

Group Objective -- The primary goal of the caregiver of a person with dementia should be to assure that both the caregiver and the person with dementia experience the *best quality of life possible*. This support group offers discussion, resources, and information to assist you in moving toward that goal. Through participation in the group, we hope that you also find a sense of connection and emotional support.

Group Guidelines

- **Confidentiality**
What is said here stays here
- **Listen with Respect**
Dementia strikes each person and caregiver in a unique way, so there's no room for judgment in our listening.
- **Share, Don't Advise**
We're here to share what has or has not worked for us, what we have learned along the way. We're not here to tell others what will or will not work for them. Each of us has a unique path.
- **Speak One at a Time**
Avoid side conversations.

How the Group Works

Introductions around the circle:

- Your name
- Who in your family or circle has dementia?
- Brief status report
- No discussion or cross talk at this time

If you do have a question or issue for the group, you might want to mention that you do have something to discuss. After we finish introductions we will be sure to come back to you to find out what it is.

Discussion of Issues and Concerns

Ending: We intend to finish the meeting by 8:30 pm.

Books, Pamphlets, and Resources

All the materials on the tables around the room are *free and yours to keep* – EXCEPT books in the book case (which should be returned when you finish reading them) AND the DVD “Accepting the Challenge” (which has a signout sheet and should be returned by the next month).