

WISCONSIN MEMORY CAFÉ PROGRAMS
A Best Practice Guide

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The Vision

Memory cafés offer 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 with no pre-registration required. New attendees are welcome to drop-in to the program. However, registration is encouraged before the first visit to make sure the participants understand the purpose and guidelines of the program.

Memory cafés can take place in many different types of venues and usually meet for two hours once or twice a month. Most of the time, there is no charge for participation although sometimes there might be a nominal charge for special materials used in an activity.

Regardless of where they are held, memory cafés share the commitment to offering hospitality, interesting and engaging programs, information about dementia (often through brochures from organizations like the Alzheimer's Association), and of course, coffee, tea, and treats. At a memory café gathering, people do not need to worry about the social stigma that is often associated with dementia.

Memory cafés are an important component of the vision of creating dementia-friendly communities throughout Wisconsin where people living with dementia can continue to find meaning and purpose in their daily lives despite experiencing memory loss and other cognitive challenges. The goal is for individuals with dementia to *live well* in communities that offer understanding and various forms of support for them and their care partners.

One of the most important outcomes of memory cafés is the formation of friendships among participants. People exchange phone numbers, get together outside of memory cafés, see one another at other programs for people living with dementia,

and develop a network of relationships with people who understand their situations. Some memory café participants also enthusiastically embrace a new social role: dementia advocate. For example, they may be willing to be interviewed by local newspapers, speak at conferences, and recommend restaurants, shops, and other organizations that should receive Purple Angel dementia-awareness training (see <http://www.purpleangelproject.org/home.html> for more information).

Best Practices

The information provided in this document is drawn from several published resources on starting and operating memory cafés (see the section on Resources), my observations from visiting memory cafés in England, and my experience with my husband in facilitating a memory café located in Appleton, WI. I have also had numerous opportunities to talk with people in Wisconsin and across the country about what they have learned from starting and running memory cafés.

With the rapid proliferation of memory cafés, memory café leaders are experiencing the need to share best practices. It is my hope that readers of this document will view it as a work in progress and contribute their ideas as we all learn more about creating dementia-friendly communities.

In reading this document, it is important to keep in mind that memory cafés develop their own identities in terms of how they greet participants, conduct programs, and conclude the gathering. There is no set way of “doing” a memory café although the commitment to hospitality and inclusion lies at the heart of the best practices of all memory cafés.

Definitions

In some communities, different terminology is used for these gatherings. For example, there are Alzheimer’s Cafés, Memory Care Cafés, and Neighborhood Memory Cafés. In addition to using different names for the cafés, some people differentiate a European model from a US model. The former focuses on topics directly related to various diagnoses of dementia and caring for an individual with dementia while the latter focuses on providing a respite from thinking about dementia. Throughout the US, we find memory cafés offering opportunities for participants to engage with various art forms, learn about local history and culture, explore the natural world, etc.

Different terminology is also used for the people who attend memory cafés. Some refer to their “participants” while others talk about their “guests” or “clients.” Regardless of the language used, memory café facilitators and volunteers must be educated not to refer to “dementia patients” or to use other terms that diminish the full personhood of the individual living with memory loss, confusion, and other cognitive problems.

Memory cafés are not respite programs for care partners to drop off loved ones while they shop, do errands, etc. They are social occasions for people who live with dementia to gather, connect with one another, and enjoy café hospitality. However, although they do not offer respite care as it is usually defined, the two hours of social time they offer can function as a kind of “safe haven” for respite. In other words, they expand our definition of respite care. They are also not support programs, although participants often offer one another informal support.

Most memory cafés include at least one professional (e.g., nurse, social worker, counselor) who can speak with care partners or persons with dementia about particular issues and concerns. Sometimes they engage in casual conversations while participating in the program of the day, and at other times, they have a more private conversation apart from the rest of the group. These individuals may be volunteers who are retired or who have some extra time in their work schedules, or they may be supported by their employers in attending a monthly café gathering.

The Persons Served

Memory cafés do not require people to present a diagnosis at the door! Rather, they advertise themselves as being for people living with memory loss and other symptoms of dementia. Some people who attend memory cafés have not received an official diagnosis but they are worried about their memory and other expressions of cognitive difficulty. A memory café should be considered a safe place for all experiencing cognitive changes.

