



TWELVE GUIDELINES FOR A SUCCESSFUL SUPPORT GROUP

1. **You must be a spousal caregiver** – No non-spousal caregiver guests are allowed.
2. **Membership in WSA is required** – No WS is denied membership due to financial hardship.
3. **Confidentiality is a must** – What’s said in the group stays in the group.
4. **Safe Haven** – The group should be a safe place to be sad, to cry and to express anger and frustration.
5. **Non-Judgmental** – Use “I” statements and be respectful of members with different points of view.
6. **Be considerate of others’ feelings** – Feelings are feelings and neither right nor wrong.
7. **Share the floor** – No monopolizing, give everyone a chance to speak.
8. **No one should be forced to speak** – People should be invited to speak but not required.
9. **Focus on us** – the well spouse. It’s our get-away time from caregiving.
10. **Be flexible** – Topics are good but members’ needs should come first.
11. **Remember** – We are all in this together, but each of our stories is unique.
12. **We all share the responsibility for making our group work.**