

MEMORY CAFÉS AND DEMENTIA-FRIENDLY LIBRARIES: MANAGEMENT CONSIDERATIONS FOR DEVELOPING INCLUSIVE LIBRARY PROGRAMS

記憶咖啡館和失智友善圖書館：
發展涵容失智友善圖書館計劃的管理考量

Deborah H. Charbonneau & Priya Rathnam (2020)
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前言

- 許多社區正在研究創造失智友善環境空間的方法，以豐富失智者的生活。「失智友善的圖書館」特別應包含其中，因為圖書館安全和開放友善的特點。美國的失智友善圖書館運動呼應多元，涵容和尊重每個人的原則。
- 隨著失智者人數增加的趨勢，社區中的圖書館也相應的作出努力來支援滿足社區這類增加人口的需求。
- 公共、學術或醫學圖書館扮演重要的角色。許多的圖書館推出大小規模不一的失智友善活動。公共圖書館活動範例如：舉辦支援團體座談、團體故事分享、照顧者有關議題演講和寵物治療。本文特別關注其中一種被稱為記憶咖啡館的活動，並強調了發展這計劃的管理注意事項。

方法

- 以在美國馬薩諸塞州 (Massachusetts) Shrewsbury 鎮的公立圖書館為例說明圖書館規劃記憶咖啡館 (Memory Café) 的管理規劃考量要點與詳情。

Memory Cafés in Massachusetts



What is a Memory Café?

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés meet at a variety of places including coffeehouses, museums, or community organizations.

Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share these goals: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths, to enjoy other's company, and to explore something new.

You are welcome to attend as many memory cafés as you wish!

To find a memory café, please visit
www.jfcsboston.org/MemoryCafeDirectory

文獻內容

- 記憶咖啡館概述
- 美國Shrewsbury鎮公立圖書館的記憶咖啡館專案
- 創建記憶咖啡館(Memory Café)的管理考量要點
- 結論

創建記憶咖啡館(MEMORY CAFÉ)的規劃管理考量要點

- 界定需求
- 建立社區網絡
- 圖書館員工的教育訓練
- 準備預算計劃
- 發佈宣傳材料
- 考慮活動地點和後勤支援
- 成效評估
- 資金來源
- 額外資源

結論

- 記憶咖啡館的設計滿足聚會的安全性，吸引力和歡愉開放空間氛圍要件。這些活動計劃滿足了創建對失智者友好的圖書館日益增長的環境需求，並提供了一個機會來服務這個常被忽視和孤立的失智族群。
- 本文的目的著重在介紹創建記憶咖啡館的管理考量和注意事項。
- 使用來自美國馬薩諸塞州Shrewsbury公共圖書館為例。它討論了馬薩諸塞州Shrewsbury圖書館的預算，計劃，圖書館人員培訓和市場營銷等問題。
- 總體而言，本文提供了實用指南以幫助您構建更多，針對失智者，失智者家屬和失智照顧者使用具包容性的圖書館空間。

挑選原因

- 此為今年2020 3月最新的研究。
- 美國失智友善圖書館的記憶咖啡館設計規劃概念可為台灣借鏡或進一步發想。
 - 全國性的專案推動
 - 將圖書館納為失智友善社區的資源之一
 - 有相關推動文件範本或活動內容可進一步了解或使用

文獻貢獻

- 以特定圖書館為例詳盡列出規劃管理考量要點。
- 帶出結合圖書館體系推動全國範圍的失智友善社區發展的概念。



更多參考資料— 記憶咖啡館

<https://www.jfcsboston.org/Portals/0/Uploads/Documents/Memory%20Caf%C3%A9%20Toolkit/2-%20Memory%20Cafe%20Percolator%20description.pdf>

MEMORY CAFÉ NORMS AND STANDARDS

Developed by the Memory Café Percolator, September 2015
(Adapted from the work of Jytte Lokvig and Susan McFadden)



What a memory café is:

- A meeting place for individuals living with changes in their thinking or memory, mild cognitive impairment (MCI) or dementia due to Alzheimer's disease or a related disorder. It's a place to relax, have fun, and meet others. A diagnosis of dementia is not required to attend.
- A meeting place for care partners, who can enjoy a change of scene and routine, meet other care partners to exchange ideas and learn about resources, and experience respite and renewal in their relationship with the person in their life who has dementia.
- Structured to support and engage individuals with a range of cognitive needs, including those with cognitive changes, and family, friends, and other care partners.
- Managed by community advocates and/or volunteers with experience or training in working with individuals with cognitive impairment. Guests who require personal care or assistance participating in the café must have a care partner stay with them.
- A time to focus on socializing, exploration and respite from disease and disability.
- An opportunity to learn where to find support and services for those who are looking for this type of information.
- Free of charge or open to those who cannot afford a fee.
- A program that strives for inclusion. This includes physical accessibility, respect for and inclusiveness of different cultures, and freedom from stigma.
- Unique in character, based on the interests and style of the community where it is located and/or the individuals whom it serves.

更多參考資料—美國麻州記憶咖啡館工具箱

- <https://www.jfcsboston.org/Our-Services/Older-Adults/Alzheimers-Related-Disorders-Family-Support/Memory-Caf%C3%A9-Toolkit/Memory-Caf%C3%A9-Toolkit-Download>



Massachusetts Memory Cafe Toolkit 2019.pdf

更多參考資料—涵容長者及與其互動的訣竅@圖書館

- <http://www.ala.org/aboutala/sites/ala.org.aboutala/files/content/olos/toolkits/olderadults/oat.sequential.pdf>

About this toolkit...

This toolkit responds to the concerns of librarians across the country who are providing services for the growing numbers of older adults in their communities.

“Service to older adults is basic library service not ‘special’ service. It’s something that every library should provide, like children’s, YA, and adult services.”

Allan M. Kleiman
Library Consultant
Fords, NJ



American Library Association tools oat.sequential.pdf