

Launching a Memory Café

A Collaboration of the Massachusetts Department
of Developmental Services

And

Jewish Family & Children's Service of Greater
Boston

Training Produced by the
Center for Developmental Disabilities
Evaluation and Research



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Launching a Memory Café



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Please note: This video is edited from a live training session held March 2016 in Shrewsbury, Massachusetts.



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First Steps, Sustainability & Inclusiveness

Beth Soltzberg, MSW, MBA
Manager, Alzheimer's/Related Disorders
Family Support Program

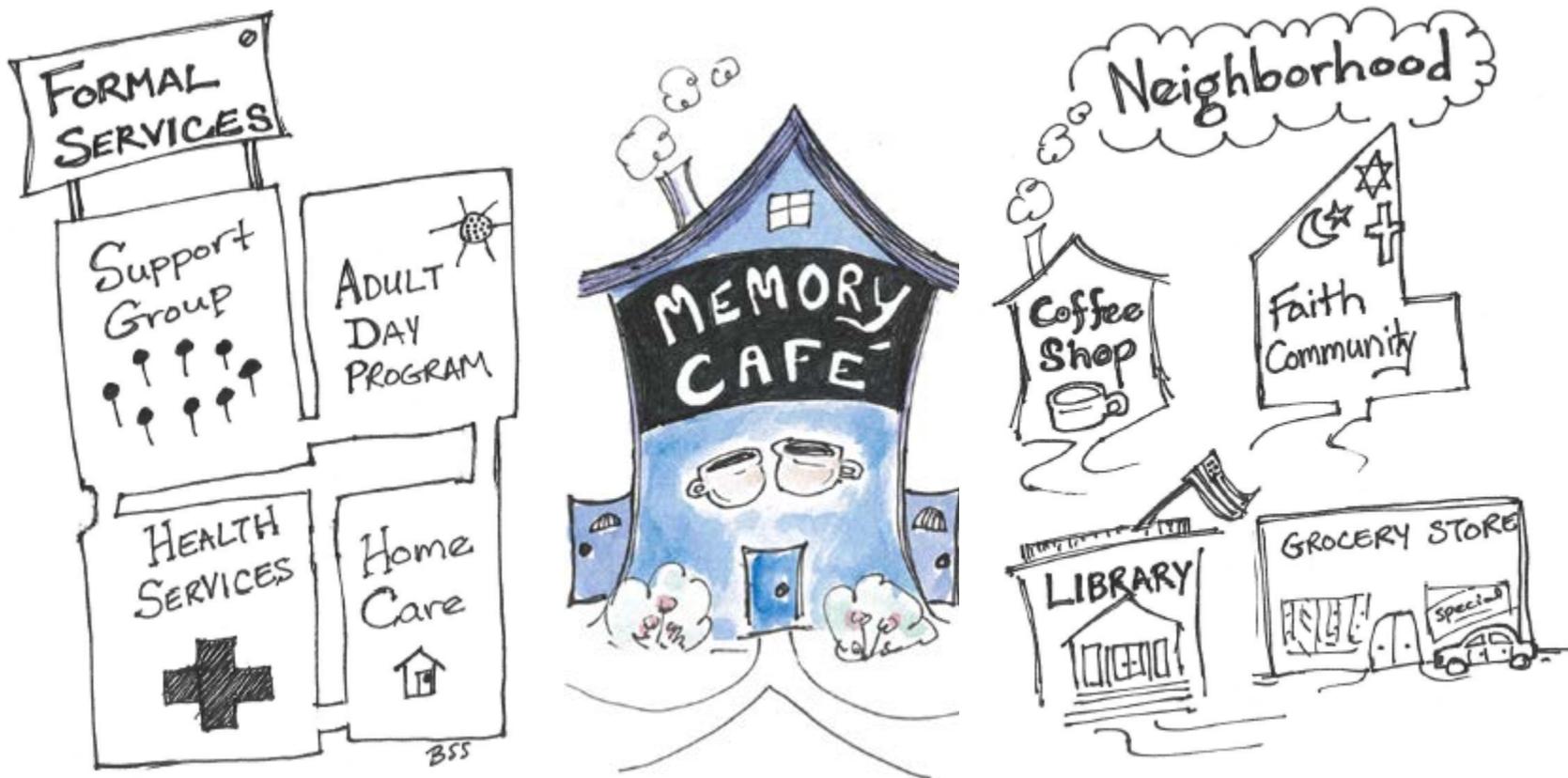


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A memory café is a welcoming **social gathering for people living with dementia and their care partners.**



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Collaboration of Aging and Developmental Disability Communities:

First in the U.S.



