

# THE ALZHEIMER'S CAFÉ MODEL: A GUIDE TO GETTING STARTED IN YOUR COMMUNITY



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# ORGANIZERS

Organized by the Dementia Action Collaborative's dementia-friendly communities project team:

- Marigrace Becker, UW Memory & Brain Wellness Center
- Hilarie Hauptman, Aging & Long Term Support Administration
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- Lynne Korte, Aging & Long Term Support Administration
- Cathy Maccaul, AARP Washington
- Marty Richards, Social Worker
- Bob Wellington, Community Advocate

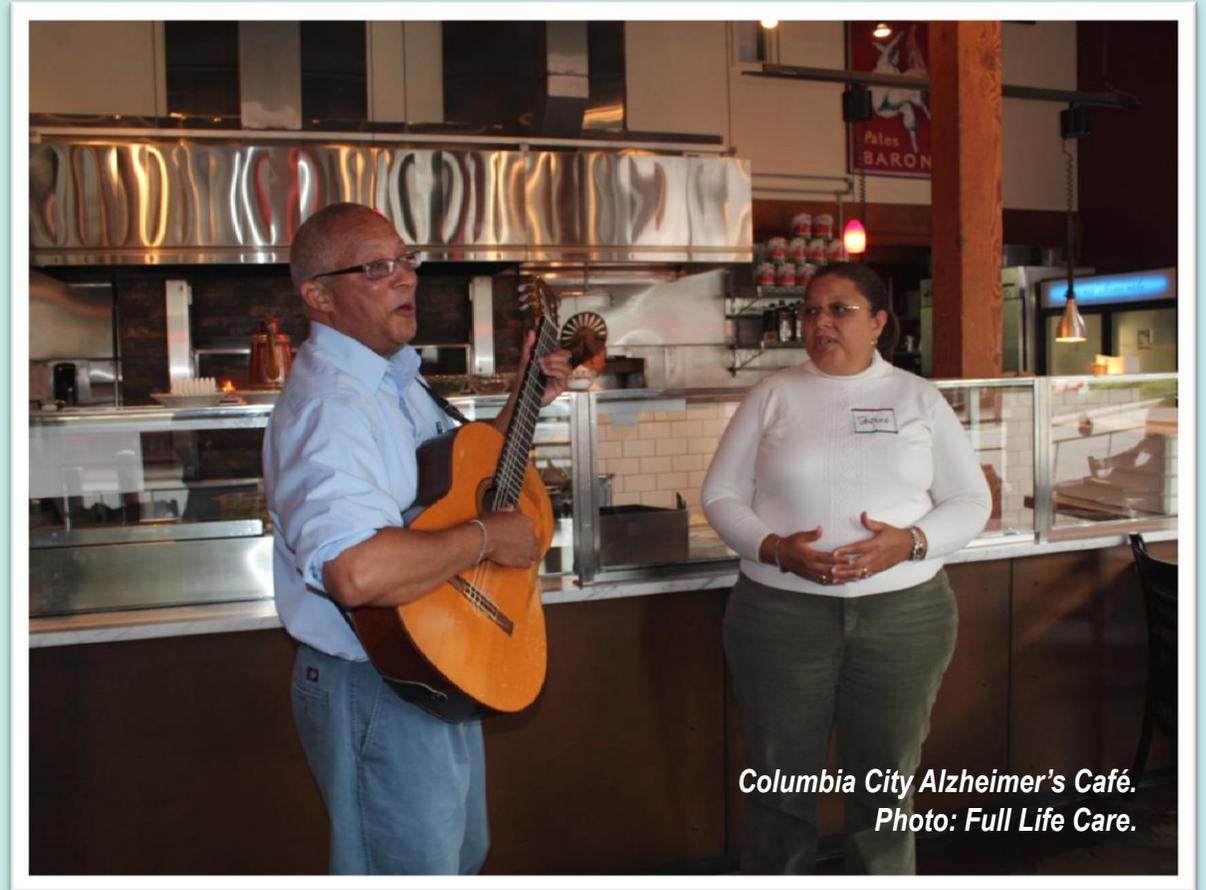
# OUTLINE

- Intro to Building Dementia-Friendly Communities in Washington State
  - Lynne Korte, Program Manager, Aging and Long Term Support Administration
- Alzheimer's Café: A Simple and Accessible Start to Dementia-Friendly Programming
  - Cecily Kaplan, Director, Greenwood Senior Center
- Question & Answer Session
- Wrap Up: Additional Resources & Next Steps



