

# "NEABUTNI" CAFE" PROJECT 2024



Nezabutni\*

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## About the project

“Nezabutni Cafe” – is one of the key programs of Nezabutni Charitable Foundation (Nezabutni – Unforgettable in English). It is an analogue of the international format “Alzheimer café” or “Dementia cafe” which has been invented in 1997 in Netherlands and is globally recognized.

“Nezabutni cafes” are regular gatherings of individuals with dementia or memory loss along with their caregivers, or friends and family in a safe, supportive, and engaging environment.

**The aims** of the project are:

- to improve the wellbeing of people with dementia and their care partners by offering the opportunity to enjoy regular social interactions with others in similar circumstances in a safe, welcoming environment.
- to form a community of dementia friendly spots in the country, based on the ideas of inclusivity, support and fighting the stigma.

## Benefits of the approach

A dementia café can:

**1. improve the wellbeing of people with dementia by:**

- preventing social isolation\*,
- lessening anxiety and depression,
- maintaining independence and raising self-esteem,
- helping to retain skills for longer,
- providing an opportunity to express feelings.

**2. improve the wellbeing of carers by:**

- providing social support and peer learning,
- giving respite and relaxation,
- reducing the feeling of self-stigma.

**3. contribute to creating a dementia – friendly society by:**

- spreading information about dementia in communities,
- creating a community of volunteers and dementia advocates in the communities,
- Showing example of dementia friendly spaces to other venues and facilities.

Achievements  
for Feb–Oct 24

# Calendar Plan for "Nezabutni Cafe" events in 2024

Location	Fact									Plan		Planned number of events FY
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Kyiv	1		1		1		1	1		1		6
Lviv		1		1		1		1		1		5
Poltava					1				1		1	3
Odesa							1			1		2
Dnipro									1		1	2
TOTAL	1	1	1	1	2	1	2	2	2	3	2	18

Number of events held in Feb-Oct: **13**

Number of events planned for Nov–Dec 24: **5**

## Achievements for Feb–Oct 24

# Nezabutni Café geography Feb-Oct 2024



## Achievements for Feb–Oct 24

### Nezabutni Café outputs

	Objective statement	Objectively verifiable indicator	Plan	Fact (Feb-Oct)
Output 1	To hold 1 event every 2 months in Kyiv during 2024 (6 in total)	Number of events	6	5
		Number of participants*	<b>120</b>	<b>115</b>
		To find a local coordinator of the project	1	1
Output 2	To hold 1 event every 2 months in Lviv during 2024 (5 in total)	Number of events	5	6
		Number of participants*	<b>100</b>	<b>80</b>
		To find a local coordinator of the project	1	1
Output 3	To start project in 3 new cities (Poltava – 3 events, Odesa - 2, Dnipro - 2)	Number of events	7	4
		Number of participants*	<b>105</b>	<b>81</b>
		To find a local coordinator of the project	3	3

\*Number of participants - total number of visitors at all events, including repeat visitors.

## Achievements for Feb–Oct 24

### Nezabutni Café outcomes

	Objective statement	Objectively verifiable indicator	Results Feb-Oct 2024
№1	to improve the wellbeing of people with dementia and their care partners	positive changes in the well-being of participants noted by them in the form of self-assessment	Carers observe <b>an improvement in the mood of the person with dementia</b> after the event, which lasts for several weeks, as well as a <b>reduction in the number of aggressive, apathetic and delusional episodes</b> . Carers themselves report feeling <b>more rested</b> after the event.
№2	To form supportive communities of event attendees (people with dementia and their carers) in 5 cities	Participants' desire to continue communication within and outside of the event	<b>70%</b> of guests indicate in the feedback form that they are <b>ready to keep in touch</b> with other families outside of the events. Half of them say they are already in touch with other families and volunteers.
№3	to form a community of volunteers who are ready to join to the project on a regular basis	<ul style="list-style-type: none"><li>- The number of volunteers willing to join a second time, as indicated in the feedback form.</li><li>- The ratio of regular volunteers to new volunteers at events</li></ul>	<b>90%</b> of volunteers say they are ready to join events again if possible. The ratio of regular volunteers to new volunteers is 4 to 1.



## Achievements for Feb–Oct 24

# Nezabutni Café participant evaluation

After each event, we collect feedback from participants through anonymous questionnaires (carers) or phone interviews (carers or people with early dementia). If a person with dementia is unable to provide feedback in an oral or written form, the carer fills it out based on their own observations.

The questionnaires contain 12 questions about impressions of the activities, recommendations, as well as an assessment of their own state and future intentions.

