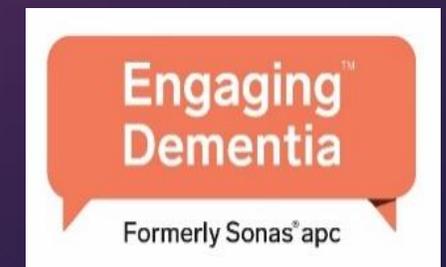




Irish
Dementia
Cafe
Network

How to set up a dementia cafe workshop

Sinead Grennan & Grace Dennison
Irish Dementia Cafe Network Coordinators



Welcome

- ▶ Using Zoom
 - Microphones on mute during presentations (we will be recording the presentations)
 - Cameras on during discussion
 - If you have a technical problem, call Shri at 01 260 8138
- ▶ Confidentiality within the workshop
- ▶ Powerpoints and handouts (this week)
- ▶ Feel free to use the chat function

Workshop objectives

- ▶ To reflect on:
 - the dementia experience
 - the dementia cafe
 - creating a safe space in a cafe
- ▶ To be familiar with research on cafes in Ireland
- ▶ To be familiar with the national context
- ▶ To understand the principles of the dementia cafe
- ▶ To be familiar with the key steps to setting up a cafe
- ▶ To know where to go for resources and support (the cafe network!)

Programme

- 9:30 – 10:15am **Dementia: Features and perspectives** (Sinead Grennan)
- 10:15 – 11am **Dementia: Psychosocial dimensions** (Dr Patricia McParland, Independent Dementia Consultancy Services)
- 11:00 – 11:15 Coffee break*
- 11:15 – 11:40 **What is the dementia cafe**
- Our cafe experience** (Kevin and Helena Quaid, Kanturk Memory Cafe)
- 11:40 – 12:20 **Creating a safe space** (Dr Patricia McParland)
- 12:20 – 12:30 **Safe online environment** (Donal Scanlan, former Manager, Mental Health First Aid Ireland)
- 12:30 – 1:15pm Lunch break*

Afternoon session begins at 1:15pm. Workshop ends at 4:30pm

Afternoon programme

- 1:20 – 1:35 Introduction to afternoon session
- The national context** (Dr Emer Begley, Senior Project Manager, National Dementia Office)
- 1:35 – 1:55 **Cafe research findings** (Áine Teahan, PhD Researcher, Centre for Economic and Social Research on Dementia)
- 1:55 – 2pm **Getting started - the five step plan**
- 2:10 – 2:45 **The Steering Committee** (Dr Louise Daly, Associate Professor, School of Nursing and Midwifery, TCD; Alzheimer Cafes South County Dublin & Kildare)
- 2:45pm - 3pm *Coffee break*
- 3:00– 4:15pm **Promotion** (Lauren Swan, Alzheimer Cafe Glasnevin)
- Signposting to services and supports** (Matthew Gibb, Director, DSIDC; Alzheimer Cafe Donnybrook)
- Planning speakers and talks** (Grace Dennison)
- 4:15 – 4:30pm **Keeping connected with other cafes**

What is dementia

- ▶ Umbrella term
- ▶ Difficulties with thinking and everyday activities
- ▶ Different to “normal ageing”

- ▶ <https://www.youtube.com/watch?v=HobxLbPhrMc>

Cognitive difficulties

- ▶ Memory
- ▶ Thinking
- ▶ Planning
- ▶ Communication
- ▶ Orientation

Difficulties with language

- Word finding difficulties
- Keeping track of conversations
- Hearing the words, maybe not understanding what they mean
- Input – Processing – Response

Memory, emotions and learning

The bookcase analogy



- ▶ Dementia – the bookcase is shaken
- ▶ Hippocampus (top shelves)
 - Logic, fact, reason
 - Damaged by dementia
 - Key role in forming, organising and storing new memories
- ▶ Amygdala (bottom shelves)
 - Feelings and emotional memories
 - Connecting sensations and emotions to memories

The lived experience



Christine Bryden

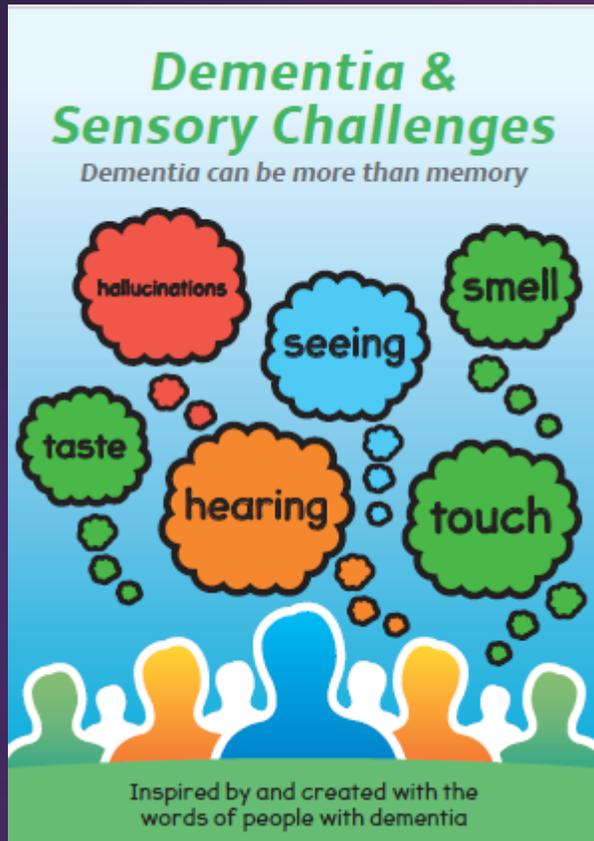
*It's the way you talk to us, not what you say
that we will remember.*

*We know **the feeling**, but don't know the plot.*

*Your **smile**, your **laugh** and your **touch** are
what we will connect with.*

From her 2005 book *Dancing with dementia:
My story of living positively with dementia*

Sensory changes and difficulties



Written by Agnes Houston

<https://www.lifechangestrust.org.uk/sites/default/files/Leaflet.pdf>



- ▶ Effects of dementia on the senses
 - Sight ('brain blindness', visual difficulties)
 - Hearing (impaired hearing, increased sensitivity to noisy environments)
 - Touch (difficulties identifying sensations)
 - Taste (changes in dietary preferences)
 - Smell (can be significantly diminished)

The lived experience



Agnes Houston

Scottish Dementia
Working Group

- ▶ *“Dementia is more than memory. My brain and body are so tired that I can hardly cook my dinner . My abilities to be able to cook are steadily diminishing... I am losing my ability to sequence, plan, prepare, and cook.*
- ▶ *“In noisy environments, I just can’t think.. My brain shuts down.*
- ▶ *You try to be logical, but you cannot be logical when you’ve got Alzheimer’s.*
- ▶ *“I seem to live in a state of constant anxiety, of not being able to cope with crossing the road, going shopping, having a shower. The day-to-day things have been more and more stressful and causing me panics.*

Group discussion

In your experience, what types of difficulties can a person with dementia experience?