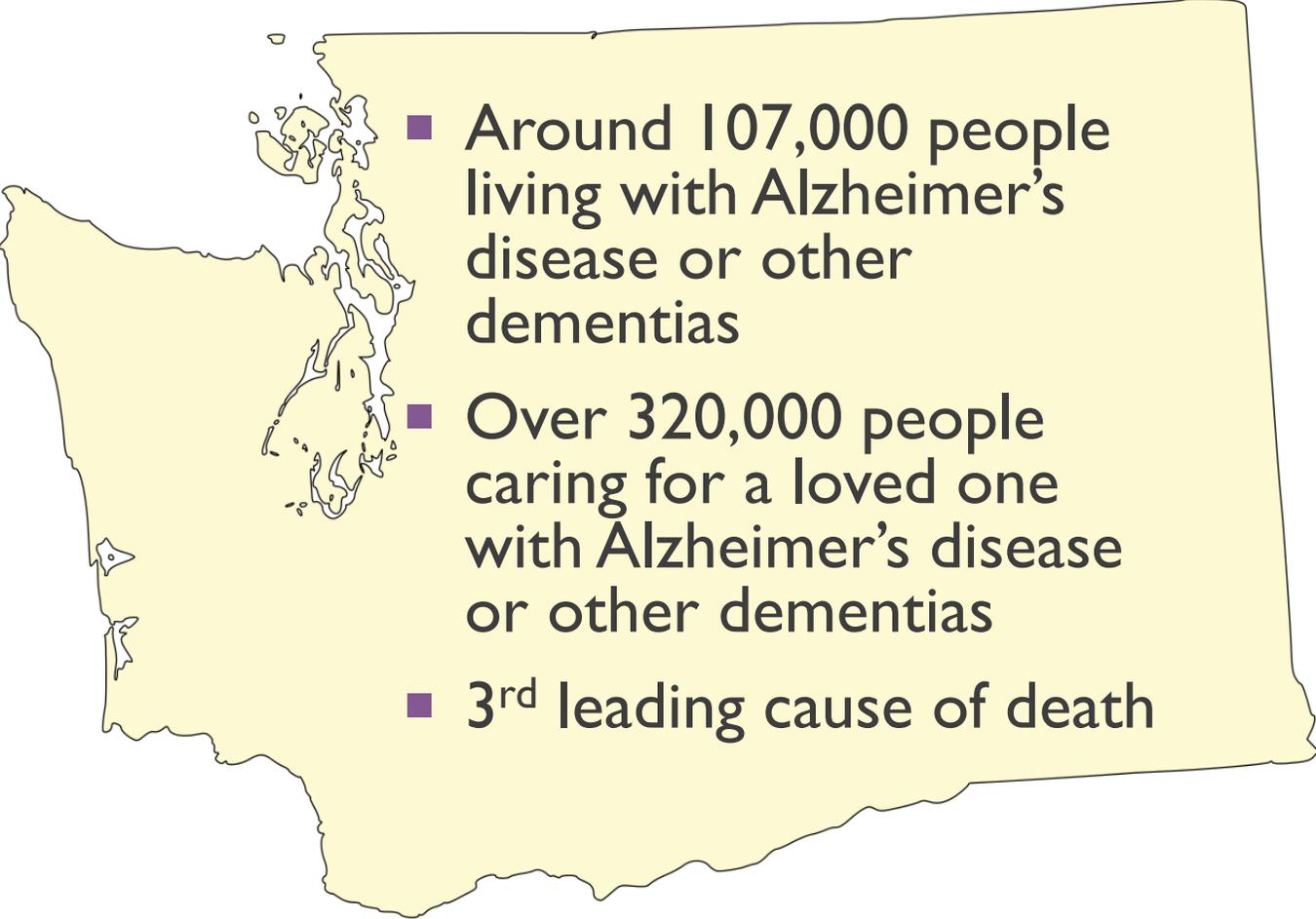
# BUILDING DEMENTIA-FRIENDLY COMMUNITIES IN WASHINGTON STATE

