

# Creating a **Dementia Inclusive** GENERATION

BEING A POSITIVE CHANGE

LEARNING FROM EACH OTHER

MAKING A DIFFERENCE

SHARING AND GROWING



## PEER EDUCATOR

## TOOLKIT



THE Alzheimer  
SOCIETY OF IRELAND



GAISCE  
CHALLENGE  
PARTNER



# What is a Peer Educator?

ME...A ROLE MODEL. THAT'S CLASS!



A peer educator is a person that teaches others their age about something they have learned.

Being a peer educator means showing up, sharing what you do know, and making it relatable for people your age, it's not about being a genius or knowing everything.

That's **powerful** because sometimes, hearing something from someone like you just hits differently.

**You don't need to be an expert**, it's about creating a space where everyone feels comfortable learning together.

By taking the lead, you build your own confidence, improve how you communicate, and help others understand things in a way that makes sense to them.

**It's a chance to make a real difference**, be a role model, and grow your own skills at the same time.

## What Will I Gain?

- Increase your ability to show initiative in school and at home
- Improve your public speaking and presentation skills
- Increase your self-confidence and self-esteem
- Get more involved in/with creative and cultural activities
- Learn more about being empathetic
- Improve your organisational skills
- Enhance your CV and help you with your future study

THIS IS EASIER WITH SARAH HELPING.



### Top Tip:

If you want to get involved but you're feeling nervous, ask a friend to do it with you.

# So Why Help Others to Learn About Dementia?

**1 in 3 young people know someone with dementia** - maybe a grandparent, neighbour, family friend or even a parent with young-onset dementia. As more people live longer, more families will be affected by dementia.

**Understanding and Inclusivity** - The Alzheimer Society of Ireland wants to help young people like you learn about dementia and take action.

**Learning about dementia breaks down myths and makes it easier to talk about.** It also helps people with dementia feel less alone.

**Learn how to take care of your own brain and body** - like eating well, staying active, and looking after your mental health.

**Together**, we can all help make our schools and communities kinder, more caring places.

MY MENTAL HEALTH IS IMPORTANT TO ME!



UNDERSTAND WHAT DEMENTIA MEANS,  
AND HOW IT EFFECTS REAL PEOPLE.

## But What is Dementia?

**Dementia is an umbrella term** – this means it covers many different conditions that affect how the brain works.

It causes problems with **memory, thinking, and doing everyday things.**

**Dementia is not a normal part of ageing**, but it is more common in older people.

**Young Onset Dementia (YOD)** refers to anyone who received a diagnosis of dementia before the age of 65.

In Ireland, around **64,000 people** are living with dementia and the numbers are growing!

The **most common cause** is Alzheimer's disease, but there are many others like **Vascular dementia, Lewy body dementia and Frontotemporal lobe dementia.**

**People with dementia might:**

- Forget things often or repeat themselves
- Get confused
- Struggle to find the right words
- Act differently or seem frustrated.

**Dementia affects each person differently** – some people change slowly, others more quickly.

**Most people with dementia in Ireland live at home**, supported by family and community services.

There's no cure yet, but support, understanding, and **early diagnosis** can make a big difference.