What is the impact on the person and care partner's daily life?

How dementia is perceived by others

- ▶ Major research project (HSE/Department of Health)
 - 500k people have a family member living with dementia
 - Only one in four are confident they understand dementia
 - Almost half are unsure they would stay friends with someone with dementia

Raising understanding and awareness

- ▶ Understand Together
- ▶ https://www.youtube.com/watch?app=desktop&v=u_TfuGne-v0

Reducing stigma

- ▶ Forget the Stigma (Alzheimer Society of Ireland)
- ▶ <https://www.youtube.com/watch?v=CIJc3jRsJNE>

Group discussion

Consider the challenges that can be experienced by the person with dementia, their care partner and family.

Identify three challenges created by people's responses to dementia.

Dementia: Psychosocial dimensions

Dr Patricia McParland

What is a dementia cafe

- ▶ A type of regular gathering or meeting
- ▶ Meet others whose lives are directly affected by dementia
- ▶ Meet health and social care professionals
- ▶ Share experiences
- ▶ Get reliable information on dementia care and supports
- ▶ Welcome for all
 - People living with dementia, their families and friends
 - Healthcare professionals
 - people who are interested in supporting a dementia inclusive community
- ▶ The cafe is always free of charge.



What happens at the cafe

- ▶ Usually held once a month, in the same time and place
- ▶ A cafe meeting usually lasts two hours
- ▶ Time for chatting with other attendees, steering committee and volunteers who run the cafe
- ▶ Short talk by a guest speaker on an aspect of dementia
- ▶ Face to face cafe meetings
- ▶ Virtual cafe meetings
- ▶ Now an established network of cafes!



Who runs the cafe

- ▶ Voluntary steering committee
- ▶ Meets several times a year
- ▶ Members include
 - Expert by experience
 - Health and social care professional (HSE)
 - Person/organisation involved in dementia services (eg Dementia Advisor)
 - Another/other people (might have some or no experience of dementia)
- ▶ Members have different roles (incl a nominated Cafe Co-Ordinator)
- ▶ Cafe sometimes has a host organisation to support with managing costs, communication etc (eg Alzheimer Society of Ireland, Engaging Dementia, Family Support Centre)
- ▶ Often other volunteers help at cafe meetings



Face to face cafe meetings



- ▶ Different types of venues
 - eg parish centres, cafes, care centres, community hall, HSE building
- ▶ Consideration of different factors
 - accessible
 - affordable/no rental charge
 - size (eg sound system might be required)
 - Located in the community



Virtual cafe meetings



- ▶ Choice of online platforms
 - eg Zoom, Google meets
- ▶ Criteria for choosing the platform
 - Cost
 - Ease of use by attendees
 - Safety
- ▶ Guidelines for running a virtual cafe (network)



Range of speakers/topics

- ▶ Different types of speakers
- ▶ Live speakers or a video of a talk followed by a discussion facilitated by the cafe co-ordinator

VIRTUAL DEMENTIA CAFÉ



Date: Friday 3rd July at 11am
Guest Speaker: Maeve Montgomery
Theme: A Dementia Adviser's Advice to Families

If you would like to join, please email events@engagingdementia.ie



VIRTUAL DEMENTIA CAFÉ



Date: Friday 16th October at 11am
Guest: Irish Museum of Modern Art - Armchair Azure

If you would like to join, please email events@engagingdementia.ie



VIRTUAL DEMENTIA CAFÉ



Friday 23rd October at 11am
Guest Speaker: Liz Ryan
Theme: National Concert Hall - Tea Dance Tunes

If you would like to join, please email events@engagingdementia.ie



VIRTUAL DEMENTIA CAFÉ



Friday 17th July at 11am
Guest Speaker: Richie Molloy - Carer Supports Manager
Theme: How to Create your own Emergency Care Plan

If you would like to join, please email events@engagingdementia.ie



VIRTUAL DEMENTIA CAFÉ



Friday 28th August at 11am
Guest Speaker: Paul Kirwan
Theme: Exercise Workshop for People Living with Dementia and Their Carers

