

GETTING STARTED & TROUBLESHOOTING BARRIERS

Before the series begins, it's important to inquire about **potential barriers**, including transportation or mobility issues to facilitate attendance for in-person cafés. If possible, a café space right in the community is great for everyone to feel welcome in their own community.

Welcoming and Inclusion at the Memory Café:

It's important to express at the beginning of each event that **everyone is welcome** and that **everyone belongs** at the Memory Café. One way that we can accommodate those living with memory challenges is by making everyone's names visible to help make socializing and conversation accessible and as comfortable as possible.

For an in-person delivery, we use **nametags**. Being able to use people's names makes the cafés more intimate and personal, so facilitators should use first names throughout the session as they facilitate the activities.

Our Memory Café model has a maximum **capacity** of about 20 participants so all voices can be heard.

Dementia can sometimes interfere with motor function, including **speech**. As a facilitator, try to minimize the amount of sound stimulation for the group to make the sessions more relaxing and to make it easier to hear participants who are soft spoken. In live café sessions, a microphone can be helpful to amplify the facilitator's voice if background noise is a challenge. Dementia can also affect speech and audio comprehension, so facilitators should **speak slowly** and make **eye contact** with participants.

As is the case with any group, some participants will be more vocal than others. Facilitators can work to include even the quietest or most cognitively challenged participants by remembering what participants expressed at previous cafés and using that to ask **specific questions** or **highlight their contributions** at future sessions.

Most importantly, Memory Cafés are places for people to feel welcome, have some fun, enjoy good conversation and appreciate some beautiful art and music.....so remember to have fun too!

