



Duke DEMENTIA Family Support Program

Support Group Guidelines

We are glad you are interested in joining one of our program's support groups. The goal for our sessions is to exchange helpful caregiving strategies and foster a community where caregivers feel understood and supported. The following guidelines are meant to help meetings run smoothly and assure that groups are safe and welcoming environments.

Confidentiality

What is said in the group stays in the group.

Respect and courtesy

Treat each other with respect and kindness. Don't make assumptions or judgements about others.

It's okay to just listen

Feel free to let your facilitators know if you would not like to share.

Use "I" language

Share from your personal experience: say, "this is what helped me" or "when I was faced with this problem, I ..."

Share the airtime

Time is limited and we want to hear from as many participants as possible. Please keep this in mind as you are sharing.

Limit distractions

Silence cell phones. When you must attend to other tasks, please turn off your camera and ensure you are on mute.

No politics please

Please avoid talking about politics and other potentially divisive topics.

Your surroundings

When meeting virtually, find a quiet, private space to join the meeting. If you can't find a private place, please use headphones and turn your screen away from others who might be in the room.

If you come in late or leave early, you may not have a chance to speak

We understand you may need to join late or leave early. This might limit our ability to make sure you have time to share, but we will do our best.

Please note that although group participation can be therapeutic, the group is not a substitute for individual therapy.

Contact a member of our team with any questions. 919-660-7510.

dukefamilysupport.org