

Dementia Friendly Bitterroot



A Member of the
Dementia Friendly
America Network

In the Bitterroot, an estimated 3,500 people age 65+ are living with memory loss or dementia. Most are undiagnosed. Most are living at home. They are part of our communities. DFB is dedicated to helping our valley become more informed, safe, and respectful for people living with this condition and their care partners. Whether living with memory loss, caring for a loved one, or being a good neighbor, you are part of Dementia Friendly Bitterroot.

learning
sessions

free
resources

peer
connections

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Did you know?

- 1 Dementia is not a normal part of aging.**
- 2 Most types of dementia are caused by diseases of the brain.** Alzheimer's is the most common.
- 3 Dementia is not just about losing memory.** It affects all the senses.
- 4 It's possible to live well with dementia.** Choice and planning are key.
- 5 There is more to the person than the dementia.**

Communication tips

- Take it slow and stay calm.
- Keep questions simple. Allow time for an answer.
- Don't argue or correct; redirect.
- Talk face-to-face with eye contact.

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