

Social Prescribing Initiatives: Umbrella Dementia Cafés

Umbrella Dementia Cafés are a network of informal and multigenerational community social groups for families and people living dementia. We believe the key to personal wellbeing is social connectedness. It's about having a community support network around you, understanding, accepting and including you. It's no different for people experiencing dementia.

Through our cafés we empower people living with dementia to regain their autonomy, boost their self-esteem and improve their wellbeing, while providing support to those in the caring role.

Our cafés are currently operating in Blackburn, Blackburn North, Box Hill and Rosebud however we're planning on expanding to further areas in the near future. Due to the current restrictions our cafes are operating on-line via zoom.

Please see our website for further information: <https://umbrelladementiacafes.com.au/>

Source: Karen Harris, Community Café Team Leader, Friendship Café | Umbrella Dementia Cafés