When we speak of people living with dementia, we include individuals who have some form of dementia as well as their care partners who may be spouses, partners, adult children, and friends. Others in our community who live with dementia are the paid caregivers of individuals living either at home or in care facilities. Occasionally, they accompany their clients to memory cafés, especially when there are no local family members. If you are a care partner/caregiver who takes care of more than one person, please call first. This is not to be used by facilities as a group outing.

Starting a Memory Café: The People

Memory Café Advocates

Advocates for starting a memory café in a particular community can come from many different backgrounds.

These may include:

- Family members who have heard about memory cafés in other communities.
- Professionals working for organizations like the Alzheimer’s Association or clergy and laypeople who want to extend a congregation’s services to people with dementia.

- People associated with a local government grasp the vision of creating a dementia-friendly community and undertake plans to start a memory café.
- Colleges and universities may have faculty members and staff who see memory cafés as an opportunity to serve the community while educating students about how people can live well with dementia.
- Some healthcare organizations may view memory cafés as serving their goals of promoting public health through meaningful social interactions.
- Local service clubs often want to get involved. For example, the Rotary Clubs in Great Britain were instrumental in starting memory cafés in many communities there.

Regardless of the origin of the idea for a memory café in a particular community, it is important to form a small steering group of memory café advocates that will undertake planning and fund-raising for ongoing support of the café. These groups should not be too large, and they should be careful to maintain the vision of inclusive hospitality. In other words, the formation of a memory café should not be driven by organizations trying to attract their own clients and customers.

The steering group should include persons with dementia and care partners. In other words, people who organize and lead programs for individuals living with dementia always need to listen to the voices of people living with it every day.

Leadership

Trained volunteers are very important for successful memory café operations. However, many communities have learned the hard way that it can be challenging to rely solely on volunteers. A coalition of partners can be used as a steering group for the program led by at least one person whose job description includes supervision of the memory café. This is especially important if there are several memory café programs in one community.

The memory café program coordinator can be someone from a local organization serving older adults or a staff member at the venue where the café is held (e.g., a senior center or a library). This individual should be knowledgeable about working with people with dementia and about recruiting, training, and supervising volunteers. This person is also responsible for publicizing the memory cafés through a variety of means (e.g., social media, newspapers, lectures to local groups), managing the budget, and planning events for café participants outside of regular memory café gatherings if those events are deemed important by participants and organizers (e.g., outings, parties, dances).

If the program coordinator oversees several memory cafés, each café should have a facilitator. The facilitators should meet with the program coordinator at least quarterly to share information about successes and challenges, and to plan larger social events that bring together memory café participants from different locations.

Facilitators can be volunteers, but in many cases they are employed by organizations serving older adults or by the organization (e.g., a library or senior center) where the memory café is held.

Volunteers

Regular, committed volunteers are very important for memory cafés. They help check people into the memory café and distribute nametags, offer refreshments, facilitate conversations, help with programs, and remain alert to anyone experiencing some kind of challenge (e.g., finding the rest room).

Volunteers can be recruited from service clubs, educational institutions, congregations, volunteer centers, etc. Care partners whose loved one has died or had to move to long-term care can be good volunteers.

Volunteers must be trained in dementia awareness, communication with persons with dementia, non-judgmental acceptance of differences, listening skills, and confidentiality. They should know basic first aid and be comfortable in the volunteer role, knowing they are there to serve memory café participants. They will also be asked to have a background check completed.

Occasionally, there is not a good fit between a particular volunteer and the memory café program and philosophy. When this happens, it is important for the leadership of the café (the steering group and/or the program coordinator) to discuss the issue with the volunteer, suggest remediation if possible, and terminate the volunteer role if necessary. This is never easy, but for the viability of the memory café program, it's essential.

Starting a Memory Café: The Place

Memory cafés are operating in many different types of venues in the US. These are places where people normally enjoy meeting in community and include libraries, senior centers, nature centers, actual cafés and restaurants, and even wine shops. They should not be housed in drab basements! Rather, they should be inviting places where people want to gather to socialize and enjoy some kind of interactive program. We have found that people generally do not want to go to a memory café located in care facility but prefer public spaces in the community.

Often family restaurants and coffee shops are willing to host memory cafés from 2-4 p.m. when they have few regular customers. If they have a pleasant room that is apart from the main restaurant area, the memory café can meet there. The owners of these facilities should be educated in providing hospitality to persons with dementia.

