



Financial Management Committee
c/o The Office of the City Clerk
4949 Canada Way, Burnaby, BC, V4G 1M2

September 10th, 2018

RE: Proposal for a Burnaby Memory Café

Dear Councillor Dan Johnston and members of the Financial Management Committee,

As part of the Dementia-Friendly Community Action Plan, Burnaby Seniors Outreach will be piloting a twice-monthly Memory Café for people experiencing memory or cognitive deficits, and their caregivers. With an annual budget of \$12,335, the Memory Café will help those with dementia feel included, connected and supported.

In addition to our annual Community Grant application, Burnaby Seniors Outreach is requesting a one-time grant for \$6,150 to implement this pilot project

About Burnaby Seniors Outreach

Founded in 1987, Burnaby Seniors Outreach is a local, charitable society dedicated to promoting the emotional health and well-being of seniors, thereby enhancing their quality of life through the support of their peers. Our volunteers provide highly valued Peer Counselling and Caregiver Support services.

About Memory Cafés

Memory Cafés provide a much needed opportunity for both care partners and those with memory or cognitive difficulties to get out of the house and connect with an accepting circle of friends. At Memory Cafés in other communities café guests comment on how important it is to have that break in their daily routine, and to take part in a fun social outing together.

Café Structure and Activities

The Burnaby Memory Café will be held in the morning—typically a better time for those with cognitive impairments—for one and a half to two hours.

What are the benefits of a Memory Cafés?

1. Provide opportunity for regular social engagement
2. Create an environment that is relaxed and free of judgment
3. Allow people to experience a sense of normalcy
4. Inspire new friendships and peer support
5. Provide a break from normal routines
6. Low cost, high benefit
7. Bring music, art and other entertainment within reach
8. Offer connection to other community based support mechanisms
9. Raise awareness about stigma and isolation
10. Can be a first step towards creating a *Dementia-Friendly Community*



They will be led by a staff “Group Lead” along with two volunteers for every four couples attending the Café. There would also be a volunteer Seniors Peer Counsellor available for one-to-one support meetings with caregivers while their partner is engaged in an activity, socializing or having refreshments.

Where: Brentwood Community Services Centre, 2055 Rosser Avenue

Who: People with memory and cognitive deficits, their partner, friend, or paid caregiver as well as volunteers and café coordinator/host.

When: Twice a month meetings, ideally in the morning. Weekdays or weekends (so working family can attend).

What: Activities - board games, trivia games, yoga/gentle exercise, sing-a-longs, visual art creation, drumming, storytelling, dancing/movement, bingo, guest speakers (art therapist/music therapist).

Part of the Dementia-Friendly Community Action Plan

The City of Burnaby’s September 2017 Dementia-Friendly Community Action Plan has a vision of *community where people living with dementia, their families and caregivers are included, connected and supported.*

Recommendation 2.1 of the Action Plan states: *adapt or develop activities and programs that are inclusive of people living with dementia and their caregivers.* Furthermore, the actions in recommendation 2.3 refers to peer-to-peer volunteers spend time with people who have dementia so their caregivers can look after their own social needs.

The proposed Burnaby Memory Café will implement activities which realize these recommendations and contribute to helping make Burnaby a more dementia-friendly community.

The Role of Burnaby Seniors Outreach

As an Associate Member of Voices of Burnaby Seniors (VOBS), Burnaby Seniors Outreach has been engaged with the process of developing and implementing the Action Plan since early 2016. At the February 27th, 2018 meeting of VOBS, a member of the Burnaby Dementia-Friendly Working Group discussed the challenges they had been experiencing is establishing a Memory Café in Burnaby. Given Burnaby Seniors Outreach’s extensive expertise and experience providing senior and caregiver support, we offered to contribute to the development of the program.

On April 18th we met with representatives from the Burnaby Dementia-Friendly Working Group, VOBS and the Alzheimer Society. We sketched out the next steps for setting up the Café.

A significant factor in implementing the program is funding. We decided to develop a preliminary budget (see Budget below) to incorporate into a proposal to be presented to Burnaby City Council as part of the implementation of the Burnaby Dementia-Friendly Community Action Plan.



The proposal is focused on the role of Burnaby Seniors Outreach to provide volunteer recruitment, screening, training and management, and provide the Group Lead role for the Café.

