

What is a Memory Cafe?

Memory Cafes are welcoming social gatherings for people living with changes in their memory or thinking, and the people who care about them. A Cafe is a place to have fun together, talk with others who understand what you're going through, and try something new!

Who Comes to a Memory Cafe?

- Cafes are for people living with changes in their memory or thinking, people living with dementia, and the people who care about them – family, friends, or professional caregivers.
- Memory Cafes focus on people, not medical conditions. Participants can decide if they want to talk about changes in memory and thinking or not. No one is asked if they have a diagnosis.

When and Where do Memory Cafes Take Place?

- Cafes usually meet once or a few times a month, for 1-2 hours. They may meet in person or virtually.
- Cafes are held in a wide array of accessible community spaces like libraries, botanic gardens, museums, coffee shops, community centers, and faith-based organizations.

What Happens at a Memory Cafe?

- Usually there is a facilitated program and some time just to socialize.
- Types of programs include music, dance or yoga, visual arts, storytelling, and local history. The programs are always interactive and no experience or particular abilities are needed!
- There are usually light refreshments like coffee, tea, and snacks.
- Each Memory Cafe is unique, to fit the local community. You can go to as many different Cafes as you like!

What is Special About Memory Cafes?

- Cafes are *not designed to offer drop-off respite care* – but rather to support both the person living with changes in memory or thinking or with dementia, and the people who care about them.

- Cafes are *not a profit-generating program*. Most Cafes are free of charge. Some Cafes might request sliding scale contributions to offset basic costs.
- Cafes are *not a disease-specific lecture or marketing opportunity for aging services*. Their purpose is to create a welcoming social gathering.

How Do I Find a Memory Cafe Near Me?

Visit our [Memory Cafe Directory](#) and type in your zip code, the radius you're willing to travel, and any preferences like language. The Directory will list Memory Cafes that are near you, and share information on how to join them.

Don't see a Memory Cafe near you? Share this information with your local Agency on Aging and encourage them to start one! We are currently building additional support materials like an online training to support people that are hoping to start a Memory Cafe in their community.

You may also search for virtual cafes that you can join from anywhere!