



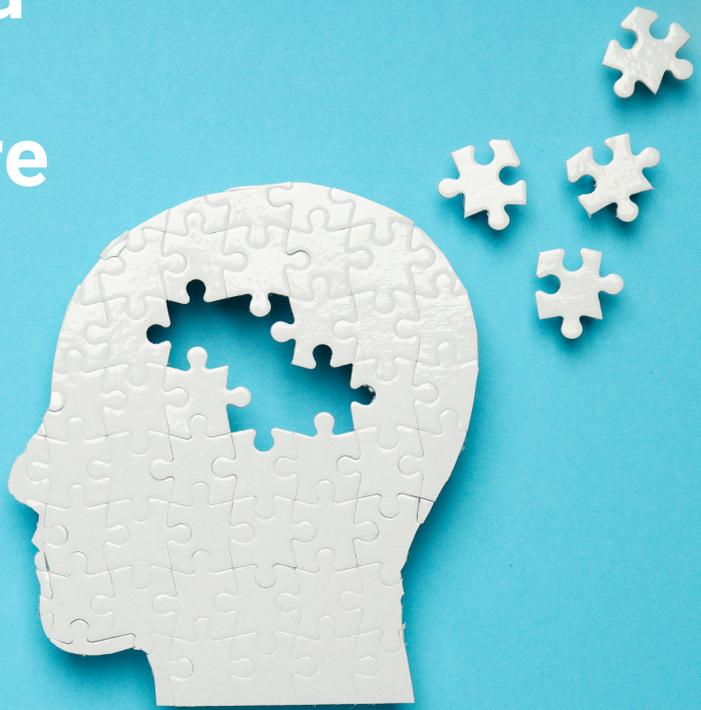
SUPPORT GROUP HANDBOOK

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An estimated
6.9 million
Americans are
living with
Alzheimer's
dementia.



Alzheimer's Association. 2024 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2024;20(5).

This manual was developed by the Region 9 Area Agency on Aging and is dedicated to advancing education, awareness, and support, for support group leaders and family caregivers in our service area.

This project is supported [in part] by the Caregiver Resource Center grant through the Michigan Department of Health and Human Services: Bureau of Aging, Community Living, and Supports.

The purpose of this support group leader manual is to provide a framework for starting and operating a successful support group. The information in this manual applies to both new and seasoned support group leaders.



INTRODUCTION

A Support Group can be defined as a gathering of people with common experiences and concerns who meet together to provide emotional and moral support for one another. Support groups allow family caregivers the opportunity to talk about their experiences and feelings, share stories of caregiving successes and failures, learn information about the dementia disease process, tips for caregiving skills and stress management, and to get connected to helpful local resources.

Leading a Support Group is a rewarding experience, which can be both touching and fun, but it also takes time and energy.

Although many Support Group leaders gladly pursue the role for many years, every interested potential leader should carefully consider the time commitment and the mental toll it may take.





REGION 9 AREA AGENCY ON AGING CAN PROVIDE:

- A wealth of information and resources.
- Information regarding other support groups in your area.
- Connections to people seeking to join a support group like the one you plan to start.
- Technical support.
- Training for support group leaders.
- Peer connections to other support group leaders and professionals.
- Suggestions for topics of interest and possible speakers for your meeting.
- Answers to questions posed by members of your support group.

BENEFITS OF BEING A SUPPORT GROUP LEADER:

- A sense of helping others.
- Getting support for yourself from the group.
- Information and education exchange.
- Personal growth.

THE BENEFITS OF SUPPORT GROUPS TO THEIR MEMBERS INCLUDE:

Support groups have many benefits for both caregivers and patients.

- Normalizing the caregiver's experience.
- Learning new information and strategies for confronting problems.
- Finding reassurance and support from others with similar life experiences.
- Developing personal insights and achieving personal growth.
- The opportunity to be helpful to others.
- Reduce social isolation.
- Learning to express feelings better and to be more sensitive to the feelings of others.
- Feeling empowered and more self-confident in coping with challenges.
- Developing a connection to a community and personal identification with a social group.
- Learning from other caregivers.
- A safe place to discuss difficult emotions.
- Learning reliable and factual information.
- Getting connected to useful community resources.
- Increased education about dementia makes caregivers more effective: they are better able to respond to patients' needs when they understand and can anticipate them.



