

This is a list of mentorship and peer support programs for individuals experiencing cognitive change, including people living with dementia or mild cognitive impairment (MCI), and their care partners. This is not an exhaustive list of all programs, but it is a place to help individuals experiencing cognitive change and their care partners get started connecting to other experiencing a similar journey.

## ARTZ Philadelphia

- **Website:** <https://www.artzphilly.org/artz-jefferson/>
- ARTZ Philadelphia is dedicated to enhancing the quality of life and well-being of people living with dementia and their care partners through joyful interactions around arts and culture. Their evidence-based programs connect people living with dementia and those important to them with artists, cultural organizations, and each other.
- ARTZ Philadelphia currently runs three mentoring programs in which people living with dementia and their care partners serve as mentors to health professions students:
  - "ARTZ @ Jefferson," a six-week online program;
  - "ARTZ @ Jeff X 3," a three-week in-person program at Thomas Jefferson University, Philadelphia; and
  - "ARTZ @ Widener," a half-day in-person program at Woodmere Art Museum in Philadelphia, with occupational therapy students from Widener University.
- Students spend time getting to know people living with dementia and their care partners as human beings, first, and people with diagnoses, second. Mentors guide and share their experiences with students about their lived experiences with dementia. Together, they work to change how our healthcare systems see and understand people affected by dementia.

## Dementia Action Alliance (DAA)

- **Website:** [www.daanow.org/virtual-discussions/](http://www.daanow.org/virtual-discussions/)
- DAA is a non-profit organization that provides hope and help to individuals and families living with dementia and information about how to live proactively with dementia. They offer services and peer supports including online discussion groups, podcasts, resources, a national Speakers Bureau, and other services.
- DAA offers a variety of monthly and weekly virtual discussions on Zoom led by individuals living with dementia or MCI including the following topics:
  - **Drop in with DAA:** Open discussion to share questions, ideas, and experiences
  - **Dementia Discussions:** Specific topic discussions
  - **Faith, Hope, & Love:** A non-denominational discussion about spirituality
  - **Caring Connections:** Open discussion, hosted by care partners of people living with dementia or MCI.
  - **Our Stories:** Build friendships by sharing past and present life experiences of people living with dementia or MCI.
  - **Dementia Men:** Open discussion hosted by men living with dementia or MCI.
  - **Dementia Women:** Open discussion hosted by women living with dementia or MCI.

## ● Dementia Alliance International (DAI)

- **Website:** <https://dementiaallianceinternational.org/get-support/join-a-support-group>
- Dementia Alliance International is a registered non-profit organization whose membership is exclusively for people with a medically confirmed diagnosis of any type of a dementia from all around the world.
- DAI provides facilitated online peer to peer support groups for people living with dementia. They create a safe environment to share thoughts, feelings or to talk with a group of like-minded people. They provide the Living Alone support group for people living with dementia who are living alone.

## ● Dementia Friendly Nevada's Dementia Conversations

- **Website:** <https://deerprogram.org/dementia-conversations/>
- Dementia Conversations is a public idea exchange that engages people living with dementia and family care partners. Each Dementia Conversations session, lasting 90 minutes, is co-hosted by a person who is living with dementia and a family care partner who offer their personal perspectives on the weekly topic and common issues that people often encounter within the context of dementia.
- During the session, participants will be invited to share their unique perspectives on the weekly topic. Sharing is optional, and participants are free to either engage and respond or say "pass" when called upon. Currently, there are two weekly Dementia Conversations:
  - **Dementia Conversations with Chuck and Jennifer:** Join national dementia advocate Chuck McClatchey and family care partner Jennifer Carson to talk openly and honestly about what it means to live with dementia and explore ideas for living well.
  - **Dementia Conversations with dangle and dot:** Join the nationally acclaimed dynamic duo dangle & dot (dementia self-advocate Nancy Nelson and family care partner Kat Hartley) to talk openly and honestly about doing dementia different(ly)!

## ● Dementia Mentors

- **Website:** <https://www.dementiamentors.org/home.html>
- Dementia Mentors offers mentoring, encouragement, social interaction, and other valuable resources to help improve the lives of those with dementia. They currently host up to eight live virtual memory cafés every week, exclusively for those living with dementia. These social gatherings are led by experienced mentors. Members have created several motivational videos that inspire and teach individuals living with dementia how to manage their symptoms and concerns.
- They offer that anyone with a dementia diagnosis can get mentored privately for free. All of the mentors are volunteers and living with dementia themselves.

