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.