LEADER RESPONSIBILITIES:

As the leader, you can work with members to share responsibilities, such as bringing refreshments, making calls, room set-up, and so forth. In some cases, leaders may be able to share responsibilities with a co-leader. It is highly recommended to look for a partner or co-leader. Being able to share responsibilities is the ideal approach and should be a goal for your group. The Support Group Leader is responsible for:

- Managing the logistics of setting up the meeting.
- Getting the meeting scheduled.
- Securing the location.
- Publicize or get the word out about the group.
- Preparing the Agenda.
- Communicating with current and potential members.
- Giving announcements during meetings.
- Communicate with Region 9 AAA about changes.
- Support Group facilitators and participants maintain confidentiality.
- Support Group facilitators do not give medical advice.
- Participation in Support Groups is free of charge.
- Respect for differences of participants. Each participant has different life experiences, affiliations, values, etc. Respect for this diversity is expected by interacting with each other in a considerate and courteous manner.
- Maintains a safe environment or a safe space both physically and mentally.
- Ensure a supportive environment.
- Facilitates connections between group members through active listening.
- Prepare yourself for the meeting. Take a few minutes to think about possible topics for discussion. Go over any notes you took. This can help you remember to bring up things that members might want to revisit or give updates on.
- Maintain appropriate boundaries. Boundaries are not intended to be a barrier, but rather the framework for a healthy and productive relationship.
- Review and enforce group conduct rules.
- Attend monthly meetings with Region 9 AAA Support Group network.

“THERE ARE ONLY FOUR KINDS OF PEOPLE IN THE WORLD: THOSE WHO HAVE BEEN CAREGIVERS. THOSE WHO ARE CURRENTLY CAREGIVERS. THOSE WHO WILL BE CAREGIVERS, AND THOSE WHO WILL NEED A CAREGIVER.”

SKILLS AND TRAITS OF AN EFFECTIVE SUPPORT GROUP LEADER:

- Time Management.
- Organizational Skills.
- Commitment.
- Ability to work with others.
- Compassion for others.
- Ability to work collaboratively and with minimal supervision.
- Personality that is empathetic, personable, and welcoming.
- Commitment to participate in ongoing training.
- Willingness to learn about and promote programs and events.
- Strength in communication, group facilitation, and organization and management.
- Desire to make a difference.
- Openness to exploring new ideas and learning new approaches to group management strategies.
- Personal experience with or knowledge of caregiving or dementia.
- Ability to empower and motivate group participants.
- Knowledge of internet/e-mail technologies and equipment.
- Engagement in, or support of, community activities.
- Ability to maintain objectivity regardless of personal opinions or needs.
- Willingness to maintain a close working relationship with Region 9 AAA.



WHAT MAKES A GOOD SUPPORT GROUP?

- Access to Speakers
- Strong Leadership
- Up-to-date and Reliable Information is Shared
- Confidentiality
- Prompt Response to Contacts
- Regular Meetings
- Regular Meeting Space
- Co-leader

SUPPORT GROUP TIPS:

- Make people feel welcome.
- Lay the ground rules.
- Start and finish your meeting on time.
- Create a friendly atmosphere.
- Keep your meetings positive, upbeat, and encouraging.
- Asking open-ended questions.
- From time to time, ask members for their feedback on how the group is going.
- Be sure everyone has a chance to talk.
- Remember your own role: lead the discussion, do not dominate it.
- Be an active listener, but do not give advice or provide counseling.
- Keep recruiting.
- Encourage members to use the buddy system.
- Be a delegator.
- Make it clear to the group that everyone needs to claim ownership and participate.





