Memory Cafe Alliance

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FREE TRAINING MODULES FOR MEMORY CAFES NOW AVAILABLE

As part of a bold plan to grow Memory Cafes TENFOLD in the US over ten years, the Memory Cafe Alliance (MCA) has just released three, new, FREE TRAINING MODULES. Their plan, available here, also includes a NEW NATIONAL DIRECTORY. The directory and TRAINING MODULES are now both available free to users at memorycafedirectory.com.

A Memory Cafe is a place where people experiencing changes in memory or thinking, and the people who care about them, can relax, and enjoy meaningful programs and friendship. You do not need a diagnosis to attend.

Not everyone has a Memory Cafe nearby and the MCA aims to change this! With support from the Brookdale Foundation, the MCA created three free, self-paced online training modules, including video from Memory Cafes across the U.S. The modules address: 1) How to Start and Operate a Memory Cafe; 2) What Cafe Leaders Need to Know about Dementia and Caregiving, and (3) How to Facilitate Welcoming Programming.

“At last we have easy-to-use training so more people can start and run high quality Memory Cafes, bringing these joyful programs to countless more families,” said Beth Soltzberg, of Jewish Family & Children’s Service of Greater Boston, and a member of the MCA Lead Team. Lead Team members Susan McFadden, Sam Goodrich, and Soltzberg designed the three modules.

Those who want to start a Memory Cafe can take the self-guided online training for free. The MCA is also establishing Training Hubs across the US for those who want to train in a cohort of future Cafe leaders that is facilitated by an expert.

As the aging population rises steeply in the U.S. and many countries, the number of people living with dementia also climbs.The vast majority live at home, without access to any organized programming. Memory Cafes can help optimize brain health and well-being throughout the dementia experience through joyful, meaningful programming and social connection for both the person living with dementia and the people who care about them.

Cognitive challenges like dementia can bring feelings of isolation and loneliness, which research tells us can create additional health challenges. A growing body of research tells us that Memory Cafes reduce feelings of isolation. Cafes commonly meet one or two times per month in welcoming spaces like libraries, senior centers, or arts and culture settings. They are run by trained facilitators. While most are free, some ask for a small fee to support programming.

To learn more about the MCA's bold plan to grow Memory Cafes across the U.S., or the new directory and training modules - contact memorycafes@dfamerica.org

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#dementiacare, #memorycafes, #familycaregivers, #endloneliness

Experts available for additional comment:

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Susan McFadden, PhD, Emeritus Professor of Psychology, Co-Lead Team, MCA

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Mary Ek, Executive Director of Dementia Friendly America

Angela Meyers, Director of the Bridges Library Project (Memory Cafes)