A First-Timer’s Guide to Memory Café Sessions

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Date: 2024-07-02

This guide helps families arrive prepared, stay relaxed, and continue after the session.

Memory Café gatherings are gentle social experiences for persons with dementia and their caregivers. Here is how to make the most of your first visit.

## What to Expect When You Arrive

Volunteers welcome you with a warm smile, offer name tags, and introduce a simple sensory activity. The environment is familiar—soft lighting, old Hindi songs, and chairs arranged in circles.

## Bring Comfort Items

Carry a small object that sparks memories—a photo, a prayer book, a piece of fabric. Facilitators use these items to invite stories and connection.

## Stay for the Gentle Movement Segment

Facilitators lead seated stretches inspired by physiotherapy and classical dance mudras. This improves circulation and uplifts mood without exhausting participants.

## Use the Caregiver Circle

While activities run, caregivers step into a short support circle. Questions about medication, sleep routines, and behaviour changes are answered by our dementia coaches.

## Follow Up Within 48 Hours

Within two days, send a message or call the facilitator. Share observations, ask for adjustments, and book the next session so you stay connected.