MEETING INFORMATION

Ideal Size: 8-12 Participants

Frequency: Support Groups can meet any number of times a year. A monthly schedule is often followed but some groups meet just once a quarter or during only some months of the year.

Choosing a Time: Keep the meeting time consistent. This will help people with memory difficulties or very busy schedules to attend meetings regularly.

Length: 1-1.5 Hours

Location: Private homes are not appropriate meeting locations. When looking for a location consider the ease and accessibility of travel from the parking lot to the room. Will those coming be using a cane, wheelchair or have breathing difficulties have a hard time reaching the meeting room.

Good meeting locations that sometimes provide meeting space for free are local County Councils/Commissions on Aging, libraries, hospitals, community mental health centers, Salvation Army, Rotary, Lions, Kiwanis Clubs, churches, or senior citizens centers.

Recruitment: To recruit members to your group you need to “get the word out.” There are many ways to do so such as: Mail/email announcements, talk to doctors, nurses, social workers, clergy, Senior Centers, hospitals, distribute flyers, post flyers at schools, organizations, clubs, shops, hospitals, nursing homes, community bulletin boards, places of worship, libraries, post offices, etc. Write a public radio announcement or newspaper release. Region 9 AAA can help.

Content: The needs and interests of groups are likely to differ somewhat based on the characteristics of group members. Look for topics through the conversation of the group or you could conduct a formal survey to get ideas.

Supplies: Name Tags, Resource Table, Materials, Optional (Refreshments, Snacks).

Preparing for the Meeting: A well-organized meeting environment coupled with facilitators who are grounded and focused sets the atmosphere for a productive meeting and a healthy support group.

- Chairs should be arranged.
- If refreshments are provided, they should be placed on a side table.
- Any literature or reading material to be picked up by members should also be placed on a side table.
- Facilitators must also prepare themselves mentally and emotionally.



MEETING FORMATS

The next step is to choose the format of the meetings for your new support group. Typically two types of meeting formats are utilized: open-ended and on-topic. Some groups will work best with a mix of both open-ended and on-topic sessions.

Open Ended Meetings:

- Are casual, loosely planned meetings.
- Provide discussions initiated by a facilitator and/or members with group participation at each meeting; discussions deal with current issues, problems, ideas, thoughts, emotions, etc.
- Need a good facilitator.

On-Topic Meetings:

- Are formal, pre-planned meetings.
- Are based on the predetermined needs of the group including the topic to be discussed.
- Make pertinent, informational material available (flyers, informational packets).
- Require pre-planning and organization.

Possible Meeting Schedules:

Option 1:

- Introduction, Check-in, Icebreakers: (5-10 Minutes)
- Program (30-45 Minutes)
- Closing (5 Minutes)

Option 2:

- Opening, Check-in, and Introductions (5-10 Minutes)
- Old and New Business (5 Minutes)
- Programing (40-50 Minutes)
- Social Time (15-30 Minutes)
- Closing (5 Minutes)

MORE THAN 11 MILLION AMERICANS PROVIDE UNPAID CARE FOR A FAMILY MEMBER OR FRIEND WITH DEMENTIA, A CONTRIBUTION TO THE NATION VALUED AT NEARLY \$350 BILLION.

AGENDA OUTLINE

- **First Meeting**
 - Allow all attendees to introduce themselves and briefly tell their “personal story” if they wish. Do not pressure them to tell all at the first meeting. It may take several meetings before some people feel comfortable enough to participate and share openly. Also, don’t require nametags or introductions that require the individual to reveal personal information. Allow members to remain anonymous if they choose.
- **Welcome/Formal opening of the meeting:**
 - At the agreed-upon time, the meeting should be called to order by the leader.
 - Some groups open their meetings with a formal statement of the group’s purpose or a welcoming statement and introduce themselves.
 - Introduce yourself and any co-leaders.
 - Greet new members.
 - Ask participants to quickly introduce themselves briefly.
- **Housekeeping Items:**
 - Review the guidelines.
 - Explain the purpose of the Support Group and how it works.
- **Check-Ins:**
 - Participants should be invited to share how they have been doing since the last meeting.
 - What challenges have they faced?
 - What successes have they had?
- **Programming:**
 - The bulk of the meeting should have a theme determined by the facilitator. Discussion can be based on the contributions of the members over the past meetings.
 - Present your speaker.
 - Present a DVD.
 - Discuss Book.
 - Discussion Topic.
 - Moderate discussion.
- **Formal Closing:**
 - Some signal must be given to indicate that the meeting is formally closed. A summary statement about what was learned or shared during the meeting.
 - Thanks to the speaker and others who made significant contributions.
- **Reminders:**
 - A reminder of the date and time of the next meeting and any other group business such as a special event.