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Where we are coming from

DISABILITY SERVICES

Focus on active adulthood: work and ADL skill acquisition

Staffing usually for an active group, not 1:1

Family may/may not be involved

AGING SERVICES

Focus on retirement: skill maintenance, dignity

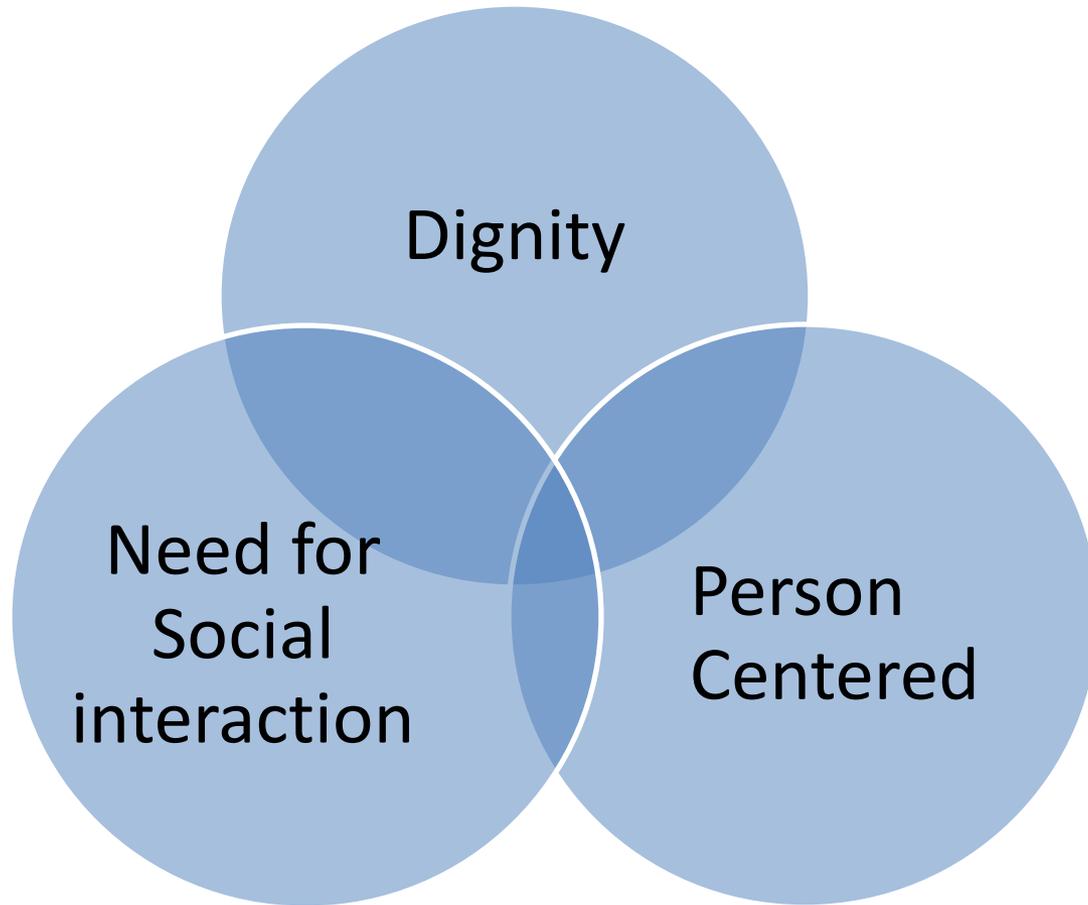
Often live in own residence

Spouse, adult children often involved



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Common Goals



“Nothing about us without us.”

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Tips to support inclusion



- Get to know other providers
- Clearly define target population
- Assume knowledge gaps – use clear language
- Be clear it is an activity for individual and care partner
- Seek volunteer, family or staffing support so that group home residents can attend
- Café publicity should state universal rule: care partner must accompany those needing personal care assistance



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Memory Café: what IS it?

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A welcoming social gathering



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For people with dementia AND care partners



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Dementia can be due to any condition, and at any stage



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No one is asked their diagnosis.

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Meets in a safe, accessible community space.

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Activities are geared to a wide range of cognitive abilities.

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**Strives to be
inclusive –
Physically
accessible,
free of stigma,
and culturally
competent.**



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Volunteers are a plus!