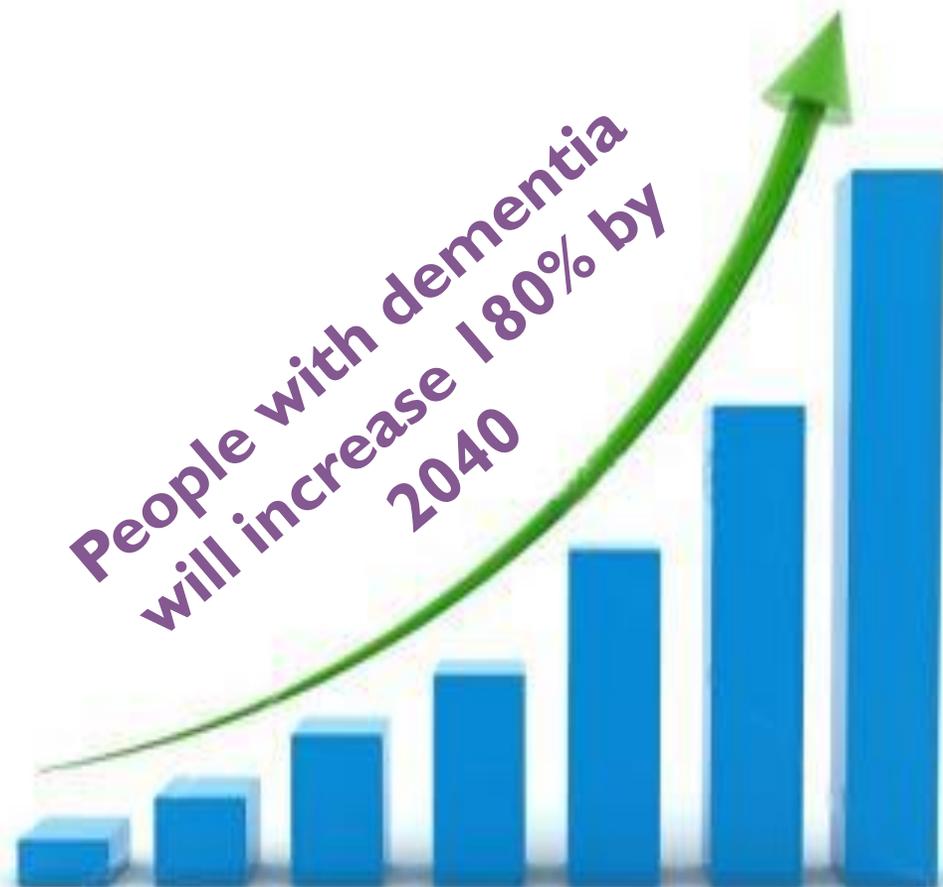
**Lynne Korte, MPH**  
**DAC Program Manager, Aging and Long  
Term Support Administration**



