



Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

The Steering Committee

**My experiences:
a personal reflection on tips and points to consider!**

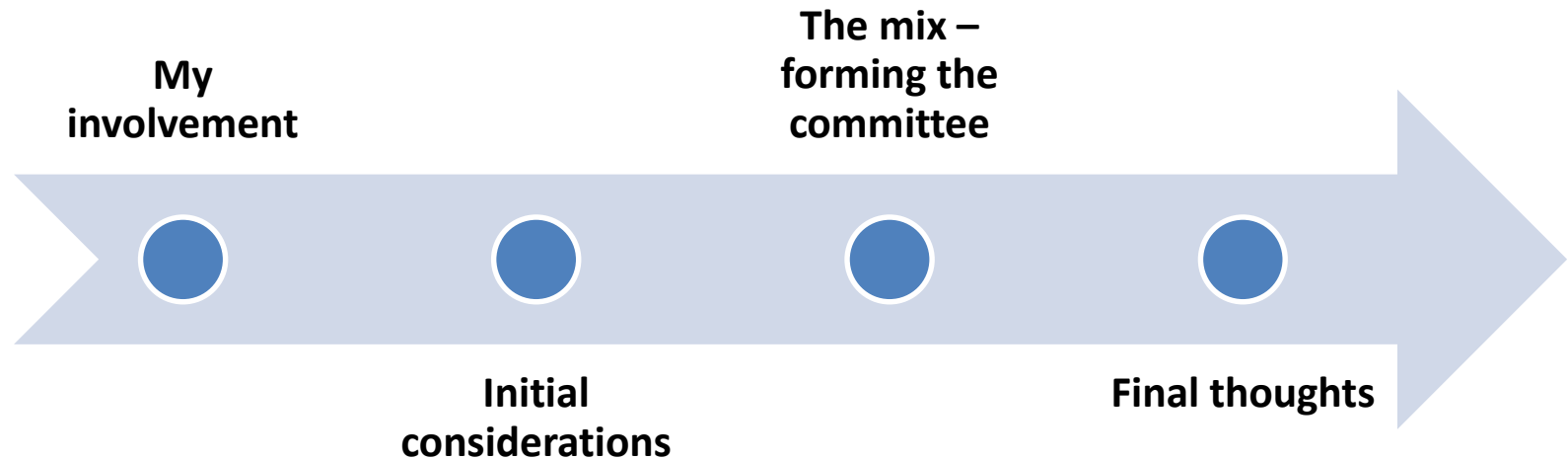
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At: Engaging Dementia How to set up a Dementia Café Workshop

25/01/21

What I will cover



**"Alone we can do so little, together we can do so much"
(Helen Keller).**

My involvement

My background

Committee member on two cafes

- South County Dublin Alzheimer Café
- Kildare Alzheimer Cafe

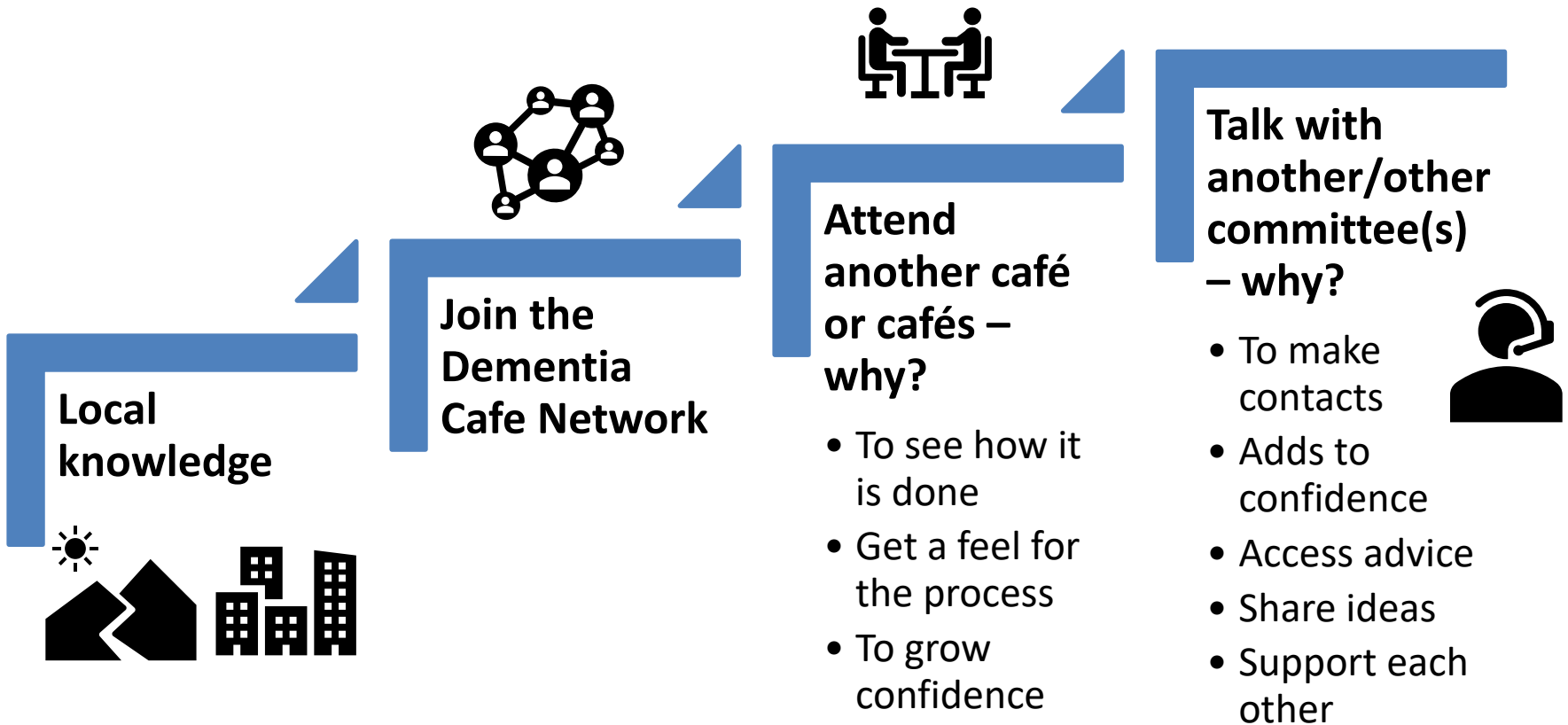


Involved since 2012



Initial considerations

(Pre-planning and during committee formation)