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What a Memory Café is NOT

A facilitated support group

A drop-off respite program

A marketing opportunity



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What's in a Name?

Alzheimer's Café
Vs.
Memory Café



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A café network can help

The Middleboro Gazette

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 Circulation (DMA): 4,940 (7)
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 Page: B5
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 Wicked Local Newsbank Editor
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own sim Salzberg. In addition, Waltham features a component that encourages engagement. "It's a nice change," she said. "I always participate in the program and encourage others to do so. Each person has their own unique talents and abilities, and we want to help them shine."

METRO WEST DAILY NEWS

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The memory café program in Topsfield is different from other programs in many regards. The only outdoor memory café program in the state, it's run by Mary MacDonald at her private home.

The Topsfield program is

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Sawitsky also participates in meetings with other area memory café organizers to share notes and compare calendars. She said the groups try to arrange the dates so they are not on the same days, allowing for people in the area to attend

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Memory cafes in other towns

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How a network can help

Sharing ideas

- Quarterly café presentations
- Technical assistance
- Establishing norms and standards



Sharing resources

- Online café directory
- Guest artist directory
- Support for grant applications

Spreading awareness

- Public outreach
- Facilitating referrals
- Encouraging development of cafés in diverse communities



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Table Topics

What foods taste like home?



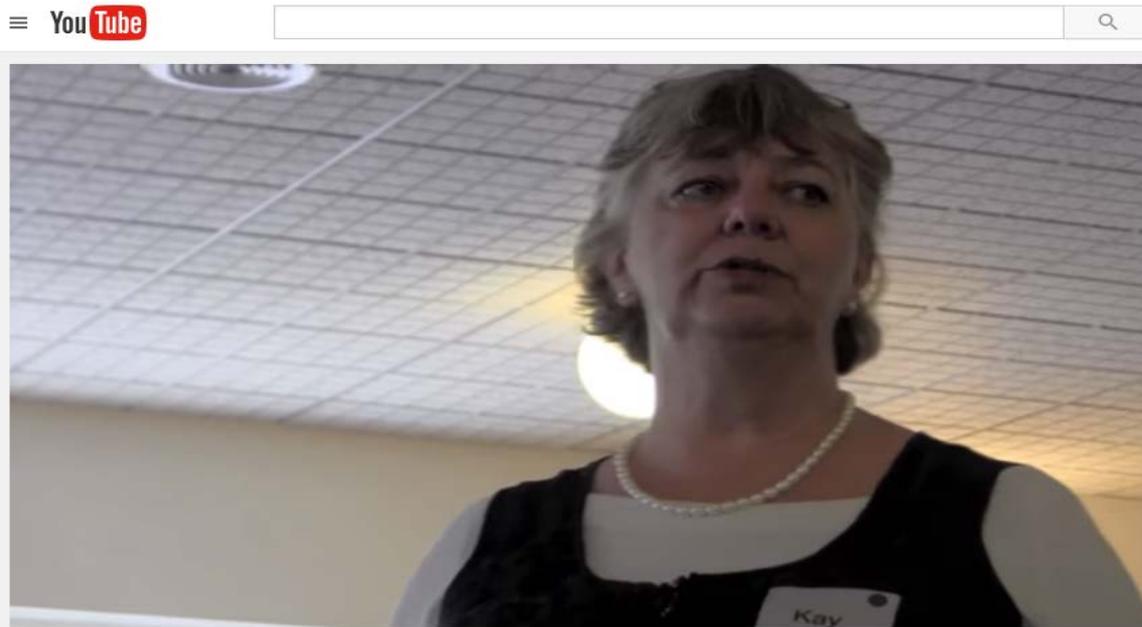
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Not stigma but a need for information

Peers with DD may benefit from education to help them understand dementia and how to support people in their life who have developed it.



Highlights from 'Understanding Dementia' workshop for people with a learning disability



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Memory Café Ingredients



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Space is easy to maneuver, with clear signage (where possible, pictures, not just words.) Family bathroom are a big plus.

Enough
volunteers/ staff to
greet guests and
help everyone
stay engaged.



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Information/resources are available for those who seek them, but can be avoided by those who don't



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Facilitators set a tone of “dignified playfulness”



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Time Slips



Story Telling Program



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Facilitators offer many pathways to help guests feel successful



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The environment is normalizing, not clinical



“The best cafés are those where you can’t tell who has the diagnosis and who doesn’t.”

