics include:

What is the difference between dementia and Alzheimer's disease?
What are the most common types of dementia?
What are the warning signs for dementia?
Cognitive issues might not be dementia
How to get a dementia diagnosis
Stages of dementia
Dementia communication, interaction, and behavior tips
Caregiver challenges and self-care
Community resources available
How we can make communities more dementia friendly
The latest promising research and treatment updates
15 things you can do at any age to reduce dementia risk



Presenter – JJ Jordan

After a corporate management career at IBM and McKinsey & Company, JJ Jordan reinvented herself in the field of Alzheimer's/Dementia after three of four parents in her immediate family were diagnosed with the disease. She was their family caregiver for 16 years.

JJ is the CEO of the Jordan Consulting Group, where she lectures, teaches, and consults on dementia topics. She is also an associate with a business psychology firm serving as their client dementia coaching and training provider. JJ also sits on the Dementia Advisory Board for the Colorado Department of Health.

JJ is the volunteer Community Chair for Dementia Friendly Denver where she was recognized by AARP with the Community Partner Award for 2019 for her dementia education work. She has also been a volunteer for the Alzheimer's Association's for 20 years. She recently served a six-year term on their Board of Directors and currently serves as a Community Educator and as their Public Policy Ambassador to Capitol Hill.

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