



Memory Café Grant Program Information and Requirements

Memory Café Background and Rationale:

Memory Café offers people with dementia and their care partners the opportunity to enjoy regular, enjoyable social interaction with others in similar circumstances in a safe, welcoming environment. They operate on a drop-in basis. Registration is recommended before the first visit to make sure the participants understand the purpose and guidelines of the program.

It is not a respite program in the traditional sense. It is not a group outing for residents of a facility. It is a community social event, held in a variety of local places familiar to the attendees. Regardless of where they are held, Memory Café shares the commitment to offering hospitality, interesting and engaging programs, information about dementia and appropriate resources, and coffee, tea and treats. People who attend do not need to worry about the social stigma that is often associated with dementia.

One of the most important outcomes of Memory Café is the formation of friendships among participants. People meet others with whom they have an experience in common and exchange phone numbers or other contact information. Some become advocates for people experiencing dementia, sharing news about the cafes or the disease condition with newspapers, at conferences, and promoting the businesses that participate in Memory Café.

The existence of Memory Café serves a few critical purposes;

- 1) It provides non-threatening social engagement for families experiencing the challenges of providing caregiving to individuals experiencing Alzheimer's, dementia or even mild memory loss;
- 2) It addresses loneliness, an identified social driver of health;
- 3) It provides a non-threatening access point for families to receive information about their condition;
- 4) It can be a very effective rural health solution, depending on researched demographics and prevalence – but in particular, in a virtual model, transportation is not a barrier to participation.

There is a very extensive network of Memory Café across the country and the world, organized and hosted by various non-profit community-based organizations, including churches, and also in some places municipal services like Rec and Leisure services, libraries and Councils on Aging. Visit

www.MemoryCafeGuide.com for the locations, descriptions, schedules and contact information for each Memory Café.

Program Model: Many Cafés now offer a virtual gathering, hosting Zoom sessions for individuals and their care partners, as well as traditional in-person meetings and outings. Hosts have found that the virtual model is sometimes easier on families whose members are in more advanced stages of disease. They can sign in from the comfort of home, relieving them of the stress of getting someone ready to leave the house when they may be experiencing a high level of anxiety or stress. An applicant for TFA-Amerigroup Grants for Memory Café should be capable to offer both types of program models.

Best Practices: A community of hosts and coordinators have learned from their experiences in delivering this support service and have generated several “Best Practices” which are available for us to use in start-up. The Memory Café Directory is a good source of this information. In general, these best practices apply to both in-person and virtual models. All Memory Cafés are unique and retain the character of their location, members and hosting organization, and within the national network, there is a plethora of resources for any community to use.

Each Café has three important components:

1. Steering Committee [NOTE: This is not so critical for a virtual model, but it is good to have community partners for collaboration for either model.]

Memory Cafés are organized by gathering a constellation of partners to begin forming a steering committee that can hold a vision of inclusive hospitality. The Steering Committee could be composed of family members who may have heard about this idea somewhere else; and family members who are experiencing dementia and caring for someone with dementia, professionals from the Alzheimer’s Association or clergy or lay people who work in the field.

2. Leadership/ staffing
 - Facilitator – each site needs a facilitator to run the program at that site.
 - Support staff – to trouble shoot technology, reengage people, etc.
 - Volunteers – to co-present, take notes - this is completely optional for virtual cafes
3. Agenda, activities, materials, ideas – there are lots of free and accessible resources available for free on the web and also several café networks around the country that are very helpful.

Grant Structure and Requirements for Memory Café Hosting Organizations

The grant for a host organization of Memory Café under TFA sponsorship provides up to \$6,000 for a one-year commitment to create and host two Memory Café gatherings (in-person or virtual) per month. The grant is structured estimating up to 10 hours of staff time per month by the host organization to plan for, host, and maintain data and financial records of Memory Café gatherings. This grant amount includes costs for providing necessary materials and supplies. Host organizations are free to use compensated and/or volunteer individuals to accomplish the following tasks:

1. Session Moderator should be experienced in adult teaching, counseling, social activities, program facilitation, healthcare education and/or similar skills. The moderator will plan and facilitate each Memory Café gathering.
2. Session Host will be responsible for marketing the Memory Café program to the local community, providing information to those persons/families interested in the local Memory Café, welcoming guests to Memory Café gatherings and operating equipment and resources to provide Memory Café gatherings online.
3. Program Support/Admin will maintain attendance and financial records and other outcome data as may be required by Tennessee Federation for the Aging or Amerigroup Tennessee.

The host organization (grant recipient) may organize and assign these tasks using any combination of compensated and/or volunteer individuals of their choice.

Organizations that could apply for a TFA Memory Café grant include non-profit community-based organizations; churches; senior centers; municipal services like Recreation and Leisure Departments and public libraries; Councils on Aging; adult education programs; non-profit hospitals, social services or medical centers; organized community groups; charitable social organizations and some others. Host organizations receiving TFA Memory Café Grants must agree to publicize and open their Memory Café gatherings to any local interested community members, regardless of membership in their organization.

The term of TFA Memory Café grants are for one-year (twelve months).

Memory Café programs will receive training and technical assistance from TFA and Amerigroup Tennessee during program startup and as needed during the term of the grant. TFA will provide each grantee organization certain requirements for reporting to include data on attendance and outcomes, categorical data of Memory Café participants, as well as other programmatic descriptive information. Memory Café host organizations will receive program and financial evaluation.

Amerigroup Tennessee is the financial sponsor for TFA Memory Café Grants.

Rev. January 15, 2023