If you would like to join, please email events@engagingdementia.ie



VIRTUAL DEMENTIA CAFÉ

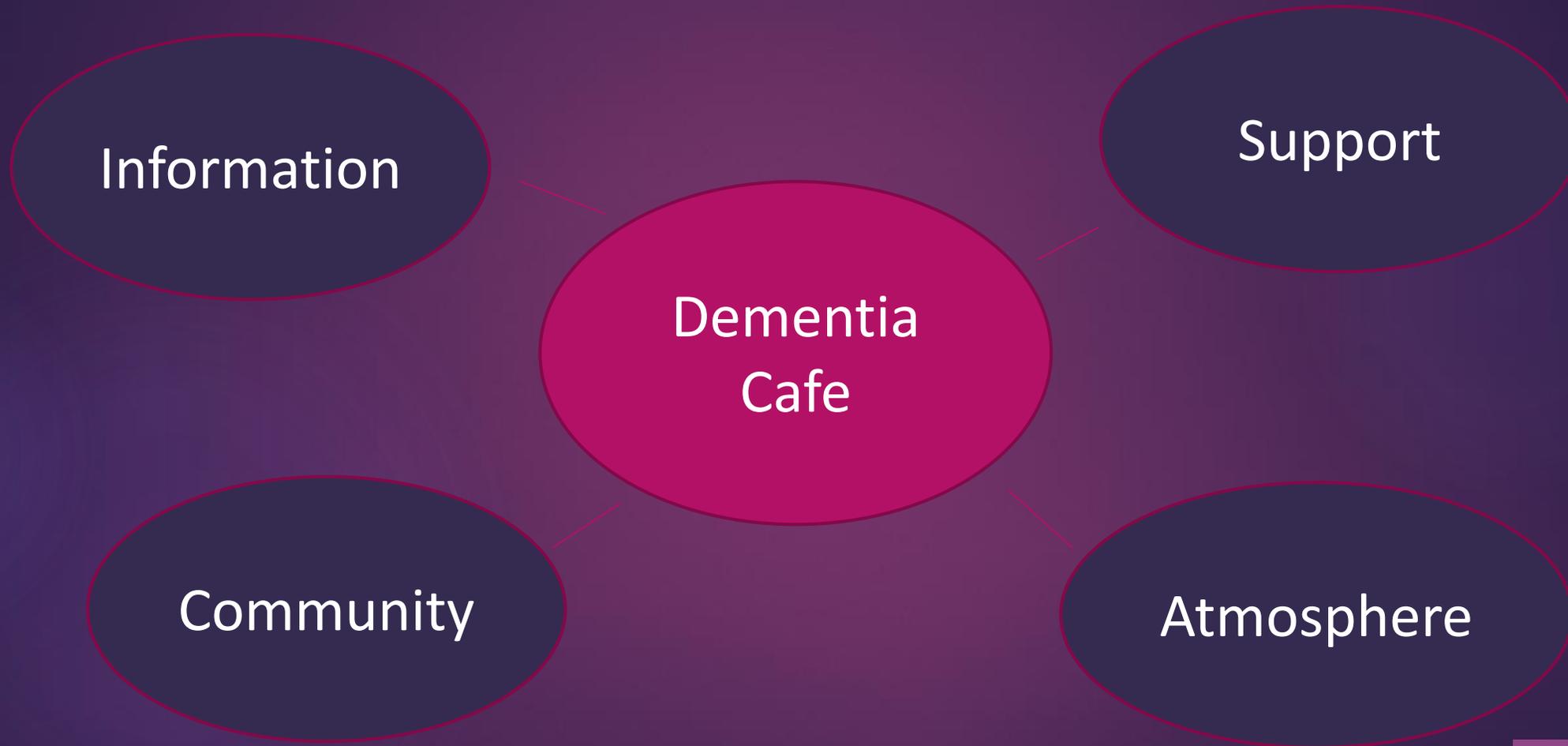


Friday 4th September at 11am
Guest Speaker: Joyce Fitzpatrick
Theme: Capturing Moments in Nature

If you would like to join, please email events@engagingdementia.ie



The cafe is a principles-driven model



Atmosphere

Warm and welcoming. A safe space to talk

- ▶ Tea and cake
- ▶ A safe, supported environment for people to be together
- ▶ Equality, inclusion and acceptance
- ▶ Café team sits among attendees, as well as doing practical café tasks



Personhood



Christine Bryden

- ▶ *Look beyond the dominant story of loss of self in dementia*
- ▶ *See more than our communication problems and recall difficulties*
- ▶ *Recognise that people at all levels of physical and cognitive capacities are equally human*

From Christine's 2018 book:

Will I still be me? Finding a continuing sense of self in the lived experience of dementia

Support

Peer support & healthcare professional input

- ▶ Peer support – shared experiences
- ▶ Reliable information/advice from health and social care professionals



Information

Signposting by speakers and peers

Information table

- ▶ A wide range of speakers
- ▶ Resources from the Irish Dementia Café Network Attendees are encouraged to suggest themes and speakers.