*Columbia City Alzheimer's Café.  
Photo: Full Life Care.*

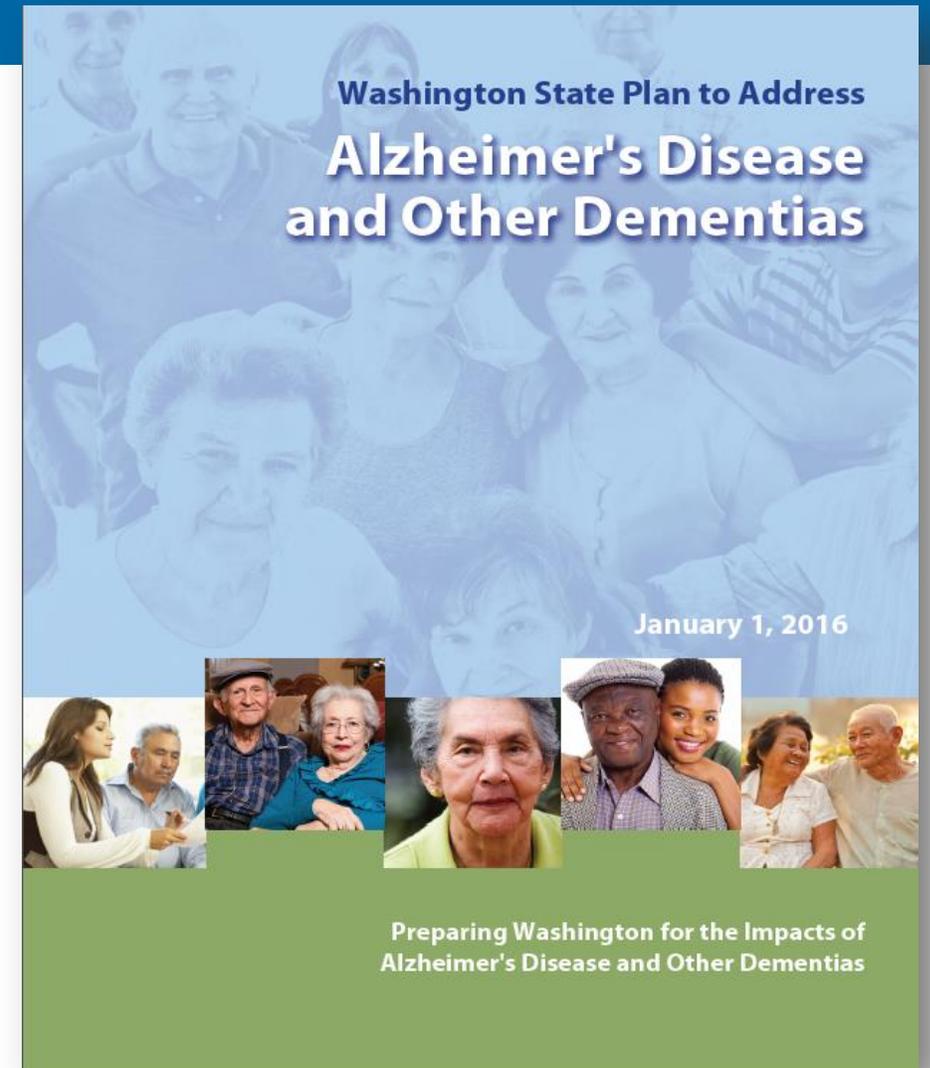
# DEMENTIA IN WASHINGTON STATE

- 
- Around 107,000 people living with Alzheimer's disease or other dementias
  - Over 320,000 people caring for a loved one with Alzheimer's disease or other dementias
  - 3<sup>rd</sup> leading cause of death



# WASHINGTON STATE PLAN TO ADDRESS ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

- March 2014: Legislation created the Alzheimer's Disease Working Group to develop a state plan to address Alzheimer's disease
- January 2016: Washington State Plan to Address Alzheimer's Disease and Other Dementias released and approved
- April 2016: Dementia Action Collaborative convened



# PLAN'S 7 GOALS

## ACTION

Focus on what we can do

- Through heightened collaboration
- Within existing resources



# ALL SECTORS ABOARD!

- Community members
- Local government
- Housing and transportation
- Communities of faith
- Health care
- Long term care
- Legal and financial planning
- Banks, libraries, businesses
- Community engagement opportunities



