

Destigmatizing Dementia: Symptom and Impact on Community

Setting: In a classroom

Subject: Biology - Neuroscience - Health

Grade Level: K-2nd grade

Time Frame: 60 min

Student Objectives:

1. Learn about what dementia is
2. Experience what it is like living with dementia

Materials:

1. Video - what it's like living with dementia
2. Overview of sensory experience using household items to depict what it's like living with dementia
3. Supplemental materials: [Books and Links for kids](#)

Background:

In this activity, students will have the opportunity to learn about dementia and what it is like living with this brain disease. The video will provide a window into what dementia is. Through the supplemental sensory activity, students will have the opportunity to experience firsthand some of the challenges associated with daily activities when living with dementia.

What to know before you teach:

This information is primarily for the teacher's background knowledge and the slides are for students. Ample notes are provided for each slide.

- Dementia is caused by a brain disease called Alzheimer's disease and is when the brain starts to not work so well. It affects older adults, not children.
- Dementia makes it difficult for someone to remember names, words, or how to do daily activities.
- Alzheimer's disease is not a normal part of aging. Although our cognition changes as we age, any changes that interfere with daily life should be evaluated by a doctor.

Procedure:

1. Briefly introduce the concept of dementia to students and how it's a brain disease that makes it difficult for older adults to remember things and makes daily tasks more difficult
2. Next show one of the video about what it's like living with dementia
3. Then have the class experience the sensory activity.

Additional Resources:

- **Additional Reading on 10 Warning Signs of Alzheimer's disease:** https://www.alz.org/alzheimers-dementia/10_signs
- **Approaching Memory Loss Concerns:** <https://alz.org/alzheimers-dementia/memory-loss-concerns>
- **Books and Links for teens**: Supplemental materials from alz.org