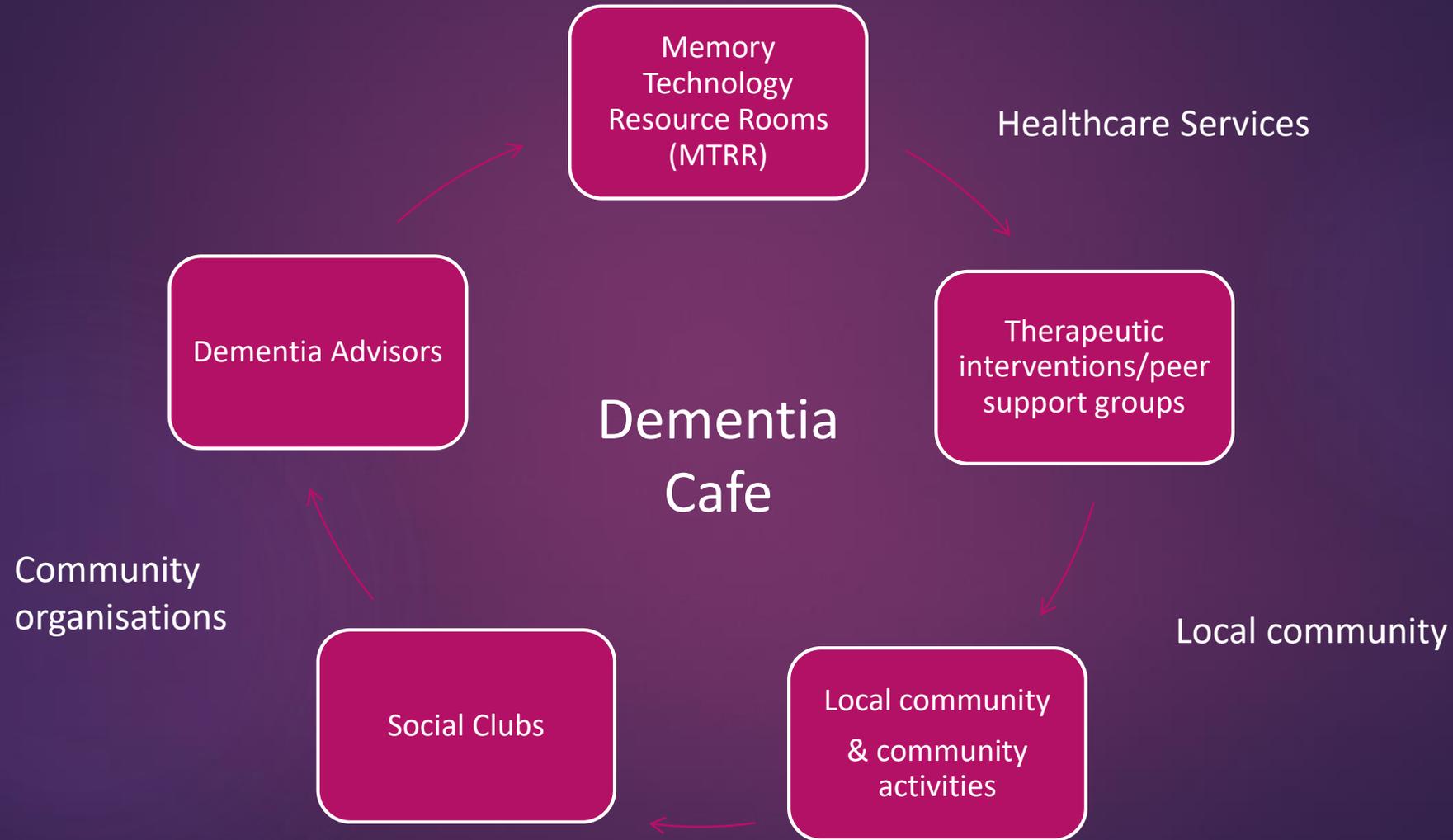
Community

A sense of community. Raising understanding and awareness.

- ▶ The café is visible in the community and easy to access
- ▶ Chosen venue supports atmosphere
- ▶ A sense of community for people living with dementia, their family carers/care partners, extended family and friends
- ▶ Connectedness to the broader community



A community hub



Irish Dementia Cafe Network



- ▶ Commissioned by National Dementia Office
- ▶ Project led by Engaging Dementia
- ▶ Consultation with cafes and Expert Advisory panel
- ▶ A network to connect cafes, develop resources, support start up cafes



Irish
Dementia
Cafe
Network



Irish
Dementia
Cafe
Network

HOME

DEMENTIA CAFE

CAFE NETWORK

CAFE FINDER

VIRTUAL CAFE



A welcoming monthly meeting for anyone who is affected by dementia

About The Dementia Cafe

A dementia cafe is a welcoming, once monthly meeting for anyone who is affected by dementia.

www.dementiacafe.ie



Irish
Dementia
Cafe
Network

About The Dementia Cafe

A dementia cafe is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, healthcare professionals, and people who are interested in supporting a dementia inclusive community, are all welcome to attend. Dementia cafes are run by local voluntary steering committees, and are always free of charge.



Atmosphere



Information



Support



Community



Member cafes listed on the website



The Irish Dementia Cafe Network

The Irish Dementia Cafe Network is a network of dementia cafes around Ireland, each of which is run according to a set of shared principles and guidelines.

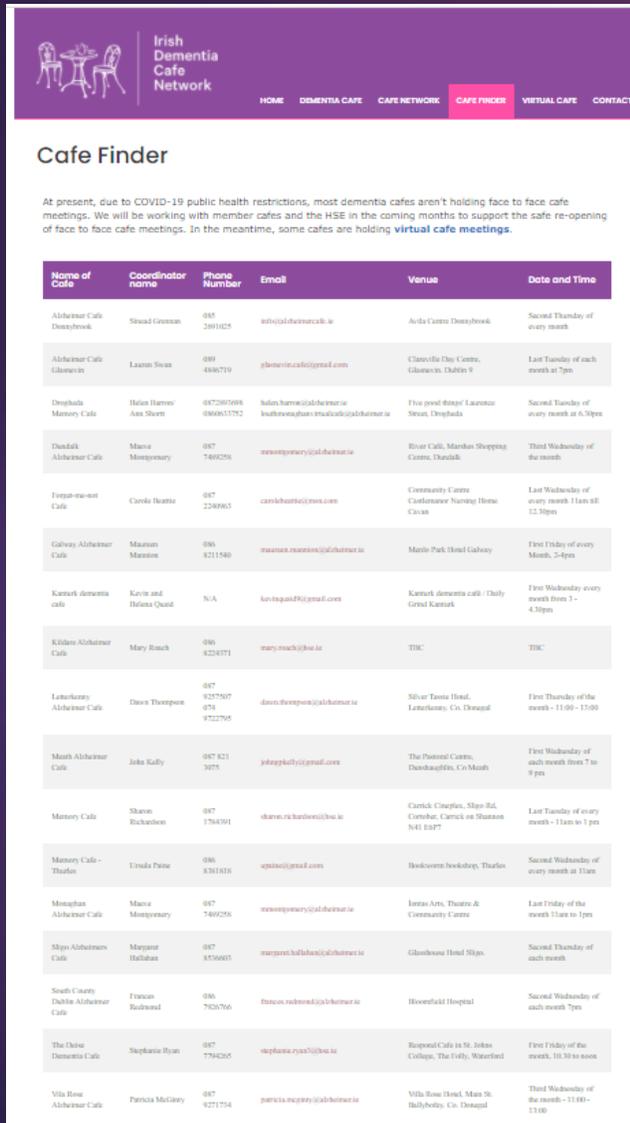
The network brings dementia cafes together and supports the start-up of new dementia cafes.

[Find Your Local Member Cafe](#)



