

MEMORY CAFÉ NORMS AND STANDARDS

Developed by the Greater Boston 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.