When selecting a location, memory café advocates should think about:

- Places where community members naturally meet
- Easy, accessible parking
- Accessibility to public transportation if possible
- Good access for wheelchairs and walkers
- Accessible toilet facilities close to the café area
- A safe, pleasant environment, with proper fire escape facilities
- Adequate heating and cooling
- Good lighting
- Space that can accommodate up to 40 people, with chairs arranged around tables for 4-8 people, with the option of pushing tables together for larger groupings
- Lack of disruptive sound
- Kitchen facilities, or a place where coffee can be made and served, and food can be safely stored
- The opinion of community members regarding locations they feel would be appropriate

Starting a Memory Café: The Funding

The steering group must ensure that funding is in place before launching the memory café. Memory cafés are not expensive to operate but certain items should be covered in the budget. These include:

- Printing for brochures, flyers, and/or posters about the café
- Purchase of games and puzzles (large size 36-piece jigsaw puzzles work well)
- Purchase of coffee, tea, snacks, plates, cups, napkins and other items needed for refreshments at the café (NOTE: Some cafés located in restaurants and coffee shops have participants purchase refreshments on their own. Most, however, offer them for free, although they may take donations to cover these expenses.)
- Rental of the café room if necessary
- Payment to the program coordinator
- Payment to people who lead programs (e.g., musicians, artists), although most programs are led by volunteers from the community
- Program supplies
- Office supplies for the program coordinator

Funding can come from grants from organizations like community foundations, service clubs, and congregations. Individual donors can be encouraged to support the memory café operation. Whatever the funding source, the steering team and program coordinator must monitor the budget carefully to ensure long-term sustainability of the memory café.

A sample budget can be supplied by the Wisconsin Alzheimer's Institute by contacting Kathleen O'Toole Smith at 608-263-2761 should café organizers find that helpful.

Marketing the Memory Café

Because of widespread stigma associated with dementia, people seeking to start memory cafés should not operate with the illusion that “if we build it, they will come.” It is hard for many people to accept the diagnosis of some form of dementia and it is also hard for a husband, wife, partner, or adult child to move into the role of care partner. Memory café leaders should work with physicians and others who conduct memory assessments and diagnose forms of dementia so that they can recommend café participation to their patients and their loved ones. Because many communities do not have memory assessment clinics, information should also be distributed to nurse practitioners, family practice physicians, social workers, ADRC professionals, clergy, etc.

Much groundwork needs to be done in advance of the launch of a memory café. Community leaders who understand the need for memory cafés should take advantage of opportunities to communicate with local groups about the goal of becoming a dementia-friendly community and the way memory cafés serve that goal. They should spread the word about memory cafés to physicians and other healthcare providers, organizations that serve older persons (e.g., ADRCs), libraries, congregations, and the general public through newspaper articles, radio and television announcements, talks to service clubs, emailed newsletters, posters, etc.

Marketing must continue once the memory café is started. The steering group, program coordinator, facilitators, and volunteers all need to be aware of the need to continually reach out to people who are worried about their memory or who have received a diagnosis of some form of dementia. Also, it is important to follow up with memory café participants who stop attending. Some memory cafés send monthly postcard reminders; others use emailed newsletters.

Operating the Memory Café: Beginning and Ending

As stated earlier, all memory cafés take on their own identity through time. Here are some suggestions for operating a memory café that reflect some things that my husband and I do at the café that we facilitate.

- Volunteers should be posted at the entrance to the memory café location at least 20 minutes before the café is scheduled to begin. Many people will arrive early and they should be warmly greeted and thanked for coming. At least one volunteer should remain there after the café opens in case some participants come late.