Irish
Dementia
Cafe
Network

Member cafes



Name of Cafe	Coordinator name	Phone Number	Email	Venue	Date and Time
Alzheimer Cafe Donnybrook	Sheila Gleeson	087 2691025	sheila@alzheimercafe.ie	Avila Centre Donnybrook	Second Thursday of every month
Alzheimer Cafe Glasnevin	Laura Swan	089 4666719	glasnevin.cafe@gmail.com	Clareville Day Centre, Glasnevin, Dublin 9	Last Tuesday of each month at 7pm
Drogheda Memory Cafe	Helen Harrow Ann Stone	0872893988 0866633752	helen.harrow@alzheimer.ie annstone@alzheimer.ie	Five good things Laurence Street, Drogheda	Second Tuesday of every month at 6.30pm
Dundalk Alzheimer Cafe	Maura Monaghan	087 7409256	mauramonaghan@alzheimer.ie	River Café, Market Shopping Centre, Dundalk	Third Wednesday of the month
Forster Hill Cafe	Carole Healy	087 2248963	carolehealy@men.com	Community Centre Conference Nursing Home Cavan	Last Wednesday of every month 11am till 12.30pm
Galway Alzheimer Cafe	Maura Mearns	086 8211540	mauramearns@alzheimer.ie	Music Park Hotel Galway	First Friday of every Month, 2-4pm
Kanturk dementia cafe	Kevin and Helena Quaid	N/A	kevinquaid@gmail.com	Kanturk dementia cafe / Daily Great Kanturk	First Wednesday every month from 1 - 4.30pm
Kildare Alzheimer Cafe	Mary Stouch	086 8224371	mary.stouch@hse.ie	TBC	TBC
Letterkenny Alzheimer Cafe	Dawn Thompson	087 9227707 074 9722705	dawn.thompson@alzheimer.ie	Silver Tassie Hotel, Letterkenny, Co. Donegal	First Thursday of the month - 11:00 - 11:00
Meath Alzheimer Cafe	John Kelly	087 821 3075	johnkelly@gmail.com	The Pastoral Centre, Donaghadee, Co Meath	First Wednesday of each month from 7 to 9 pm
Memory Cafe	Sharon Richardson	087 1764391	sharon.richardson@hse.ie	Carrick Complex, Shipps Rd, Carrick, Carrick on Shannon NW 23P7	Last Tuesday of every month - 11am to 1 pm
Memory Cafe - Thurles	Ursula Pano	086 8318183	upano@gmail.com	Bedoversen bookshop, Thurles	Second Wednesday of every month at 11am
Monaghan Alzheimer Cafe	Maura Monaghan	087 7409256	mauramonaghan@alzheimer.ie	Imas Arts, Theatre & Community Centre	Last Friday of the month 11am to 1pm
Sligo Alzheimer Cafe	Maryann Hallinan	087 8576605	maryann.hallinan@alzheimer.ie	Glenhouse Hotel Sligo	Second Thursday of each month
South County Dublin Alzheimer Cafe	Franca Radmand	086 7626766	franca.radmand@alzheimer.ie	Bowenhill Hospital	Second Wednesday of each month 7pm
The Deise Dementia Cafe	Stephanie Ryan	087 7794265	stephaneryan@hse.ie	Reynold Cafe in St. Johns College, The Folly, Waterford	First Friday of the month, 10.30 to noon
Vila Rose Alzheimer Cafe	Patricia McGarry	087 9271714	patricia.mcgarra@alzheimer.ie	Vila Rose Hotel, Main St. Ballinacorney, Co. Donegal	Third Wednesday of the month - 11:00 - 12:00

See all member cafes on www.dementiacafe.ie

- ▶ South County Dublin Alzheimer Cafe
- ▶ Alzheimer Cafe Donnybrook
- ▶ Alzheimer Cafe Glasnevin
- ▶ Dundalk Alzheimer Cafe
- ▶ Letterkenny Alzheimer Cafe
- ▶ Meath Alzheimer Cafe
- ▶ Memory cafe (Carrickonshannon)
- ▶ Memory Cafe Thurles
- ▶ Monaghan Alzheimer Cafe
- ▶ Sligo Alzheimer Cafe
- ▶ The Deise Dementia Cafe
- ▶ Vila Rose Alzheimer Cafe



Post diagnostic care and support

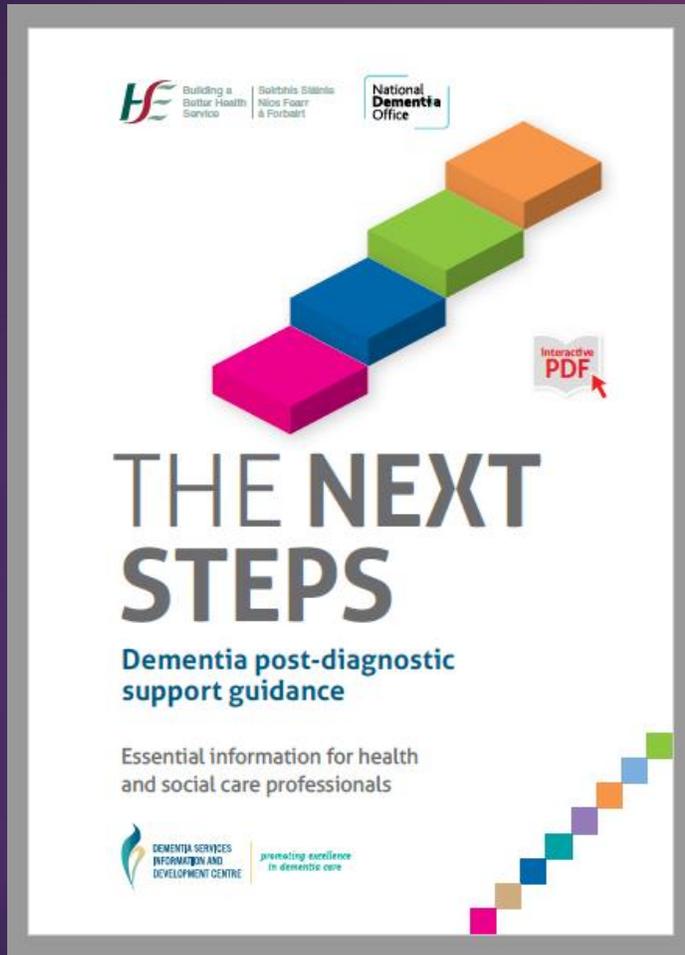
www.dementiapathways.ie



The screenshot shows the website header with the logo 'dementia pathways' and the tagline 'For Health & Social Care Professionals'. Below the header is a navigation bar with a menu icon and a search icon. The main content area has a breadcrumb trail 'Home > Care Pathways' and a large heading 'Post Diagnostic Care and Support'. Below the heading is a paragraph of text: 'Dementia Post-Diagnostic Support enables and assists people with dementia and their families to live a life of their choosing throughout the continuum of dementia. Post-diagnostic supports include interventions, therapeutic treatments and activities that build on strength and abilities; helping to maintain and enhance quality of life (Post Diagnostic Support Project Steering Group, 2018)'. Below this is another paragraph: 'There is a growing body of evidence which outlines the benefits of post-diagnostic support for people with dementia and those that support them, spanning psychosocial interventions, cognitive therapies, information, advice and peer support as well as psycho-education and emotional support. You can read a review of the evidence below.'

