



## ALZHEIMER'S/RELATED DISORDERS FAMILY SUPPORT PROGRAM MEMORY CAFÉ “PERCOLATOR”

### ***THE NEED FOR MEMORY CAFÉS***

Individuals living with dementia and their care partners often become socially isolated, due to stigma as well as the difficulty in managing daily tasks. Medical and social service providers offer critical assistance with health and resource needs, but they can't restore access to the simple joy of visiting the neighborhood café.

Memory cafés offer a cup of coffee and a connection. Whether they are held at a coffee shop, a museum, a senior or social service center, a library, a house of worship, a garden or another location, each memory café is designed so that people with dementia will feel safe, supported and successful. For care partners, they are a much-needed coffee break in the “thirty-six hour day.”

### ***THE MEMORY CAFÉ “PERCOLATOR” NETWORK – WHAT IT OFFERS***

Shortly after launching the second memory café in Massachusetts, JF&CS began to receive requests for technical assistance from others wishing to start a café. Inspired by this outpouring of interest, and by the model of existing café networks in the Fox Valley of Wisconsin, and Cornwall, England, JF&CS started the Percolator network in autumn 2014. The Percolator meets quarterly and has provided the following benefits to existing and developing memory cafés:

- Statewide online directory of memory cafés at [www.jfcsboston.org/MemoryCafeDirectory](http://www.jfcsboston.org/MemoryCafeDirectory)
- Memory Café Toolkit in English at [www.jfcsboston.org/MemoryCafeToolkit](http://www.jfcsboston.org/MemoryCafeToolkit), and in Spanish along with a how-to webinar at [www.jfcsboston.org/GuiaCafeDeMemoria](http://www.jfcsboston.org/GuiaCafeDeMemoria)
- Forum for sharing café models, and troubleshooting challenges
- Guest artist/activity facilitator directory for use by café coordinators
- Ensuring that dates and times of new cafés complement rather than conflict with one another
- Establishing shared norms and standards to promote high-quality cafés
- Encouraging the development of cafés serving communities that could benefit from them but have fewer resources
- Promoting public awareness about memory cafés, and collaborating with other programs to move toward a “dementia friendly” Massachusetts

### ***CONTACT INFORMATION***

For more information about the Percolator or to attend a quarterly meeting, please contact:

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**MEMORY CAFÉ NORMS AND STANDARDS**  
Developed by the Memory Café Percolator, September 2015  
(Adapted from the work of Jytte Lokvig and Susan McFadden)



**What a memory café is:**

- A meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment (MCI) or dementia due to Alzheimer's disease or a related disorder. It's a place to relax, have fun, and meet others. A diagnosis of dementia is not required to attend.
- A meeting place for care partners, who can enjoy a change of scene and routine, meet other care partners to exchange ideas and learn about resources, and experience respite and renewal in their relationship with the person in their life who has dementia.
- Structured to support and engage individuals with a range of cognitive needs, including those with cognitive changes, and family, friends, and other care partners.
- Managed by community advocates and/or volunteers with experience or training in working with individuals with cognitive impairment. Guests who require personal care or assistance participating in the café must have a care partner stay with them.
- A time to focus on socializing, exploration and respite from disease and disability.
- An opportunity to learn where to find support and services for those who are looking for this type of information.
- Free of charge or open to those who cannot afford a fee.
- A program that strives for inclusion. This includes physical accessibility, respect for and inclusiveness of different cultures, and freedom from stigma.
- Unique in character, based on the interests and style of the community where it is located and/or the individuals whom it serves.

**What a memory café is NOT:**

- A workshop, seminar or lecture about dementia.
- A facilitated support group.
- A drop-off respite program.
- Primarily a marketing opportunity for a commercial enterprise.