

# Dementia Support Groups

There is no cost to attend. No registration required.

Support groups are mutual self-help groups, not therapy. Groups are for emotional & moral support. Trained facilitators meet with small groups to share information and experiences, build new skills, and offer peer support and ideas. Refer to Check boxes to find the group appropriate to your needs.

	Who attends?			Support by Stage			What to expect?		
	Persons with Dementia Caregivers Only	Caregivers & Persons with Dementia	Any Stage of Diagnosis	Early-Onset *under age 65	Mid-Stage *mild symptoms or new diagnosis	Moderate-to-Late Stages	Guest Presenters	Skill-building & Education	Open Discussion Special Topics
<b>All-Stages Caregiver Support Group</b> 2 <sup>nd</sup> Tuesday monthly, 1:15-2:30pm Mary Mother of the Church 2006 Weston St. La Crosse (Parish Hall, Room D)	X	X	X	X				X	
<b>Connect Smart</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Fridays, 10:30am-11:30am 1407 St Andrew Street, La Crosse		X	X				X		X
<b>Monday Coffee Connect</b> Mondays weekly, 10:00-11:00am Virtual via Zoom or Dial-in by phone Email <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a> for connection	X	X						X	
<b>Dependable Friends</b> 2 <sup>nd</sup> &4 <sup>th</sup> Tuesdays/month, 12:00-1:00pm Virtual via Zoom or Dial-in by phone Email <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a> for connection	X	X						X	

The listed support groups are to provide you with a menu of **options** on a continuum of **support along the dementia journey**.

**Need help deciding which group is for you?**  
 Call the ADRC Dementia Care Specialist 608-386-0767



## Support Group Common Courtesies

The following guidelines facilitate the development of trust in the group and enable all members to share thoughts and feelings with each other.

1. Because confidentiality is essential, we expect that each person will respect and maintain the confidentiality of the group. What is said in the group is not to be repeated or discussed at any other time or place.
2. We are here to share our own feelings and experiences; we try not to give advice, unless it is specifically requested.
3. We each share the responsibility for making this group work.
4. We try to accept people, just as they are, and we avoid making judgments.
5. We try to give everyone an opportunity to share.
6. We have the option to speak and the option to remain silent.
7. We give supportive attention to the person who is speaking and avoid side conversations.
8. We avoid interrupting. If we do break in, we return the conversation to the person who was speaking.
9. We have the right to ask questions and the right to refuse to answer.
10. We try to be aware of our own feelings and talk about what is present to us now, rather than what life was like for us in the past.
11. We do not discuss group members who are not present.
12. We begin and end our meetings on time.
13. We are accepting of new members, members who desire not to return and/or those who desire to come and go.

Our goal is to support each person, sometimes a particular group may not meet your needs. Before deciding on if a group is for you or not, we hope you try a few out and attend at least two meetings.

There is also a 1:1 Peer Caregiver Support Program, that may be a better fit for some caregivers. Information regarding this program found here: [www.causewaycaregivers.org/peer-caregiver-support/](http://www.causewaycaregivers.org/peer-caregiver-support/)

*Support groups provided in coordination by the La Crosse County Aging & Disability Resource Center Dementia Care Specialist through the Dementia Friendly La Crosse County Coalition, with facilitator training by the Alzheimer's Association or Dementia Care Specialist.*

