



# New Friends

Pairing UW-Madison undergraduate and health professional students and individuals with Alzheimer's disease or other memory issues

JOINTLY PROVIDED BY:



**Wisconsin Alzheimer's Institute**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH



## What is New Friends?

New Friends pairs UW-Madison undergraduate and health professional students and individuals with Alzheimer's disease or other memory issues (mentors) for a year-long mutually enriching experience. Through meetings and shared activities (visiting museums, playing games, etc.), pairs develop friendships, while the student learns directly about the disease process and its effects on the person and their family.

New Friends is a research study that will measure students' knowledge and attitudes about dementia and well-being of older adult mentors.

## Who can participate?

UW-Madison undergraduate and health professional students. This includes students from the fields of medicine, nursing, social work, occupational, physical and speech therapies, and pharmacy.

Mentors who have Alzheimer's disease or other memory problems.

A maximum of 20 students and 20 mentors will participate in the program.

## What does participation involve?

- Attend a 3-hour orientation session (students only)
- Complete pre and post knowledge testing (students only)
- Attend match-luncheon (all)
- Attend monthly hour-long educational sessions (students only)
- Attend Valentine's luncheon (all)
- Spend 2 hours per month together doing activities of your own choosing, October through April (students and mentors)
- Complete brief activity journal after each meeting with your mentor (students only)
- Attend end-of-year luncheon (all)
- Complete program evaluation form (all)

# Join New Friends!



## Benefits to students:

- Learn about Alzheimer's disease and other forms of memory loss outside of the classroom
- Meet service learning requirements
- Learn about the psychosocial and medical issues facing older adults with memory issues
- Gain confidence in communicating with older adults with memory issues and family members
- Grow professionally and build your resume

## Benefits to mentors:

- Educate future healthcare providers
- Share your experiences with dementia
- Participate in meaningful activities while making a new friend

*"Even if you're not interested in geriatrics as a career, older adults will be a part of almost everyone's practice in some way, so I think it's important to understand both the medical as well as the psychosocial issues of older adults. I almost didn't do this program because I was worried about the time commitment during my first year of medical school, but I am so happy I did. It significantly enhanced my medical school experience as well as my quality of life."*

—STUDENT PARTICIPANT, 2015-2016

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## For more information about New Friends, please contact:

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Interested participants will be asked to complete a written application.

Participants are free to withdraw from New Friends at any time, for any reason.