- Jytte Lokvig, Alzheimer’s café pioneer

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Let's get started!



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Welcome
to
Memory Café

Open today
10 a.m. to noon

Caring for Generations
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Jewish Family & Children's Service









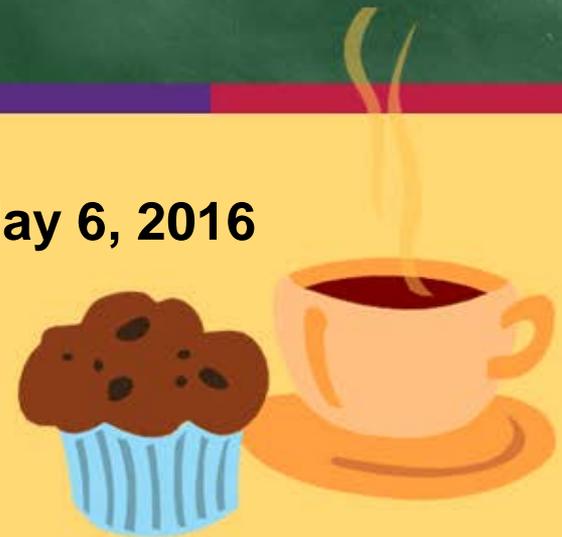
It's closing time!

Thank you
for visiting *Memory Café*

We hope to see you again next month, **on Friday, May 6, 2016**

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Jewish Family & Children's Service

in Waltham



1. Where

2. Who

3. When

4. What

5. How

Evaluation



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Where

(location, location, location!)



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Memory cafés have been held in coffee shops, museums, senior centers, community centers, churches, etc!



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Is the space:

- Available free/in-kind donation?
- Convenience of location for staff, guests, volunteers
- How is the location viewed by potential guests? Is it strongly associated with one sector of the population? Is it seen as a clinical, or as a social space? If it is a residence or adult day program, will guests with milder dementia be put off by the association with services they may not use?
- Fully wheelchair accessible?
- Parking
- Availability at different times of day
- Will this space be available on an ongoing basis?



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Who



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Guests

- How will they view the location?
- What café name would appeal to them?

Key referral sources

- How/when to engage them in the planning process?
- Should co-sponsorships be considered?



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Write up your café's basic information and guidelines, and share this with referral sources. Include:

- Those interested in bringing a group **must** contact the café coordinator to discuss this.
- Those needing personal care assistance must bring a care partner.



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Volunteers

- What are their needs and interests?
- What sort of training do they need?
- Make sure they understand the role.
Not everyone wants to co-host a party!



Can volunteers run a memory café?

Norwood Memory Cafe



A welcoming place for individuals, families and friends of those living with memory changes.

Come join us for conversation, refreshments, entertainment and activities in a carefree environment.

Please Join Us
Thursday
March 17
1:30 – 3:30
Music By
Greenway Academy
of Irish Dance

When: Thursday March 17, 2016
Meets the third Thursday monthly

Where: Norwood Senior Center
275 Prospect Street, Norwood, MA

Time: 1:30 – 3:30

Fee: No Charge
Donations gratefully accepted

For more information and to volunteer, please contact Jean Cotton at Je7cot@msn.com or call 781-762-1611

If you would like to sponsor a Cafe please let us know...



"Insight, I believe, refers to the depth of understanding that comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another."
-Mary Catherine Bateson

We respectfully ask caregivers to be present with any guests that need personal care assistance.

Make donations payable to:
Norwood Memory Cafe, 159 Codman Road, Norwood, MA 02062

Current Sponsors: All Chores Considered, ComForcare, Cornerstone of Carlton, The Ellis, Golden Living Center-Norwood, Women's Community Committee, Doolham Savings, Sunrise Senior Living

Yes, but institutional support is important for long-term sustainability, and to help with clinical issues if they arise.



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When



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Consider the day/ time that works for the space, the staff, prospective guests, and prospective volunteers.



Most cafés are 1.5 to 2 hours long, monthly. They can be on a weekday or a weekend, a morning or afternoon. Evening may work best for those with younger onset dementia. **Coordinate day/time with nearby cafés!**



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What



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Memory Arts Café, Brooklyn, New York



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Upper Valley Memory Café, Dartmouth, NH

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Memory Care Café, San Francisco

**(designated
for people
with early-
stage
dementia)**



Inexpensive, simple things to do

- Bad joke time
- Share photos, scrapbooks
- Holiday/seasonal theme days
- Soft background music, coffee and conversation

Not everyone wants a lot of programming!