# DEMENTIA FRIENDLY COMMUNITIES

【DFJS2017セッション紹介】 Dementia-Friendly Community を再考する



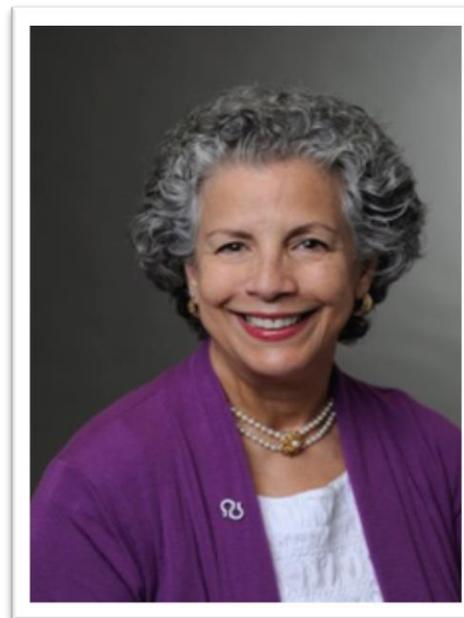
*“A community where people with dementia fully belong...”*

# WHAT IS A DEMENTIA-FRIENDLY COMMUNITY?



*“Awareness and respect of persons with dementia and their caregivers help us feel comfortable.*

*There are people in the community where I go routinely (like Denny’s, or volunteering at the golf course) who are aware of my dementia. I am treated with acceptance, patience and respect. I feel good about it.”*



*“A dementia-friendly community is where people care for people with dementia.*

*The point is respect - caring about people. I live alone, but I have many, many friends in my apartment building. I tell everyone at some point that I have Alzheimer’s, and they watch out for me.”*

*Where people with memory loss are empowered to remain actively involved in community life.*

# PEOPLE WITH DEMENTIA....

- Are respected and valued
- Can participate in their communities
- Stay connected socially
- Enjoy meaningful lives
- Have a voice in their communities
- Have access to diagnosis and support
- Have transportation options
- Have community housing options
- Can navigate neighborhoods/public spaces

## Dementia-Friendly Communities An Introduction for Washington State

Over 100,000 people in Washington state live with Alzheimer's disease or other dementias, and that number continues to grow. For many people with memory loss, social stigma and barriers to inclusion can lead to shame, fear, and isolation. However, it doesn't have to be this way. We recognize that people with memory loss are a vital part of our communities, retain remarkable strengths and stories, and deserve the right to fully participate. Here in Washington state, we're joining the worldwide movement to build dementia-friendly communities.

Do you want to get involved? This introduction will help! Read on to learn more about the key elements of a dementia-friendly community, examples from our state and beyond, sample action steps, and additional resources.

### What is a dementia-friendly community?

Put simply, a dementia-friendly community is one in which people with memory loss fully belong. People with memory loss remain actively involved in community life, knowing that whether riding the bus, going to the store, or volunteering at the elementary school, they and their loved ones will be met with respect, understanding, kindness and support. Community members are informed about dementia, equipped to be helpful as needed, and committed to inclusion. As a result, everyone enjoys a vibrant, connected community in which nobody is left out, everyone can fully participate and contribute, and everyone can fully belong.

As experts on their own experience, your family, friends and neighbors with memory loss are the ones who can best define what would make your own community more dementia-friendly. If you want to learn more, try asking: "What kinds of things help you feel you belong and can stay actively involved here in this community?" Let what you hear be your guide!

Below, two Washington state advocates describe their own perspectives on dementia-friendly communities:



*"Awareness and respect of persons with dementia and their caregivers help us feel comfortable. There are people in the community where I go routinely (like Denny's, or volunteering at the golf course) who are aware of my dementia. I am treated with acceptance, patience and*



*"A dementia-friendly community is where people care for people with dementia. The point is respect - caring about people. I live alone, but I have many, many friends in my apartment building. I tell everyone at some point that I have Alzheimer's, and they watch out for me."*

<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>

# ALZHEIMER'S CAFÉ

A SIMPLE AND ACCESSIBLE START TO DEMENTIA FRIENDLY PROGRAMMING



Cecily Kaplan  
Director, Greenwood Senior Center

**2017 The Alzheimer's Café**  
A café for people with memory loss and their care partners

**2017** 2nd Mondays, January 9  
3:30—5pm

**2017** Stage Door Café  
208 N. 85th Street

Parking is available in the lot behind the Taproot Theater

The Alzheimer's Café provides:

- No judgment, no expectations—just support

\*No cost other than the food ordered.

