

BACKGROUND 由来

The concept of Memories Café was originated from Dr Bere Miesen's "Alzheimer's Café" in 1997 in the Netherlands. Dr Miesen's initiative aims to provide a normalised café setting for persons living with dementia to interact in a safe, supportive and conducive environment.

Modelled after the Alzheimer's Café, Memories Café was successfully piloted in early 2014. The responses garnered from the two pilot sessions were overwhelming, which spurred ADA to include it as part of its regular programmes for its beneficiaries.

回忆咖啡厅的概念源自荷兰贝雷迈森医生于1997年所创办的阿兹海默氏症咖啡厅。它的宗旨是为失智症人士提供一个安全和舒适的咖啡厅环境，进行交流与互动。

新加坡失智症协会在2014年根据阿兹海默氏症咖啡厅的模式举办了两场“回忆咖啡厅”的活动，并获得了热烈的反应。为此，促使新加坡失智症协会将其作为常规节目的一部分。



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MEMORIES CAFÉ 回忆咖啡厅



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This is a 2-hour programme for persons living with dementia accompanied by their caregivers. The first hour focuses on various engagement activities such as sing-alongs, drumming, story-telling and movement activities. These activities are led by community artists, volunteers and staff. The second hour is designed for social interaction among persons living with dementia, caregivers and customers at the café accompanied by drinks and light refreshments.

这是个两小时的活动。首个小时让大家参与不同的表演艺术项目，例如唱歌、打鼓、讲故事及韵律活动等。接着的第二个小时，失智症人士及其照护者可以享用茶点，并与其他照护者和公众交流及分享心得。



OBJECTIVES 宗旨

- To minimise the social stigma on persons living with dementia and to encourage social acceptance through the engagements in a café within a community setting.
- To provide an alternative platform for social interactions and respite to persons living with dementia and their caregivers, moving away from long-term care environment and their homes.
- With organised activities for persons living with dementia and their caregivers, Memories Café aims to improve their interaction and bonding with each other.
- 通过在社区咖啡厅和茶室举办活动来提高公众对失智症的认识从而减少对失智症人士的偏见，并提升大家对失智症人士及其照护者的谅解。
- 为失智症人士及其照护者提供一个社交平台以便让他们能暂时远离长期护理环境，轻松的与他人交流和互动。
- 通过对不同艺术形式的参与，我们希望能够进一步促进失智症人士及其照护者的关系。



WHO SHOULD ATTEND? 活动对象

Persons living with dementia who enjoy various performing-arts activities (formally diagnosed with mild or moderate stage of dementia). Each person living with dementia needs to be accompanied by a caregiver (either a family member or a domestic helper).

This programme is chargeable.

被诊断患有初期及中期失智症，并对表演艺术活动有兴趣的失智症人士。失智症人士必须有关护者陪伴(家人或帮佣)。

参与者须支付象征性费用。



REGISTER HERE 报名方式



ADA Dementia Helpline: **6377 0700**
失智症援助热线: **6377 0700**

Visit: alz.org.sg/memoriescafe.
游览网站: alz.org.sg/memoriescafe.