- ▶ Research publications
- ▶ Dementia adviser
- ▶ Dementia cafes
- ▶ Memory Technology Resource Rooms (MTRR)
- ▶ National Dementia Service Finder www.understandtogether.ie
- ▶ Key organisations:
 - Alzheimer Society of Ireland, Western Alzheimer's, Family Carers Ireland

Post diagnostic support guidance



- ▶ Very useful publication
- ▶ Available on HSE Dementia Pathways website:

<http://dementiapathways.ie/permacache/fdd/cf3/20b/9c98ab041d98512dd3d0416ab870ec62.pdf>

Signposting - Alzheimer Society of Ireland

THE Alzheimer SOCIETY OF IRELAND Home About Dementia **Living with Dementia** Get Support Get Involved Creating Change National Helpline 1800-341-341

Living with Dementia

Living with Alzheimer's or a related dementia can be a challenging journey for everyone involved. This section of our website provides information and practical steps to help you and your family to live well with dementia.

[View this section >](#)

[I have Dementia](#)
First steps after diagnosis, Treatment for dementia, Day to day living, Planning for the future, Specific information for early onset dementia

[I am a Carer / Family Member](#)
Symptoms and progression, diagnosing dementia, treatment for dementia, looking after yourself, day to day living and personal care

I have Dementia

Find out about practical steps you can take to manage your condition and plan for the future.

<p>First steps after diagnosis This section gives information and tips for living well after a diagnosis with dementia.</p>	<p>Treatment for dementia There is a range of drug treatments that can help some people manage some of the symptoms.</p>	<p>Day to Day Living This section provides practical tips & advice on keeping active, driving & dementia, connecting with others and assistive technology.</p>	<p>Planning for the Future Information on legal and financial affairs, health and care needs and plans for the future</p>
<p>Young Onset Dementia This section explains what early-onset dementia is, employment rights and talking to children.</p>	<p>Talking to children and young adults This page discusses how to explain a diagnosis of dementia to children and young people.</p>		

- ▶ Alzheimer Society of Ireland
- ▶ www.alzheimer.ie

THE Alzheimer SOCIETY OF IRELAND Home About Dementia Living with Dementia Get Support Get Involved Creating Change National Helpline 1800-341-341 **Give Today**

I am a Carer / Family Member

Caring for a loved one with dementia means you and your family face many changes and some challenges. You are not alone, the Alzheimer Society of Ireland is here to help.

<p>Diagnosing dementia Information on how a diagnosis is made, memory clinics and what happens if a diagnosis is made</p>	<p>Looking after yourself Tips on how to look after yourself, De-Stress Report, Loss & grief when a family member has dementia</p>	<p>Symptoms and Progression In this section you will find information about signs, symptoms and progression.</p>	<p>Changes in behaviour In this section talks about changes in behaviour such as unusual behaviour, aggression, hallucinations, delusions & sexual difficulties.</p>
<p>Planning for the Future Information on legal and financial affairs, health and care needs and driving and dementia</p>	<p>Treatment for dementia Information on drug treatments available to manage symptoms and how to manage medications daily</p>	<p>Day to Day Living Information & tips to help with day to day life, such as communication and safety in the home.</p>	<p>Activities Activities can enhance our self-esteem, help us to engage with the world around us and give meaning to our lives.</p>
<p>Personal Care Practical advice on eating, sleeping, dressing, bathing etc when caring for someone with dementia</p>	<p>Carer Stories Hear how other family carers cope with the challenges of caring for someone with dementia. Each caring journey is unique for them.</p>	<p>Talking to children and young adults This page discusses how to explain a diagnosis of dementia to children and young people</p>	<p>Supports and services that may help There are many supports and services out there to help you and your loved one.</p>