Questions? Carin Mack, MSW at 206-297-0875, socialwkr@comcast.net

PNA  
Community Begins Here  
Greenwood Senior Center

STAGE  
DOOR  
café

# WHAT IS AN ALZHEIMER'S CAFÉ?

- An Alzheimer's Café or Memory Cafe is a social gathering for people living with dementia and their loved ones in a community space like a coffee shop or restaurant. An Alzheimer's café decreases isolation. Alzheimer's cafes provide a comfortable and supportive space where participants enjoy good friends and good food.
- It also works to educate about and continue to work against ageism and stigma around dementia by being located and co-sponsored by community businesses.
- Alzheimer's Cafes can provide an opportunity for people to share community resources with one another.

# ALZHEIMER'S CAFÉ ARE NOT

- Adult Day programs or drop-off programs.
- They are not opportunities for medical or professional advice.
- They are not marketing opportunities for particular agencies or services.

# ALZHEIMER'S CAFÉ HISTORY

- The Alzheimer Café was the brainchild of Dutch psychiatrist Bere Miesen.
- Started in the Netherlands in 1997 – European Model
- First café in the United States started in 2008 by Dr. Jytte Lokvig – American Model
- Greenwood Senior Center was the 2<sup>nd</sup> in the US – started in Seattle in 2010. There are now eight in the greater Seattle area and over 15 in our state!

## EUROPEAN MODEL / AMERICAN MODEL

- The European Model features presentations and information on Alzheimer's issues combined with a social hour. Caregivers are offered consultation and support.
- The American Model focuses first and foremost on the person. It's a celebration and a respite from the disease. Participants, both the person with memory loss and the caregivers, enjoy a social time in a local café or other venue, good food, conversation and music. Staff and/or volunteers are there to create a supportive environment.

# WHY START AN ALZHEIMER'S CAFÉ?

- People diagnosed with dementia are hungry for social activities that are different than support groups.
- It is important that couples, friends and family (caregiver and person with diagnosis) have something they can both enjoy.
- At the cafés, dementia is “not in the room.” Friendship, food and fun are enjoyed by all.
- It a simple yet profound start to dementia friendly programming.

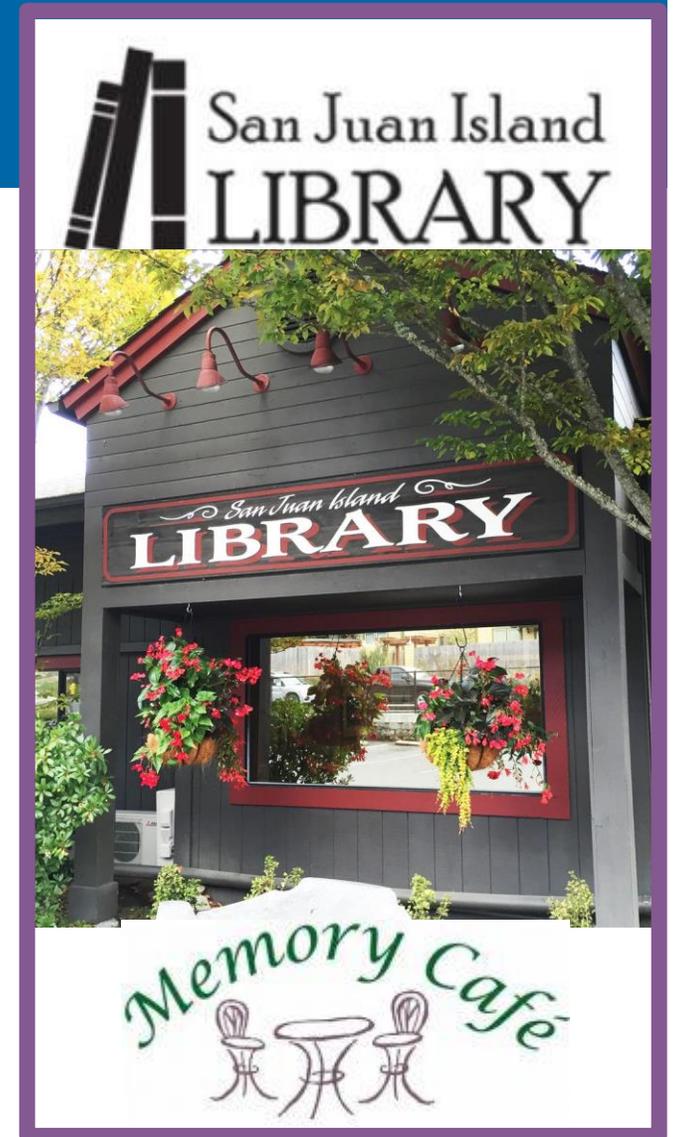
# HOW DO YOU START AN ALZHEIMER'S CAFÉ?