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How



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Sample memory café budget

START-UP EXPENSES		
Approximately 80 - 120 hours of program/volunteer coordinator's time (@ \$25/hr)		\$2000 - 3000
Decorations for café ambience		\$100 - 250
(Necessary items: name tags, table cloths, paper plates/cutlery/napkins/cups. Optional: LED candles, vases/silk flowers, Café sign, reusable serving plates.)		
	TOTAL START-UP EXPENSES	\$ 2,100 - 3,250
ONGOING PROGRAM EXPENSES		
		Per Session Annual
Program & Volunteer Coordinator (estimated 20 hours of work time per café session)		\$ 500 6,000
Artist honoraria		\$ 100 1,200
Artist materials for visual art sessions		\$ 30 90
Outreach/Publicity (materials, ads)		\$ - 250
Refreshments		\$ 50 600
Photocopying		\$ 10 120
Monthly mailing to guests		\$ 37 444
Overhead cost at 12.5% of direct expenses		\$ 91 1,092
OPTIONAL EXPENSES		
Fee for use of space		\$ - \$ -
Outings		\$ - \$ -
Staff time for coalition building, especially supporting Disabilities + Aging services collaboration		\$ - \$ -
	TOTAL ONGOING EXPENSES	\$ 818 \$ 9,796



Possible purchases

- Paper and ink for printing flyers; stamps and envelopes for mailings
- Large café sign(s) or banners
- Serving platters
- Table decorations (LED candles, artificial flowers, seasonal decorations)
- Tablecloths, paper goods
- Adaptive equipment (blender, temporary ramp)
- Music playlist and speakers
- Large format books with images of art, historical subjects, different countries, etcetera
- Magazine subscriptions
- Musical instruments
- Art supplies
- Guide books about creative activities for people with dementia
- Trainings for café facilitators: www.timeslips.org , www.alzpoetry.com , www.creativeaging.org (see Resources/Teaching Artists Training)



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Keep costs sustainable from the start



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Sources of ongoing support

Business sponsorship can offset costs *and* engage the business community. Put in writing what is requested and what is offered in return.

Fee model: Memory Care Café in San Francisco started as fee-based, and then raised enough money to become free of charge.

Local clubs and town foundations may offer support. Rotary International is a driving force in supporting memory cafés in the UK.

Seek in-kind donations, such as food, decorations, materials.



Let's talk about Communication



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Getting the word out is one of the biggest challenges, because memory cafés are unfamiliar.



Expect it to take 3 – 6 months to build attendance.



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own sim
 Salzberg.
 In addition to the coffee and music, the program features a variety of activities, including games, puzzles, and social activities. Each person is encouraged to participate and share their own experiences.

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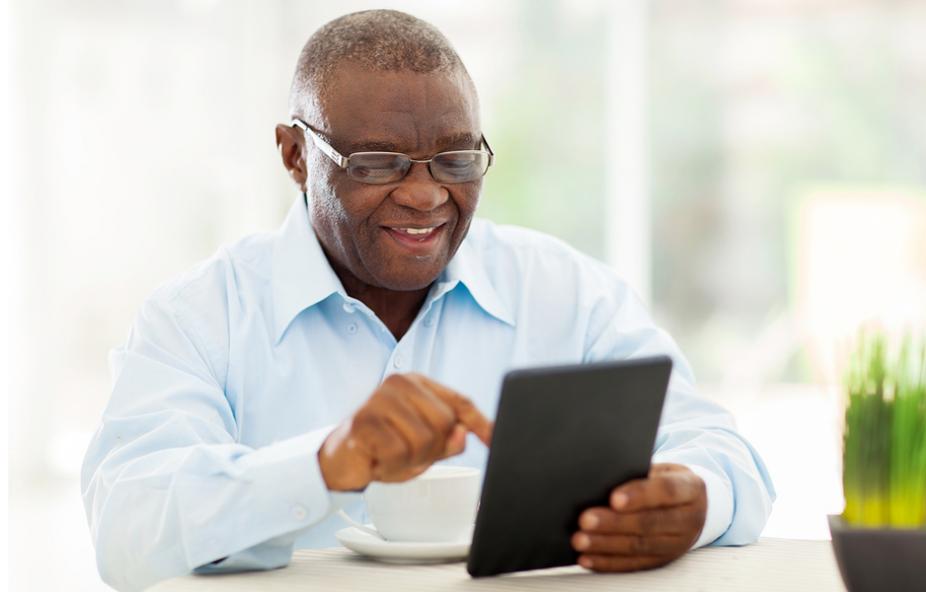
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The Topsfield program is



Keeping in touch
requires a mailing list.
Think about the data
elements you want to
collect.



