



## SUPPORTGROUP

Through support groups it is possible to help carers to share experiences. These guidelines aim to help groups to fulfil that role.

### **The Aim**

The group will attempt to provide the opportunity for carers of people with dementia to meet and share experiences. The group will encourage open and honest discussion within a safe environment. The carer's role will be validated and the group will attempt to minimise carer isolation.

### **Function**

The models of support will be a combination of self help, education and recreation. The emphasis will shift depending on members' needs but each model is equally valid. The group will operate openly and new members will be introduced to the group individually.

### **Leadership**

Professional leadership will be provided by Dementia SA.

### **Ground Rules**

These rules will help the group focus on what is appropriate to say or do within the group.

1. Confidentiality is maintained within the group
2. All views expressed are equally valid
3. Each member has the right to silence
4. Members will avoid side conversation while someone else is speaking.
5. Facilitators will encourage membership in Dementia SA.
6. Some personal data will be kept on file. This may not, under any circumstances, be made available to any person/persons/ organisations/companies or research groups without the prior consent of Dementia SA and the family affected.

This will include:

Name:

Address:

Telephone number and any other contact details:

Special instructions – relationship to sufferer.

The Board of Dementia SA will be informed of the function of the group, location, numbers attending and how often the group meets. Dementia SA adheres to the principles of the constitution and legislation related to privacy. This includes the Protection of Personal Information Act of 2013

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