ONE IN THREE SENIORS DIES WITH ALZHEIMER’S OR ANOTHER DEMENTIA.

SAMPLE AGNEDA

DATE

- **Formal Opening: (2 Minutes)**
 - Here is a quote by Carl W. Buechner “They may forget what you said, but they will never forget how you made them feel.”
- **Welcome: (10 Minutes)**
 - Introduce yourself, co-leaders, and new members. Ask participants to briefly introduce themselves.
- **Housekeeping Items: (3 Minutes)**
 - Review the guidelines/ground rules.
- **Check-Ins: (10 Minutes)**
 - What challenges have they faced?
 - What successes have they had?
 - Did anyone practice any form of self-care?
- **Programming: (40 Minutes)**
 - PowerPoint: Understanding Grief and Loss
 - Handouts: PowerPoint, My Loss Sheet
- **Break/Social Time: (10 Minutes)**
 - Journal Prompt: Describe a memory with your care recipient that makes you laugh or Today, I miss...
- **Formal Closing: (10 minutes)**
 - Today, we learned what grief is, the types of grief, the factors that influence our grieving, the stages of grief, the effects of grief, and strategies for coping.
 - Check out the resource table in the back for resources, tips, and information.
 - Verbal Evaluation: How can we support each other?
- **Reminders: (5 Minutes)**
 - Our next meeting is date and time, here in this room.
 - Next time we will have a presentation by the Alzheimer Association on “Advancing the Science: The Latest in Alzheimer’s and Dementia Research”.
 - If anyone would like to bring a snack feel free.
 - If anyone has questions, comments, or concerns, I will be here to answer them.



WAYS OF SHOW YOU ARE LISTENING AND ENCOURAGING THE SPEAKER ARE:

- Rephrasing something in your own words without adding anything.
- Asking, "Is that right?" (called "checking out" or a "perception check")
- Respond with affirmations. It helps boost the speaker's self-esteem but also helps them feel understood.
- Summarizing what has been said is another verbal listening skill (often used with a perception check).
- Without staring, maintain eye contact with the speaker to indicate active listening and interest in what is being shared.
- Provide positive facial expressions.
- Physical expressions of listening such as nodding.
- Leaning slightly towards the speaker and keeping arms unfolded in an open posture.
- Clarifying which is best done with:
 - Open-ended questions (who, what, when, where, etc.) .
 - Close-ended questions (which can be answered with one word like 'yes' or 'no' or are multiple choice/either-or questions) usually reflect what the listener is thinking.

**ALZHEIMER'S KILLS
MORE PEOPLE THAN
BREAST CANCER AND
PROSTATE CANCER
COMBINED.**



PROBLEM-SOLVING AND CONFLICT RESOLUTION:

- Facilitators will need to use their skills to discuss and explore problems and conflicts that are experienced on the individual and group level.



TIPS ON HANDLING DIFFICULT GROUP MEMBERS:

Facilitators must be able to determine if disruptions can effectively be addressed to the entire group or if speaking to the member in private outside of the meeting is better. During the break or after the meeting the facilitator can take the disruptive person aside privately, and firmly, but politely, state how their behavior is disturbing the group.

