

How to Start a Memory Café: A Guide for Hosts

- **Who:** Memory Café hosts can be anyone interested in creating a welcoming atmosphere for persons living with dementia and their care partners or family. We suggest group size max of 20 participants.
- **What:** A Memory Café offers a place for relaxation and connection right in the community. No special equipment is needed, just a smile. We offer free art laminates that can be used to jumpstart nonmemory-based conversation so everyone can participate.
- **Where:** A community café or other accessible social space where your group can meet and have warm drinks and conversation.
- **When:** Memory Café NS offers a 5-session series through Winter and Spring with monthly events, December through April. There are 3 in-person events (December, March, and April) which last about 1-1.5 hours and are usually hosted in the afternoons. Memory Café NS also offer 2 province-wide Zoom-based art and music events in January and February which hosts are welcome to join in.
- **Why:** Our quality assurance feedback over the past 5 years shows that participating in memory cafes can improve sense of well-being and social connection for participants and also is a rewarding experience for hosts. Memory Café events are fun and help make your community dementia -friendly!
- **What will it cost?** Memory cafes are low cost! A comfortable café location is the main thing to establish, where participants are welcome to purchase their own warm drinks and treats. Memory Café NS can provide honoraria for local musicians and artists who may come as special guests at your café in NS. We also provide free resources for Memory Café start up across provincial borders on our website.
- **Supports:** The Memory Café NS website has a free “Start Your Own Café Toolkit” with sample series, downloadable registration forms, art work, and recorded music: <https://memorycafens.ca>. We also partner with municipal recreation leaders who often can help provide support for registration, advertising and even hosting. Contact info@memorycafens.ca for more information.