- Assess interest - Can ask at support groups, have a focus group or do a survey.
- Find Partners - Can be an organization like a senior center, service club or faith community or could be a steering committee made up of a lead or champion and volunteers.

# STARTING A CAFÉ - VENUE

## Venue -

- Should be a warm and welcoming space. Not too big or noisy. We recommend a public café, restaurant or a room in a community space like a library, museum or park. By being in a public space, Alzheimer's cafés also help break down stigma around dementia.
- Easy access and plentiful parking.
- Wheelchair accessibility and disabled parking.
- Comfortable furniture.
- Some food and beverages for purchase.
- To foster a relaxed social environment, preferably not a venue related to senior care or the medical system.
- A sense that the staff of venue are interested, onboard and excited to partner.





Stage Door Cafe



Ampersand Cafe



Mae's Phinney Ridge Cafe



Photo: Olli Tumelius

Alzheimer's Café at the Frye, Frye Art Museum, Seattle WA



Photo: Olli Tumelius

Alzheimer's Café at the Frye, Frye Art Museum, Seattle WA



Photo: Lutheran Community Services NW

Memory Café at Elmer's Restaurant, Tacoma WA



# STARTING A CAFÉ - TIMING, ACTIVITIES, STAFFING

- Timing - Cafes normally run 1.5 – 2 hours. Usually on a once a month basis. Keep in mind target audience and also times/dates when your venue may be quieter.
- Activities at the Café - A café can just be a place for socializing. You can have a theme each month, i.e. Valentine's Day, St. Patrick's Day and add some table decorations or candy. Some cafés incorporate interactive activities like sing-a-longs, creative arts or storytelling.
- Staffing – Cafés need at least one consistent person to act as host or facilitator whether paid or volunteer. A host should be someone who enjoys socializing, is welcoming and has some experience of being with people with dementia. Other support includes set-up, sign-in and socializing...having some extra sets of eyes is helpful.

## ADDITIONAL DETAILS...

- Create a flier that can be distributed.
- Connect with senior centers, Alzheimer's Association, assisted living facilities, home care agencies, for advertising.
- Establish relationships with local media.
- <http://kuow.org/post/patients-and-caregivers-find-support-greenwood-alzheimers-cafe>
- <http://q13fox.com/2013/03/13/cafe-caters-dance-get-togethers-for-alzheimers-patients/>

# The Alzheimer's Café

A café for people with memory loss



2nd Mondays, Sep 11  
3:30—5pm

## Stage Door Café

208 N. 85th Street

*Paid parking is available in the lot behind the Taproot Theater*

The Alzheimer's Café provides:

- An opportunity to get out and socialize
  - No judgment, no expectations—just support
  - Good food and conversation
- \*No cost other than the food ordered.  
Questions? Carin Mack, MSW at 206-297-0875, socialwkr@comcast.net



# The Alzheimer's Café

A café for people with memory loss and their care partners



2nd Tuesdays, Feb 14  
3:30—5pm

## Stage Door Café

208 N. 85th Street

*Parking is available in the lot behind the Taproot Theater*

The Alzheimer's Café provides:

- No judgment, no expectations—just support
- \*No cost other than the food ordered.

