



Frequently Asked Questions:

1. What is a Memory Café?

- a. An Alzheimer's, dementia or memory café is a monthly gathering of individuals with memory loss along with their caregivers and/or friends and family in a safe, supportive and engaging environment.

2. Who is the Café for?

- a. The café is for people living with memory loss, such as dementia or Alzheimer's disease, along with their companion. A companion could include a caregiver, family member, or friend. Companions are expected to stay and participate in the café.

3. What do you do at the Café?

- a. The café offers a unique experience apart from the normal routines. Each café will offer our guests the chance for unstructured conversation, light refreshments, and some enjoyable activities that change from month to month. It is a time to socialize, enjoy each other's company and have a good time. The café is a time to leave the disease at the door and just enjoy ourselves. The goal is to make every guest feel as comfortable as possible.

4. Is the Memory Cafe a support group or respite care?

- a. *No, the Memory Café is NOT a support group, respite or day program, daycare program, or a workshop, seminar, or lecture on dementia.*

5. Is the Cafe appropriate for all forms and stages of dementia?

- a. Yes! Memory cafés are accessible for all stages of dementia. Activities are designed to be meaningful for those in earlier stages and can be modified to accommodate people in later stages. For individuals with serious behavioral disturbances or medical problems, please contact the program coordinators at memorycafecoos@gmail.com.

6. Will I be asked about my diagnosis?

- a. No, attendees at the memory café will not be asked about their diagnosis. However, attendees are welcome to share their diagnoses as they chose. You will be asked to complete a brief registration form with demographic information. This also

means you do not need a formal diagnosis of dementia to attend a memory café.

7. Do I need to register in advance?

- a. Registration is highly recommended, but not required. We recognize that the needs of someone living with dementia can vary day-to-day.

8. Is there a Cost?

- a. Memory Café Coos is free with the intent of giving everyone a welcome break from the disease. No membership or fee required.