## ● National Council of Dementia Minds

- **Website:** <https://dementiaminds.org/>
- The National Council of Dementia Minds has the goal of offering opportunities for dialogue and education by persons living with dementia. Their meetings follow a format aimed at providing peer support and mentoring as they identify and develop opportunities to share insights and strategies for living well with neurocognitive disorders with external audiences. Groups are for people living with dementia or MCI and meet weekly via Zoom. Current groups include:
  - **Original Dementia Minds**
  - **Black Dementia Minds**
  - **A Brotherhood** (men's group)
  - **Physician's Living with Dementia**
  - **Myth Busters**
  - **Sisters of the Dragonfly** (women's group)
  - **Up Periscope**

### Programs for care partners of individuals experiencing cognitive change:

## ● ARTZ Philadelphia's Café for Care Partners

- **Website:** <https://www.artzphilly.org/cafes-for-care-partners/>
- Cafés for Care Partners have been offered by ARTZ Philadelphia since 2014 especially for the care partners of people living with dementia to provide engaging, stimulating experiences and relief from the daily grind. In recent years, both "informal" care partners and professional care partners have participated in programs that have included calming arboretum walks, online mandala-making experiences led by a horticultural therapist, art-making sessions facilitated by professional artists, deep breathing and guided meditation sessions, and "resource" workshops. All programs are designed in direct response to care partners' own interests, needs, and desires.

## ● Penn Memory Center's Caring Collective

- **Website:** <https://pennmemorycenter.org/programs-services/caring-collective/>
- The Penn Memory Center is a single, unified Penn Medicine source for those age 65 and older seeking evaluation, diagnosis, treatment, information, and research opportunities related to symptoms of progressive memory loss. They offer classes, support, and a wide range of information on Alzheimer's disease and brain-aging related topics.
- The Caring Collective matches former and seasoned family caregivers with current family caregivers to provide support through their caregiving journey.
- Mentees (new caregivers) can expect to gain social support as well as confidence in their caregiving skills. Mentors (seasoned or former caregivers) have an opportunity to provide much-needed support while making meaning out of loss as they give back to caregivers new to this journey.
- This program is currently only open to Penn Memory Center patients/care partners and their GUIDE program participants.

## Lorenzo's House

- **Website:** <https://lorenzoshouse.org/our-programs/carepartner-connections/>
- Carepartner Connections at Lorenzo's House is exclusively designed for carepartner spouses, young adult carers, and those who have lost someone important to them.
  - This proven, cost-free carepartner-to-carepartner match model is for spouse and young adult carers experiencing a diagnosis of younger-onset dementia.
- **Website:** <https://lorenzoshouse.org/our-programs/youth-initiatives/>
- Lorenzo's Light Club is a virtual hangout for young people (ages 4-35+) to connect, have fun, share common stories and build an alliance. Groups meet on the 1st Thursday, 2nd Wednesday and 3rd Wednesday of the month. Groups include:
  - **Young Children's Group** (Ages 4-8)
  - **Children's Group** (Ages 9-12)
  - **Teen's Group** (Ages 13-17)
  - **Young Adult Group** (Ages 18+)

## VA Caregiver Mentoring

- **Website:** [https://www.caregiver.va.gov/support/Peer\\_Support\\_Mentoring\\_Program.asp](https://www.caregiver.va.gov/support/Peer_Support_Mentoring_Program.asp)
- The U.S. Department of Veterans Affairs provides care for those who have served in our nation's military and for their families, caregivers, and survivors.
- The Caregiver Peer Support Mentoring Program provides an opportunity for caregivers to receive guidance and share their experience, wisdom, skills, and passion with other caregivers. The program is available for general and family caregivers of all Veterans. The program was developed to strengthen relationships between caregivers, to provide an opportunity for networking and to empower caregivers to help one another.

**For more information about dementia,  
resources, education, events, and Dementia  
Friendly communities, please visit  
[www.dementiafriendlypa.org](http://www.dementiafriendlypa.org) or email  
[info@dementiafriendlypa.org](mailto:info@dementiafriendlypa.org).**