- **Set limits:** Gently but firmly correct the behavior. Explain your reasons; letting the member know why you need to change the situation will make them more likely to cooperate. For example, "I know things are difficult for you, but right now we're trying to figure out what Camilla can do about respite, and it's hard to do when you keep interrupting."
- **Never on Time:** When a member is often late to meetings, casually remind the group how important punctuality is to maximizing the benefit of the group for every member.
 - "I want us all to get the most out of these meetings, so they are meaningful to you all. To do that we need to start them on time."
- **Talkative Member:** When a member is monopolizing the discussion or frequently interrupts others, give the floor back to the original speaker.
 - "I'd like to go back to Rob for a minute. I don't think he was finished talking. We want everyone to have equal opportunity to share."
- **Inappropriate Subject:** When someone brings up inappropriate subjects that are offensive in nature or otherwise incendiary.
 - "It doesn't seem like this an appropriate discussion for this group, so we are going to move on. For those who would like to continue this conversation, feel free to do so after the meeting."
- **Offensive Language:** When triggering language is being used:
 - "I recognize this is a meaningful topic for people to be able to talk about and I am also sensitive to the fact that it may pose a trigger to some. Please be considerate when choosing your words and avoid being overly detailed in your descriptions. It is part of our guideline of respecting one another."



- **Self-Care:** Managing the wellbeing of a Support Group starts with managing the wellbeing of you as the facilitator. It takes physical or emotional energy to facilitate a support group, so practice Self-care to avoid burnout or compassion fatigue. Easy ways to practice self-care include focused breathing, exercising, listening to music, creating art, talking to a friend or professional, eating well, and meditating.
- **Self-Reflection:** Every good facilitator knows there is always room for improvement. Through reflective practices, the facilitator will be able to build upon their strengths and progress in areas of difficulty.
- **Evaluations:** Having a constant evaluation of the process, complete with debriefing and feedback from the group, will produce progress for the facilitator and advancement of the group toward its goals. Have an anonymous suggestions box so participants may feel more open to sharing feedback if they can do so anonymously.
- **Suicidal Threats/Ideation:** When running a group, it is important to be prepared for a participant to voice thoughts or threats of suicide. Develop a plan based on the following resources. The safety of the individual and the safety of the group is the top priority. Having a plan in place can help everyone remain calm and respond effectively if such a crisis arises.
 - ·Plan by always keeping a list of the resources on hand.
 - ·Call 988 the suicide prevention hotline: 988 Suicide and Crisis Lifeline
 - ·NEVER LEAVE A SUICIDAL PERSON ALONE.
 - ·Call 911 if directed to do so by the counselor on the hotline.
 - ·Notify a family member/caretaker to be with the individual.

SUPPORT GROUP GUIDELINES:

Every support group must have guidelines for individual and group expectations. It is the facilitator's responsibility to ensure that everyone in the group understands and adheres to them. For group members to feel safe, they need to know the rules of the group. The most effective rules are those that have been developed by the group. It is important to agree on a clear consequence for not following the adopted rules.

- We are a group of people with a common bond sharing our troubles, understanding, and wisdom.
- We listen, explore options, and express our feelings. We do not prescribe, diagnose, judge, or give advice . . . we suggest.
- We know that what we share is confidential and that we have the right to remain anonymous if we choose.
- We have the right to take part in any discussion or not. It is important that we actively listen when someone is talking and avoid having side conversations.
- We encourage "I" statements so that everyone speaks in the first person.
- Having benefited from the help of others, we recognize the need to offer our help to others in Support Groups.
- We are here to share our own feelings and experiences. Respect and maintain the confidentiality of the group.
- Avoid interrupting. If we do break in, return the conversation to the person who was speaking.
- Side conversations are not allowed.
- We each share the responsibility for making the group work.
- We each have the opportunity for equal airtime or the right to remain silent.
- We try not to discuss persons who are not present.
- We have the right to ask questions and the right to refuse to answer.
- We encourage members to share their strengths, skills, insights, successes (small or large), and their hopes.
- We will not use cell phones during the meeting.
- We will maintain a positive atmosphere.
- We accept each other for our differences including social, cultural, and linguistic.
- We will respect each other's opinions.
- We will refrain from judging people.
- No cursing.