Think communication and evaluation.
Possible data elements: contact information,
emergency contact, demographics, referral source,
primary reasons for participating.



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Will your café require an RSVP?

Pros



- Enables you to plan
- Facilitates communication about cancellations
- May enable more complex activities requiring a certain size group

Cons



- Feels more formal, regimented
- May deter stressed care partners or wary first-time guests
- Additional administrative burden of taking /tracking RSVPs



Drop-in programs especially should use this language:

“The ABC Memory Café is **USUALLY** held on the first Thursday of the month... Call/email for exact dates.”



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Evaluation



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Consider:

- Requirements of funding source
- Need for feedback to improve your café
- Keep in mind possible outcomes for volunteers, staff, as well as guests

Evaluation starts at the beginning!



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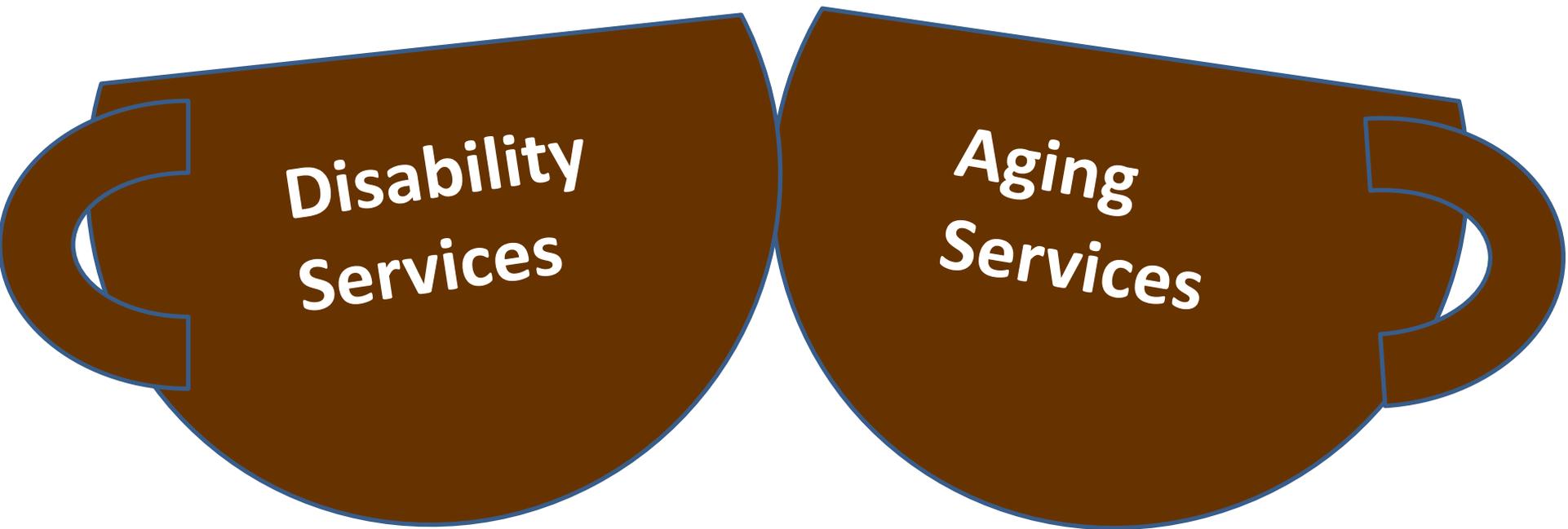
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Idea for the future...

Collecting consistent data elements would allow us to learn more about the impact of the memory café model on outcomes such as social engagement, quality of life, caregiver burden. This will help it to spread and gain support.





**Disability
Services**

**Aging
Services**



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“As we learn from those we accompany that the human being is more than intellect, more than memory, even more than cognition, we learn that we are, too. We learn to value ourselves for our very essence.”

- Rabbi Dayle A. Friedman, 2005



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Memory Café and Aging with IDD Additional Resources

www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html

http://shriver.umassmed.edu/cdder/aging_idd_education



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Thank you!

**Training produced by the Center for
Developmental Disabilities Evaluation &
Research (CDDER) on behalf of the Department
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