Signposting – Understand Together

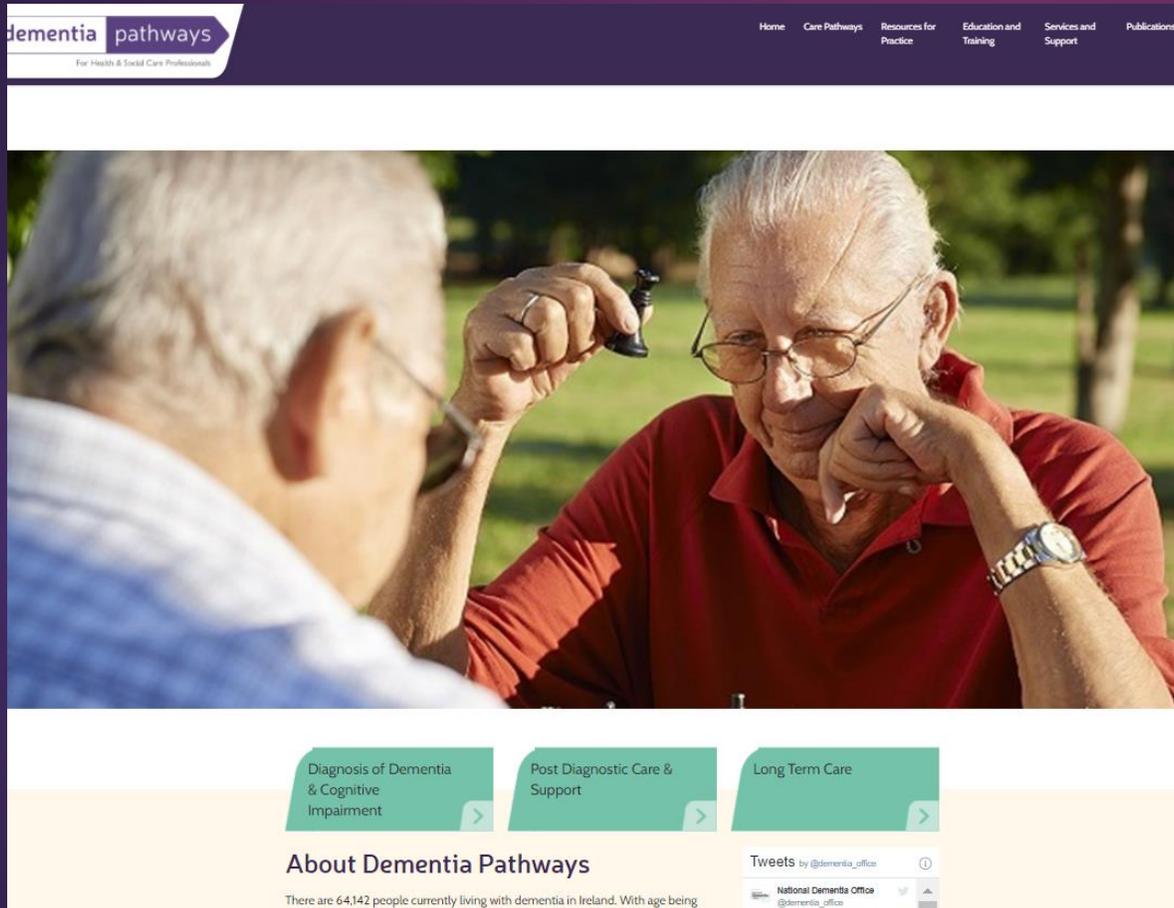


The screenshot shows the homepage of the dementia.ie website. At the top left is the logo for 'dementia' with the tagline 'under stand together' below it. To the right of the logo, it says 'Freephone the helpline on 1800 341 341'. Further right is a search bar with the text 'Search the website' and a magnifying glass icon. Below this is a blue navigation bar with the following links: 'Home', 'About dementia', 'Get support', 'Get involved', 'Training & resources', and 'Lets talk dementia'. The main heading is 'What is dementia'. Below the heading are four images: a group of people sitting on a bench, hands holding a small object, a group of people smiling, and a person covering their eyes. Below each image is a button: 'About dementia' (highlighted in blue), 'Get support', 'Get involved', and 'Training and resources'.

▶ Understand Together

▶ www.understandtogether.ie

Signposting – Dementia Pathways



- ▶ Memory Technology Resource Rooms
- ▶ Care pathways
- ▶ Resources for practice
- ▶ Education and training
- ▶ Services and Supports
- ▶ Publications

Signposting – Memory Technology Resource Rooms

dementia pathways
For Health & Social Care Professionals

Home Care Pathways Resources for Practice Education and Training Services and Support Publications

Home Services and Support

Memory Technology Resource Rooms

There are currently 27 Memory Technology Resource Rooms in Ireland. These rooms are for people who would like to know more about products and devices which can help manage memory difficulties.

When a person living with dementia visit a Memory Technology Resource Room, they are greeted by a healthcare professional who will discuss any difficulties they are having that assistive technology might be able to help with. An opportunity is then provided to see and try out different devices and strategies to promote independence, safety, and quality of life.

To find a Memory Technology Resource Room near you, please [read our list of National Memory Technology Resources Rooms](#)

You can read a report which was published on the recent evaluation of the Memory Technology Resource Rooms below.

Evaluation of the Role, Contribution and Value of the Memory Technology Resource Room (MTRR) Programme

- ▶ 27 Memory Technology Resource Rooms (MTRR) in Ireland
- ▶ Information on products and devices that can help people to manage memory difficulties
- ▶ Contact details on website

CONTACT DETAILS FOR MEMORY TECHNOLOGY RESOURCE ROOMS (Updated Sept 2016)

Centre Name	Unit Address	Contact Person	Contact Telephone	Contact Email	Unit Address
Carlow	WPH, St Patrick's Hospital, Carrow Road, Carlow, Co. Carlow	Caroline Cox	051 480000	caroline.cox@carlow.ie	Carlow
Clare	WPH, Clare Avenue, Clare Town Building, Clare, Clare, Co. Clare	Trish McKeown	087 400000	trish.mckeown@clare.ie	Clare
Cork	WPH, St Vincent's Hospital, Cork City Centre, Cork, Co. Cork	David O'Shea	021 494000	David.O'Shea@rcsi.ie	Cork
Donegal	WPH, Donegal General Hospital, Donegal, Donegal, Co. Donegal	Paul O'Shea	071 210000	Paul.O'Shea@donegal.ie	Donegal
Down	WPH, Down General Hospital, Downpatrick, Down, Co. Down	Paul O'Shea	028 270000	Paul.O'Shea@down.ie	Down
Dublin	WPH, St Vincent's Hospital, Dublin City Centre, Dublin, Co. Dublin	Paul O'Shea	01 454000	Paul.O'Shea@rcsi.ie	Dublin
Galway	WPH, St Vincent's Hospital, Galway, Galway, Co. Galway	Paul O'Shea	091 500000	Paul.O'Shea@rcsi.ie	Galway
Limerick	WPH, St Vincent's Hospital, Limerick, Limerick, Co. Limerick	Paul O'Shea	061 490000	Paul.O'Shea@rcsi.ie	Limerick
Longford	WPH, St Vincent's Hospital, Longford, Longford, Co. Longford	Paul O'Shea	044 90000	Paul.O'Shea@rcsi.ie	Longford
Louth	WPH, St Vincent's Hospital, Louth, Louth, Co. Louth	Paul O'Shea	042 20000	Paul.O'Shea@rcsi.ie	Louth
Monaghan	WPH, St Vincent's Hospital, Monaghan, Monaghan, Co. Monaghan	Paul O'Shea	047 90000	Paul.O'Shea@rcsi.ie	Monaghan
Offaly	WPH, St Vincent's Hospital, Offaly, Offaly, Co. Offaly	Paul O'Shea	045 20000	Paul.O'Shea@rcsi.ie	Offaly
Perth	WPH, St Vincent's Hospital, Perth, Perth, Co. Perth	Paul O'Shea	051 40000	Paul.O'Shea@rcsi.ie	Perth
Sligo	WPH, St Vincent's Hospital, Sligo, Sligo, Co. Sligo	Paul O'Shea	071 20000	Paul.O'Shea@rcsi.ie	Sligo
Tipperary	WPH, St Vincent's Hospital, Tipperary, Tipperary, Co. Tipperary	Paul O'Shea	052 20000	Paul.O'Shea@rcsi.ie	Tipperary
Wexford	WPH, St Vincent's Hospital, Wexford, Wexford, Co. Wexford	Paul O'Shea	053 20000	Paul.O'Shea@rcsi.ie	Wexford

DSiDC (www.dementia.ie)

DSiDC
Dementia Services Information
and Development Centre

Menu

Research
Find out about DSiDC research and download a selection of published work
[Learn More](#)

Education
Learn more about DSiDC courses. Including face-to-face and e-learning opportunities
[Learn More](#)

