

# SUPPORT GROUPS

---

Pam Kul-Berg, DCS, ADRC of Eagle Country

Cori Marsh, DCS, ADRC of Rock County

Lisa Wells, DCS, ADRC of Eau Claire County



## Agenda

---

- Introductions
- Facilitating vs Leading
- Common Questions Asked



## Facilitating vs Leading


- A support group is not a social or a therapy group
- Two co-leaders are preferred
- Structured or open-ended
- Important: It is THEIR group
- Flexibility
- LISTENING and GUIDING
- Confidentiality




1. Confidentiality: Everything that is shared here stays here. A sense of trust is essential in open sharing. People must feel free to share their own personal experiences and emotions. Do not share other people's feelings or personal stories outside of this group.
2. When someone is speaking, listen without interrupting.
3. Make sure everyone has the opportunity and time to talk.
4. Participating in silence is all right. No one has to talk.
5. We will not judge or be judged by what we do or say at this meeting.
6. Discuss having guests (students, other caregivers, etc.)




# Facilitation




- Skill Set
- Brief check-ins
  - Open conversation or topic
  - Challenges anyone is having, questions, anything new learned
- Not talking about yourself too much
- Redirection
- Give permission for feelings, failures, grace, etc.
- Closing



# Common Questions Asked



- My biggest question on support groups is how to get people to sign up when it has to be conducted on zoom. We are pretty rural and have a hard time getting people started on that.
- I'd like tips on how to keep things flowing in small numbers – like 2 people. What happens if only 1 person signs on the meeting – is it inappropriate to end the meeting quite early?
- How can I rejuvenate a group with “old” members (the same few members for years and years, I am struggling to bring new people in). I am new to facilitating, but the facilitator before me was long-standing and I think maybe let some of these individuals run the show. Really wanting some advice on pushing change while keeping the goal of the group the same – support!
- When do you encourage someone to stop attending once their caregiving journey has ended?



## Common Questions Asked...



- What are tips for redirecting individuals who dominate the conversation?
- I want to increase support group participation, where do I advertise for support groups?
- How do I start non-traditional support groups such as telephone, online, early memory loss, etc.?



## Questions