Questions? Carin Mack, MSW at 206-297-0875, socialwkr@comcast.net



# The Alzheimer's Café

A café for people with memory loss and their care partners



Same café, new day:  
2nd Mondays, June 13  
3:30—5pm

## Stage Door Café

208 N. 85th Street

*Free parking is available in the lot behind the Taproot Theater*

The Alzheimer's Café provides:

- No judgment, no expectations—just support
- \*No cost other than the food ordered.

Questions? Carin Mack, MSW at 206-297-0875,  
socialwkr@comcast.net



## ADDITIONAL HELPFUL INFORMATION

- Don't worry if it starts off small or ebbs and flows...let go of a numbers expectation.
- No solicitations from outside businesses.
- OK to announce other dementia friendly programming in the community.
- Themes and activities can be helpful, but not necessary.
- Use a sign-in sheet and do reminder calls or emails a few days before.
- Nametags are helpful.
- We use social media to advertise with our already existing flier.

# FINAL THOUGHTS

- Best source of evaluation comes from the attendees. Seek feedback.
- For further information about Alzheimer's Cafés:
  - [www.alzheimerscafe.com](http://www.alzheimerscafe.com)
  - [www.alzcafes.org](http://www.alzcafes.org)
- The Alzheimer's and Memory Café: How to Start and Succeed by Jytte Lokvig
- Massachusetts Memory Café Toolkit

## WHAT PARTICIPANTS SAY...

- *“Where else can you and your loved one go out and eat together, be totally relaxed, and know you are accepted before you even open the door?”* – Lueen M, guest at Mill Creek Supper Club, Battle Ground WA
- *“What we like about it is the singing – the singing is a big, big part. And the socializing with other people. That’s really important.”* Alice and Paul P, guests at Seattle Area Alzheimer’s Cafés
- *“Alzheimer’s Cafes are especially beneficial to people who have been newly diagnosed with Alzheimer’s and their caregivers. As you interact with others, you can find out from folks what they have gone through and learn what to expect in a friendly, informal atmosphere.”* Bob W, guest at Tacoma Area Alzheimer’s Cafes



# QUESTION & ANSWER SESSION

# MORE INFORMATION & NEXT STEPS

## Resource Links

- Dementia Action Collaborative: [www.dshs.wa.gov/altsa/dementia-action-collaborative](http://www.dshs.wa.gov/altsa/dementia-action-collaborative) (Includes links to written WA State Alzheimer's Cafe guidelines, Webinar powerpoint and recording.)
- Dementia Friendly America: [www.dfamerica.org](http://www.dfamerica.org)
- Dementia Friends USA: <http://dementiafriendsusa.org/>
- Alzheimer's Cafes: National Registry - [www.alzheimerscafe.com](http://www.alzheimerscafe.com); WA Registry - [www.alzcafes.org](http://www.alzcafes.org)
- Massachusetts Memory Café Toolkit: (Google this title for guide, templates, etc)
- Momentia Seattle: [www.momentiasseattle.org](http://www.momentiasseattle.org) (Highlights variety of dementia-friendly programs)
- Library Interest Group: <https://www.ascladirect.org/interest-groups/alzheimers-related-dementias-interest-group/> (Includes resources for library-specific Memory Cafés)

## Get connected!



Join our [Facebook Group](#) to network and share ideas with other café organizers:  
Search for “Alzheimer's Café / Memory Café Organizers – Washington State”

# QUESTIONS?

Marigrace Becker, DAC Dementia-Friendly Communities project team leader

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Cecily Kaplan, Director, Greenwood Senior Center

- Greenwood Senior Center, 206-297-0875, [cecily@phinneycenter.org](mailto:cecily@phinneycenter.org)