Optional Guidelines:

- Taking breaks.
- Attendance expectations.
- Group etiquette.



EXAMPLE GUEST SPEAKERS:

- Area Agency on Aging
- Authors
- Art Therapist
- Alzheimer's Association
- Chiropractors
- Council/Commission on Aging
- Clergy
- Counselors
- Exercise therapists
- Health Educator
- Job Counselors
- Lawyers
- Licensed clinical social workers
- Massage Therapists
- Medical Professionals
- Meditation/relaxation experts
- MSU School of Social Work
- MSU Extension
- Music Therapists
- Neurologists
- Nurses
- Nutritionists
- Occupational therapists
- Other specialists
- Pain Management Professionals
- Pharmacists
- Psychiatrists Physical therapists
- Physical Therapists
- Recreational therapists
- Social Workers
- Speech therapists
- Urologists
- Wellness Coach
- Yoga instructor

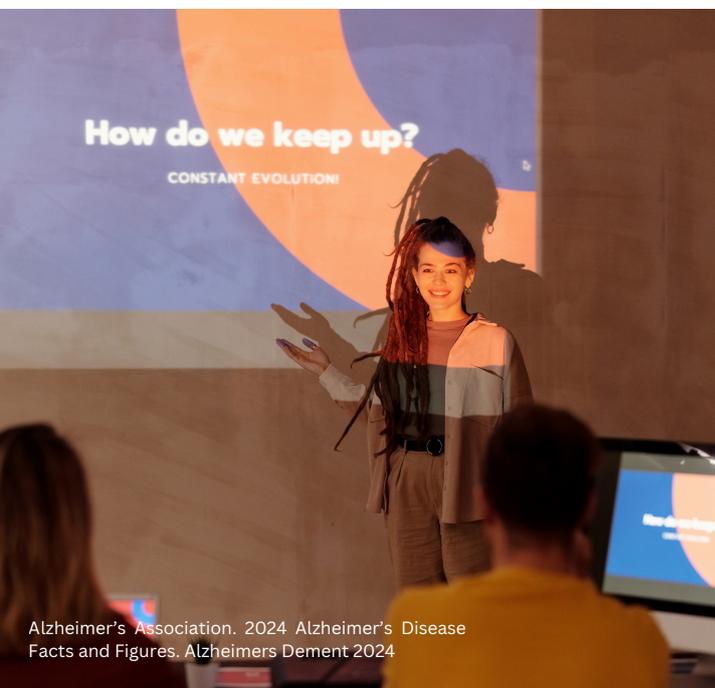
FUN MEETING IDEAS:

- Informational exchange
- Team building
- Celebrate birthdays
- Social activities
- Go on a picnic.
- Go to dinner as a group.
- Volunteer together.
- Holiday gift exchange.
- Hold a potluck dinner.
- Role Playing
- Practice Communication Techniques
- Work on a craft project together.
- Give away donated door prizes.
- Play a game.
- Show a video, film, or slide show.

REGION 9 AAA PRESENTATION LIST:

- Activities
- Asking for Help
- Assistive Devices
- Caregiver Burnout
- Celebrating Holidays with a Person with Dementia
- Changes in Sensations
- Communicating Effectively with Others
- Decision Making
- Dementia and Driving: When to Take the Car Keys Away
- Dementia Friendly Homes
- Dementia, Intimacy, and Sexuality
- Dementia Information for Everyone
- Dementia Behaviors and Self-Care
- Dealing with Difficult Emotions
- Element of Thought and Dementia-Related Behaviors
- Facility Placement
- Family Issues
- How to Cope with Lack of Sleep
- How to Deal with Lack of Patience
- Importance of Attitude
- Journaling
- Region 9 AAA Services and Programs
- Self-Care
- Self-Talk
- Setting Healthy Boundaries
- Local Resources
- Technology
- Traveling with a person with Dementia
- Understanding Grief and Loss
- Visiting with a Person with Dementia

Contact:
989.358.4667
healthyaging@nemcsa.org



**70% OF DEMENTIA
CAREGIVERS FEEL
STRESSED WHEN
COORDINATING CARE.**

ALZHEIMER'S DISEASE IS THE SEVENTH CAUSE OF DEATH IN THE U.S.

