

## **Devon Memory Café Consortium (DMCC) Guidance Leaflet.**

### **A Memory Café Service.**

#### **DMCC Definition of a Memory Café.**

For those 'Living with Dementia' and their Carers, a Memory Café offers a safe, stimulating, stigma free environment on a regular basis. It provides social sessions giving opportunity for peer group support and advice for Carers.

#### **A Memory Café Service is intended for people who:**

- Have received a diagnosis of dementia.
- Are worried about their memory.
- Have concerns about someone who may be experiencing problems due to dementia or memory problems.

**It should be made clear to family, friends and carers that the service is not suitable for people with dementia to attend alone if they have specific care needs such as:**

- Problems with incontinence.
- Medication issues
- Mobility issues that require aid.
- High levels of anxiety.
- Challenging behaviour.
- Medical conditions that require monitoring.

**The Memory Café should be offered as an open service, no pre-booking being necessary.**

**No formal referral or assessment is required. Self referral is acceptable but the service cannot be diagnostic.**

**The Memory Café Coordinator has the right to consult with individual service users and their Carers if it is found that the service is no longer appropriate. This might be because:**

- The behaviour of the person with dementia is disrupting the event to the detriment of other service users.
- The physical health of the person with dementia has deteriorated and their needs cannot be met within this informal social environment.

**In the event of a person being deemed unsuitable to attend the Memory Café, a system should be in place to refer them to alternative support services appropriate to the level of needs. These could be statutory partners, local Mental Health Teams or Dementia Advisers.**

Whilst the focus of the Memory Café is the person 'Living with Dementia', it should be recognised that Carers benefit greatly from the 'Peer Support' aspect of the Service.

Carers who no longer have caring responsibilities should not be discouraged from attending any Memory Café for a reasonable period of time.

Former Carers often become volunteer workers. Having cared for someone with a dementia, they bring experience and a sense of empathy, ideal for volunteering.