- Everyone should get an easy-to-read nametag with his/her first name. We use plastic cases that hang on thin metal chains. We have the names of participants printed on the nametags and stored in alphabetical order in boxes. Often, we have to write out a new nametag for a person attending for the first time.
- Participants should be noted on a checklist that has contact information.
- If door prizes are available, people should write their names on a piece of paper.
- People coming for the first time should complete a photo permission sheet. Not everyone will want to have their photos used in memory café publicity on social media sites, in newsletters, newspapers, etc.
- Memory cafés may need to gather additional information for funders. An example of the information sheet used by the Fox Valley Memory Project appears in the Appendix at the end of this document.
- As people gather, they should be guided to sit at tables. Volunteers can introduce them to one another if they are new to the café. Having large piece puzzles on the tables (24 to 60 pieces) is a nice interactive activity people can do together as others arrive.
- There should be some kind of opening “ritual” of greeting. Some cafés sing a welcoming song. At our memory café, we greet everyone by name with a song accompanied by my husband playing his ukulele: “Hello ___, how do you do? We’re glad to say hello to you.” Whatever you decide to do, you should have some “icebreaker” that gets repeated at every gathering.
- The facilitator or a volunteer should make announcements, introduce any guests and tell why they are attending, note the literature available on dementia, community events, memory café programming, etc.
- We sing happy birthday to people who have had birthdays that month, and we sing happy anniversary for the same reason.
- We have a tradition of “groaner” jokes; participants often come with a joke to share and we’re prepared with some that usually relate to the theme of the day.
- Develop a tradition of when the beverages and treats are served. Some cafés do this at the beginning, some during the program, and some after the program ends.
- Programs should run from 45 minutes to an hour.
- After the program, at our memory café, we draw names for door prizes and end the café by singing the old Girl Scout song “Make New Friends.”
- We gather up nametags and tell people we hope to see them at the next memory café. We always have schedules of coming memory cafés they can take with them. Schedules also appear on our website (www.foxvalleymemoryproject.org) and are emailed with our newsletter.

Remember that people at memory cafés want to socialize, but may be hesitant about doing so with strangers. The volunteers have an important role to play in helping people feel comfortable by introducing them to one another. Also, for various

reasons, some people may need to leave before the program ends. A volunteer can accompany them to the exit door.

Operating the Memory Café: Programs

Activities at memory cafés vary widely and reflect the imaginations and resources of organizers. When outside groups come in—for example, to sing or perform on musical instruments—they should be told to make their program interactive and adult. In other words, we do not want to insult participants with childish programs, nor do we want them to passively sit and be entertained. There should always be some way for them to be involved with the program.

Participants should be asked about the kinds of programs they want. Survey participants at least once a year since the participant mix will change over time.

Before planning an activity, be sure to check with the operators of the venue to find out if the activity is permitted there or if there is room to safely engage in the activity. Examples would be various arts projects or dancing.

Some activities that we've done at our memory cafés include:

- Favorite books show-and-tell, with “book” defined broadly: People brought cookbooks, books of photos, sports card collections, novels, history books and others.
- Travelogues: Participants brought photos and souvenirs from their travels and talked about them. We also talked about places they dreamed of visiting.
- Restaurant reviews: People brought placemats, menus, and other items from favorite restaurants. We talked about what supper clubs mean in Wisconsin and discussed what is welcoming and off-putting about restaurants when people with dementia and care partners visit.
- Service projects: At least once a year, we like to do something that benefits others. We have had someone from our local homeless shelter come and lead us in activities that served the shelter clients. For example, we assembled “snowman soup” packets (hot chocolate, peppermint sticks, and marshmallows).

Other activities include story telling using the *TimeSlips* storytelling method (for online training, see www.timeslips.org), poetry writing (see www.alzpoetry.com), and songwriting (see <http://www.songwritingworks.net/>). Some cafés play various types of games (Name that Tune is a favorite) and do readers' theater. One of the cafés run by the Fox Valley Memory Project is at a nature center where the programs mostly reflect the resources of the center. The activities you do in your memory café will reflect the skills of the leaders, persons in the community willing to share their talents, and most especially the desires of participants.

Memory Café Visitors

The growing interest in memory cafés has motivated people to want to visit them. This is good because while people can gain a lot of information by reading about memory cafés online and in documents like this one, personal visits can provide important insights into the hospitable social environment of the memory café. However, it's important to provide visitors with a few "ground rules" about their visits.

Visitors should have nametags like everyone else and most important, they should be instructed to sit at the tables with participants and interact with them. Visitors should never stand at the periphery and merely observe. Introduce them and say where they are from. If they are interested in starting a memory café, invite participants to give them advice on starting and running a café that meets the needs of people living with dementia for social engagement in a safe, non-stigmatizing environment.

Memory Café Assessment

Memory cafés should engage in self-assessment at least once a year. Many need to do this so they can provide their funders with information about whether they are meeting their goals of creating a hospitable environment where people living with dementia can meet others experiencing similar situations while enjoying a program that engages both care partners and people with memory loss and other dementia symptoms. Just counting the number of people who come in the door is no longer sufficient for most funders.