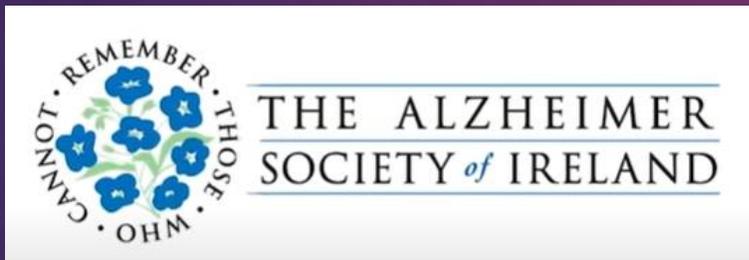
Information
Access the range of DSiDC information leaflets available for download and discover our conferences past and present
[Learn More](#)

Latest News & Events

Tweets by @DSiDCDementia

DementiaServices SJH Retweeted

Experts by experience



- ▶ Learning from experts by experience
- ▶ Irish Dementia Working Group
Hosted by the Alzheimer Society of Ireland
- ▶ Advocacy group of people living with dementia
- ▶ <https://alzheimer.ie/creating-change/self-advocacy-groups/irish-dementia-working-group/>

Kevin & Helena Quaid

- ▶ Kanturk Memory Cafe
- ▶ Kevin is a member of the Irish Dementia Working Group (IDWG)
- ▶ Helena is a member of the Dementia Carers Campaign Network (DCCN)
- ▶ Supported by the Alzheimer Society of Ireland



Group discussion

Why are you interested in setting up a cafe?

Creating a safe space

Dr Patricia McParland

Time for lunch!

The national context

- ▶ Dr Emer Begley, Senior Project Manager, National Dementia Office

Research on cafes in Ireland

- ▶ Áine Teahan, PhD Researcher, Centre for Economic and Social Research on Dementia, CESRD

Personal stories from the cafe (video)



Getting started

- ▶ Step 1: Form a cafe team
- ▶ Step 2: Make a plan
- ▶ Step 3: Register with the cafe network
- ▶ Step 4: Running the cafe
- ▶ Step 5: Keeping connected with other cafes

Step 1: Form a cafe team

- ▶ Identify possible team members
- ▶ Visit a face to face or virtual cafe
- ▶ Consider the need for a dementia cafe
- ▶ Hold a virtual information session
- ▶ Connect with a cafe mentor through the cafe network

Step 2: Make a plan

- ▶ Venue
- ▶ Speakers
- ▶ Promotion
- ▶ Costs
- ▶ Cafe materials

Step 3: Register with the cafe network

- ▶ Criteria for joining the network
- ▶ Network activities

Step 4: Running the cafe

- ▶ Holding your first cafe
- ▶ Promotion
- ▶ Input from attendees
- ▶ Record keeping
- ▶ End of year review

Step 5: Keeping connected with other cafes

- ▶ Learning and networking day
- ▶ Resources (videos, booklets, virtual cafe guidelines, manual)

Topics led by cafe network members

- ▶ The steering committee

Dr Louise Daly, Associate Professor, TCD, Alzheimer Cafes South Count
Dublin & Kildare

- ▶ Signposting

Matthew Gibb, Director, Dementia Services Information and Development
Centre (DSIDC), Alzheimer Cafe Donnybrook

- ▶ Promotion

Lauren Swan, PhD Researcher, Alzheimer Cafe Glasnevin

- ▶ Planning speakers and talks

Grace Dennison, Irish Dementia Cafe Network Co-ordinator

Planning speakers and talks

- ▶ Steering committee plans
- ▶ Plan 6 months in advance
- ▶ Have a back up
- ▶ Consider mix of themes (seasonal Christmas is usually a social event and August is usually off)
- ▶ Input from attendees – via surveys / informally through the cafe
- ▶ Virtual vs Face to face

**VIRTUAL
DEMENTIA CAFÉ**



Friday 28th August at 11am
Guest Speaker: Paul Kirwan
Theme: Exercise Workshop for
People Living with Dementia and
Their Carers

If you would like to join, please email
events@engagingdementia.ie



**VIRTUAL
DEMENTIA CAFÉ**



Date: Friday 3rd July at 11am
Guest Speaker: Maeve Montgomery
Theme: A Dementia Adviser's
Advice to Families

If you would like to join, please email
events@engagingdementia.ie



**VIRTUAL
DEMENTIA CAFÉ**



Friday 17th July at 11am
Guest Speaker: Richie Molloy -
Carer Supports Manager
Theme: How to Create your own
Emergency Care Plan

If you would like to join, please email
events@engagingdementia.ie



Types of Speakers

- ▶ Occupational Therapist
- ▶ Physiotherapist
- ▶ Dementia Adviser
- ▶ Geriatricians
- ▶ Care partners and people living with dementia (experts by experience)
- ▶ Solicitor
- ▶ Social Worker
- ▶ Garda
- ▶ Psychologist
- ▶ Look at who is on your steering committee

Types of talks

- ▶ Fair deal scheme
- ▶ Technology
- ▶ Living well with dementia
- ▶ Nutrition and Dementia
- ▶ Communication and Dementia
- ▶ Enduring Powers of Attorney: What they are and how they work.
- ▶ Coping Strategies for Carers & Persons living with Dementia
- ▶ Accepting help from family, friends and the community
- ▶ Where to go for help: Accessing services and supports



Irish
Dementia
Cafe
Network

HOME

DEMENTIA CAFE

CAFE NETWORK

CAFE FINDER

VIRTUAL CAFE



A welcoming monthly meeting for anyone who is affected by dementia

About The Dementia Cafe

A dementia cafe is a welcoming, once monthly meeting for anyone who is affected by dementia.

www.dementiacafe.ie



Irish
Dementia
Cafe
Network

Contact us anytime

Café network contact

Grace Dennison

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gdennison@engagingdementia.ie

Mob

085 269 1025

www.dementiacafe.ie

Twitter: @demcafenetwork

Facebook: Irish Dementia Café Network

Invitation to

▶ Coffee and troubleshoot (Mon 1st March at 11am)

Additional videos

- ▶ What can you do to keep your brain healthy

<https://alzheimer.ie/living-with-dementia/i-have-dementia/day-to-day-living/>

- ▶ Sean Donal O'Shea's story

<https://www.youtube.com/watch?v=7KcfLLQOLKY>