Volunteer Training

Inside Dementia: Burnaby Seniors Outreach will provide a skills-based course suitable for anyone who comes into contact with people living with dementia. Volunteers will understand what is happening to a person with dementia and learn how to build positive relationships using increased knowledge, empathy and practical skills.

Made up of four different modules, participants will learn how to apply evidence-based practical tools to build positive relationships and confidently support people with dementia to live well. Step inside dementia also contains the latest information on sight loss and dementia.

Course duration: Four hours with interactive face-to-face training that will equip participants to work and interact with people who have a dementia diagnosis or undiagnosed memory and cognitive difficulties and their care partners, friends, and others during Memory Cafés and out in the community.

Module 1 - What's happening?

- Recognize that dementia affects people in different ways
- Explain how the physical damage within the brain may cause everyday functional difficulties

Module 2 - Who am I?

- Explore how our memory works
- Appreciate how our past can shape our future

Module 3 - A strange new world

- Understand how difficulties with perception can have an impact on people's well-being and responsive behaviours
- Understand how our senses can be affected by dementia and how this can alter our experiences

Module 4 - Connect with me

- Appreciate ways of connecting with a person living with dementia
- Recognize how our own actions can affect the way a person connects with us
- Understand how methods of communication can be affected by dementia

Additionally, Burnaby Seniors Outreach will provide a second, ten hour training for specific skills related to the Café. The learning outcomes for this *intermediate training* are:

- Understand the principles of person-centered facilitation
- Understand basic principles and techniques in person-centered communication
- Understand the family caregiver role and its impact on family/personal life
- Learn techniques that help to connect with people with dementia
- Learn person-centered planning and risk management tools to support people with dementia
- Community referrals



Low Cost, Low Barrier

The Alzheimer Society currently offers a Minds in Motion (MiM) program. It is the only program being offered to those with a dementia diagnosis, suspected dementia, or cognitive difficulties and a companion (spouse, family member, friend, or paid caregiver). MiM is offered in several communities across the lower mainland with Coquitlam and New Westminster hosting the programs closest to Burnaby.

MiM is a fee for service program where participants pay approximately \$45.00 - \$90.00 for eight sessions. Programs include 40 minutes of multi-level exercise, social/snack time, and activities. A prerequisite for the program is that participants are able to participate in all activities offered.

As dementia is a progressive disease most people who are living with dementia will at some point be unable to participate in some part the MiM program. This, as well as cost, present barriers for some families who then have very limited opportunities for social interaction and community participation.

As a no-cost, low barrier program the Memory Café gives these families an option for getting a break in their routine, getting out of the house, and becoming part of a safe and accepting social group.

Annual Budget

	Volunteer Training		Café	Total
	Introduction	Intermediate		
Wages & Benefits	\$ 360	\$ 600	\$ 5,040	\$ 6,000
Honorariums	100	250	-	350
Program Space	-	-	-	-
Materials	25	50	750	825
Refreshments	100	100	960	1,160
Advertising	1,520	-	2,280	3,800
Volunteer Appreciation	-	-	200	200
	2,105	1,000	9,230	
Total				\$ 12,335

Implementation Timeline

We are looking at a 10-week implementation timeline-

Weeks 1 to 6: Advertise for recruitment of 6-8 volunteers

Weeks 6 to 9: Inside Dementia and Intermediate trainings

Week 10: Kick-off Open House



Grant Request

A general overview of this pilot project was considered and endorsed by Voices of Burnaby Seniors (VOBS) on May 15th, 2018. A more thorough project proposal was considered and endorsed by the Burnaby Dementia-Friendly Working Group on May 23rd, 2018.

Burnaby Seniors Outreach is submitting this one-time grant application in conjunction annual Community Grant application to the City of Burnaby's Financial Management Committee for consideration. We are requesting approximately half of the required revenue: \$6,150. We are also applying to other sources, including the Community Saving Credit Union, to secure the remaining funding for this pilot project, with an intention to start on January 2019 until December 2019.

Our expectation is that the pilot project will demonstrate the impact of the Burnaby Memory Café and we will be able to secure ongoing funding.

Thank you for considering this one-time grant application,



Stephen D'Souza,
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Burnaby Seniors Outreach

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