Several approaches can be taken to assessment. You can use a simple questionnaire that people complete once a year. Or, you can collaborate with researchers at a local college or university who can design an assessment and analyze its results. They may choose to use surveys that have been tested in other research on community-based psychosocial interventions for persons with dementia and their care partners. This is good practice for students in the social sciences who are trained in research design and statistics, and who need experience with nonprofit organizations. If you are working with faculty and students who are viewing the assessment as a research project, be sure they have Institutional Review Board (IRB) approval.

You can design a paper survey, or you can conduct interviews with participants. Some questions you might want to include in your assessment include:

- How often in the past year did you attend a memory café? (Give several possible answers for people to check.)
- Have you received information about dementia at the memory café? (This can be a yes/no response.)

- If you received information, how helpful was it? (A scale from 1-5 can be used, from *not at all helpful* to *very helpful*.)
- Why did you start attending the memory café?
- How did you learn about the memory café? (This question can help you with your marketing efforts.)
- What influences your decision about attending a memory café? (This one can help you ascertain whether people choose to attend because of the program, whether the weather influences decisions to attend, etc.)
- What do you value about memory café? (You can give some options for people to check like social contact, being able to speak with a professional, participating in the programmed activities, etc.)
- Describe your relationships with other memory café participants.
- How could your experiences of memory cafés be improved?
- How does your participation in memory cafés affect your relationship with one another?

Beyond Memory Cafés

Memory cafés offer the opportunity to connect people living with dementia with other programs in your community. For example, in Wisconsin, we are fortunate to have the SPARK Alliance, a group of arts and cultural institutions all over the state that offer programs designed for people with dementia and their care partners. Check the SPARK website for a museum close to you (<http://thesparkalliance.org/>) and recommend SPARK to your participants. If you're not familiar with SPARK, be sure to watch the short video on the homepage.

You may have other programs in your community that are offered by the Alzheimer's Association, a senior center, the ADRC, etc. Memory cafés can be a source of information about various support services and programs for people with dementia and their care partners. However, be sure to assess this information carefully before distributing it to participants. The Fox Valley Memory Project made a policy decision that it would not distribute materials advertising for-profit companies' services or products.

Many libraries are open to scheduling films and discussion programs about dementia and caregiving. Many librarians around the state are aware of the success of collaborations between libraries and memory cafés and view people living with dementia as an important population for their community outreach efforts.

Many people's social worlds shrink after a dementia diagnosis and memory cafés can become one of the only social outlets remaining for them. As your memory café becomes established, think of other ways you can engage and include people with dementia in your community. For example, you might request a small grant to hire a chorus director and create a chorus of care partners and people with memory loss

and confusion. They can practice over the course of a few months and perform at a community event.

Outings to various attractions around our state are greatly appreciated by memory café participants. They take considerable planning as well as funding, but they are highly worthwhile in combatting the isolation and boredom often experienced by people who spend most of their time at home. Scheduling regular walks in a park or nature center can be a low-cost but highly valued form of recreation and social connection.

Resources

There are many resources available online which contain information about starting and sustaining memory cafés. At some point, we may develop a state-wide memory café coalition for sharing information.

You can join a national discussion about memory cafés through the Memory Café Catalyst website: <http://memorycafecatalyst.org>. Conference calls are scheduled to address specific issues and invitations are sent to people in the online community formed through the Memory Café Catalyst.

People involved with memory cafés are generally enthusiastic about sharing what they have learned so don't hesitate to ask. Feel free to contact me with questions and let me know if you're interested in participating in conference calls with people around the country who are committed to offering these low-cost, high-value opportunities for people living with dementia to remain socially engaged.

General Information about Memory Cafés

Alzheimer's Cafés and Cousins:

<http://www.alzheimerscafe.com/public.html.alzheimersatoz.com/Welcome.html>

This site compares the evolving models of Alzheimer's cafés and memory cafés and contains many practical suggestions for starting and running memory cafés.

Dementia Adventure: *Wood if we Could*:

[http://www.dementiaadventure.co.uk/uploads/Wood%20if%20we%20could%20\(1\).pdf](http://www.dementiaadventure.co.uk/uploads/Wood%20if%20we%20could%20(1).pdf)

This is a guide to taking people living with dementia on outings. More about Dementia Adventure and their work can be found here:

<http://www.dementiaadventure.co.uk>

Memory and Alzheimer's Cafés in the UK: <http://www.memorycafes.org.uk>

This site lists the Memory Cafés in various parts of the UK. If you're planning a trip to the UK, consider writing to coordinators of a memory café and asking if you can visit. This site also has many good links to information about programs in the UK for people with dementia.