The Dementia Café four pillars (Engaging Dementia 2021)



Atmosphere



Information



Support



Community

For me these pillars are as central to the working of the Café committees as they are to the Café!

The mix – forming the committee!

Teams work best with variety and clear purpose!



1. Establishing purpose – the what?

- The four Dementia Café Pillars and associated principles!

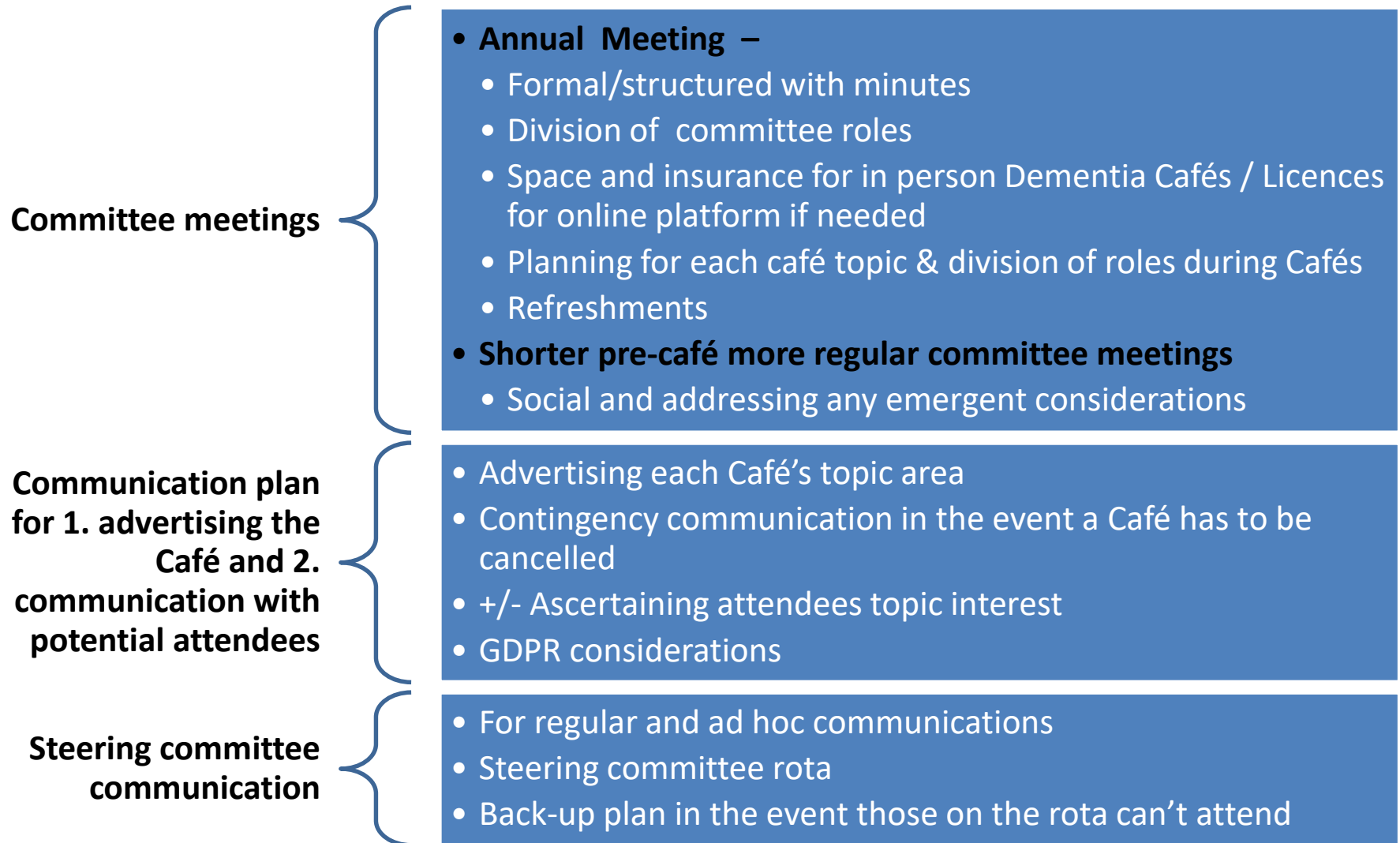


2) Committee membership – the who?

- Those with experience of dementia
- Health and social care professionals with dementia experience
- Volunteers
- Community champions
- Advocacy organisations
- Those who want to become involved – commitment and passion!
- Those who can commit their time



The committee process – my learning!



My final thoughts

I have:

- Learned more than I have contributed.
- Become a part of a vibrant and inclusive community.
- Become more familiar with my local community and what it offers.
- Gained new skills and been brave!
- Met new people and laughed!
- Seen the Dementia Café movement grow from single unconnected Cafes to a more and more connected, citizen and principle driven movement.

Central to all of my experiences above is the role, functions and membership of the Dementia Café Steering Committee.



**"Coming together is a beginning. Keeping together is progress. Working together is success."
(Henry Ford)**

**Thank you
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