Drawing on Australia's experience, we analyze how beneficial the event was for the participant in the following categories:

Category	Max. score	Average score
Feeling support and encouragement during the event	5	4,5
Receiving ideas and suggestions during the event	5	4,3
Sharing information during the event	5	4,5
Feeling involved in the community during the event	5	4,6



## Feedback from Nezabutni Café attendees

*We sincerely thank all the organisers of the Nezabutni Cafe event in Lviv on 23.03! This is a truly unforgettable event for us! We have not experienced such positive emotions for a long time, and for us, IDPs from Kharkiv, as well as for everyone who visited Cafe yesterday, your care and kind hearts are very important. It was the first time my 88-year-old father and I attended this meeting, and you did everything to make us feel happy: various games, songs, dances, playing an unusual musical instrument, making festive birds, delicious drinks and sweets, and most importantly, meeting a team of volunteers and people from different parts of our homeland. Your good deeds heal our loved ones and open our hearts to each other!*

Olena, daughter of a person with dementia



Lviv, March 2024

## Feedback from Nezabutni Café attendees

*After the cafe, my mom arrives in high spirits. She is very happy to have the opportunity to socialise and relax. She likes art therapy very much, when you can make something with your own hands and take it home as a memento of the day.*

*I, as a daughter, am very happy that I found this foundation by chance when I offered my help as a volunteer. Since my mother has the same syndrome, we were welcomed to the foundation and invited to the event. Since then, we have not missed a single event! At one of the events, my mother said, "Let's go sit in OUR place". It's so nice that we already have our own place in the foundation and the community.*

Oksana, daughter of a person with dementia



Kyiv, June 2024



## Feedback from Nezabutni Café attendees



*We really liked the Unforgettable Cafe. Thank you for the warm, cosy atmosphere, for your attention, for the surprisingly attentive attitude to all the guests present. Thank you for the incredibly tasty treats and interesting games. My mother really enjoyed singing the songs. Now I will take a note and we will continue to sing at home. Thank you!!!!*

Tetiana, daughter of a person with dementia

Poltava, June 2024

How does it look like in Kyiv?





How does it look like in Lviv?





How does it look like in Poltava?





How does it look like in Odesa?



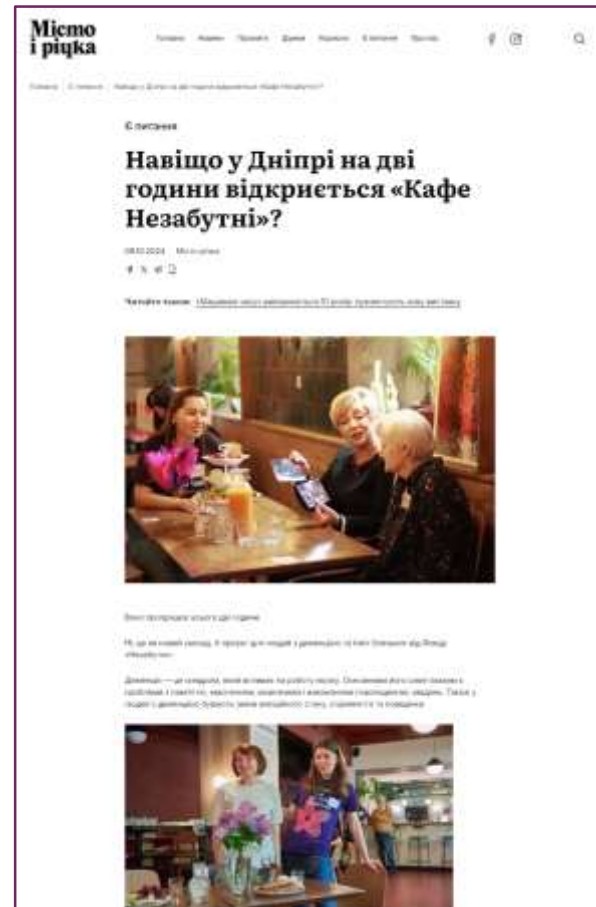


How does it look like in Dnipro?



# Articles about Nezabutni Café in Media

How does it look like?



About first Nezabutni Café in Dnipro:  
<https://mistorichka.media/ye-pytannia/navishcho-u-dnipri-vidkryietsia-kafe-nezabutni/>



About first Nezabutni Café in Odesa  
ENG:  
<https://intent.press/en/news/health/2024/first-therapeutic-meeting-for-people-with-dementia-held-in-odesa/>



About first Nezabutni Café in Poltava:  
<https://zmist.pl.ua/events/pershe-kafe-nezabutni-u-poltavi>



# Nezabutni Café coordination team



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THANK YOU  
FOR YOUR  
SUPPORT!