Memory Café Catalyst: <http://memorycafecatalyst.org>

This is an online community offering information and support for persons involved with memory cafés; some are just beginning cafés and some have been operating them for several years.

Rotarians Easing Problems of Dementia: <http://www.repod.org.uk>

Rotary Clubs in England provided early leadership and support for memory cafés. They published the original guide for setting up a memory café and continue use their website to promote memory cafés and ideas for creating dementia-friendly communities.

Memory Café Toolkits

A Guide to Setting up a Memory Café:

<http://www.memorycafes.org.uk/resources/GUIDE-SETTING-UP-MC.pdf>

This is an updated version of the original document produced by Rotarians Easing Problems of Dementia. It contains much detail about organizing and sustaining memory cafés and includes a survey that can be used to assess outcomes of memory café participation.

Neighborhood Memory Café Tool Kit:

<http://www.thirdageservices.com/Memory%20Cafe%20Tool%20Kit.pdf>

Developed by Sydney Farrier, Pam Kovacs, Carole Larkin, and Pat Sneller, this brief document published in 2012 contains practical advice for starting and sustaining a memory café.

The Alzheimer's Café: <http://www.thirdageservices.com/AlzCafe%20handbook.pdf>

This PDF has much practical information about starting and operating cafés and includes comments from a survey of 11 memory cafés around the country about what worked well and some problems encountered in operating memory cafés.

Listening to the Voices of People Living with Dementia

At one of our memory café gatherings, we used a newsprint pad and markers to record comments of participants in response to this question: "What comes to your

mind when you think about the Memory Café?” Here are some of the answers we received:

- “It’s very non-judgmental. No one cares who you were if you can’t remember words now.
- Because we’re here, it says we need this and we want this.
- It’s good for caregivers, too.
- You feel uplifted, validated. This isn’t the end of the line. There’s so much more that can be done.
- We’ve become friends.

Appendix

Fox Valley Memory Project Data Sheet

The funders that make these services possible ask that the Fox Valley Memory Project gather demographic information about you. This information is only shared collectively and anonymously.

Date: _____

Check one: Male Female

Age: _____

ZIP code: _____ County: _____

How did you find out about us? _____

Please place a check next to the category that best describes you.

A. I have been diagnosed with a form of dementia.

B. I have not been formally diagnosed, but I have memory problems.

I am married to a person either in Group A or Group B.

My parent is in either Group A or Group B.

I am a friend of a person in either Group A or Group B.

Number in your household: _____

Your monthly household income: less than \$1962

less than \$2655

less than \$3348

\$3348 or more

Ethnicity: Caucasian; African American; Hispanic; Hmong; Native American; Other

Glossary of Terms

Care partner / caregiver – Anyone who provides care to a person with dementia. Caregivers can be family members or friends, or paid professional caregivers. Caregivers can provide full or part-time help to the person with dementia.

Cognitive impairment – Problems with thought processes that can include loss of higher reasoning, forgetfulness, learning disabilities, concentration difficulties, decreased intelligence, and other reductions in mental functions.

Dementia – Dementia is an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

Geriatric assessment – A multidimensional, multidisciplinary diagnostic instrument designed to collect data on the medical, psychosocial and functional capabilities and limitations of elderly patients.

Memory Clinic – A specialty clinic that focuses on memory disorders, such as Alzheimer's disease, as well as other neurological disorders. The clinic provides interdisciplinary care that at a minimum includes the services of a physician, social worker or equivalent and neuropsychologist or similarly trained personnel.

Memory screening / memory assessment – A simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed.

Mild cognitive impairment – An intermediate stage between the expected cognitive decline of normal aging and the more serious decline of dementia. It can involve problems with memory, language, thinking and judgment that are greater than normal age-related changes.

Respite care / respite program – Temporary relief from caregiving tasks. Care could be provided through in-home assistance, or a short stay in a nursing home, assisted living facility, or an adult day care program.

Dementia Care Specialist and Dementia Lead – All County Aging and Disability Resource Centers have either a Dementia Care Specialist or a Dementia Lead employee who are trained to provide memory screens for persons in their county.