CDC



RANGE OF ISSUES:

- Anger
- Advocating for the care receiver's medical and social needs
- Change in social supports
- Concerns for their own health
- Conflict with parents/siblings
- Depression
- Disability: What benefits are available and how to apply
- Handling inappropriate questions and responses from others
- How to avoid becoming isolated
- How to talk with your family, friends, and co-workers
- Lack of patience
- Laughter and humor
- Learning about the national organization – The Foundation for Peripheral Neuropathy
- Levels of loss as the disease progresses
- Loneliness
- Long Distance Caregiving
- Medication Management
- Money/estate issues
- Preparing for the care receiver's death
- Preserving self-esteem
- Relationship/Role changes
- Research Updates
- Respite
- Role reversal
- Sexuality
- Special events & Fundraising
- Staying active despite the disease
- Stress management

MARKETING:

Thriving groups appear to have larger meetings, with many reporting an average of 15 or more attendees. Your support group is going to gain and lose members through out the year, so it is important to constantly be advertising it.

Ways to Market/Promote:

- Flyers
 - Senior Citizen Centers, Church, Doctor offices, Pharmacies, Libraries, Senior Service Agencies, Adult Day Centers, Community Centers, Hospitals, Social Clubs, local Health Fairs, and Farmers Markets.
- Radio Announcements
- Free community Calendars
- Websites
- Local Newspapers
- Word of Mouth
- Social Media
 - Facebook
 - Example Post 1: If you have a loved one who has dementia, this monthly meeting is a great place to learn more about dementia and to meet others going through a similar situation. Our next meeting is on date. Please call 330.591.2777 to reserve your spot.
 - Example Post 2: CALLING ALL DEMENTIA CAREGIVERS!!! Here is an amazing opportunity for you! Join us on date for a one-hour support group. Contact name at phone number.
 - Example 3: Our dementia support group keeps growing and it's only the second week! Come join us on the first Tuesday of every month at time.
 - Example 4: Mark your calendar and come out and join us for another Dementia Caregiver Support Group on next Thursday, date at time.
 - Example 5: This Dementia Support Group focuses on providing a safe community to share stories, provide support, and assist with coping during these difficult times. Our next meeting is date at time. Contact name at phone number.

Helpful Tips:

- Involve your group members.
- Never stop promoting.
- Carry a stack of flyers with you.
- Get everyone's phone number and text them reminders.
- Use Canva to create flyers.

MARKETING:



EXAMPLE SESSION FLYER

REGION 9 AREA AGENCY ON AGING'S
DEMENTIA SUPPORT GROUP

SESSION FOCUS:
Understanding Grief and Loss

- What grief is.
- Types of grief.
- Factors that influence our grieving.
- Stages of grief.
- Effects of grief.
- Strategies for coping.

**BUILD A SUPPORT SYSTEM WITH
PEOPLE WHO UNDERSTAND!**

DATE:
First Wednesday of every month.

TIME:
1:00p.m. - 3:00p.m.

LOCATION:
Commission on Aging
Address
Address

CONTACT US

BROOKE MAINVILLE
989.358.4616
mainvilleb@nemcsa.org



Your Logo

REGION 9 AREA AGENCY ON AGING'S

DEMENTIA SUPPORT GROUP

This group is designed to provide emotional, educational, and social support for caregivers through regularly scheduled meetings.

The support group encourages caregivers to maintain their own personal, physical, and emotional health. By providing a safe place for caregivers, family, and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.

DATE:

First Wednesday of every month.

TIME:

1:00p.m. - 3:00p.m.

LOCATION:

Commission on Aging
Address
Address

CONTACT US

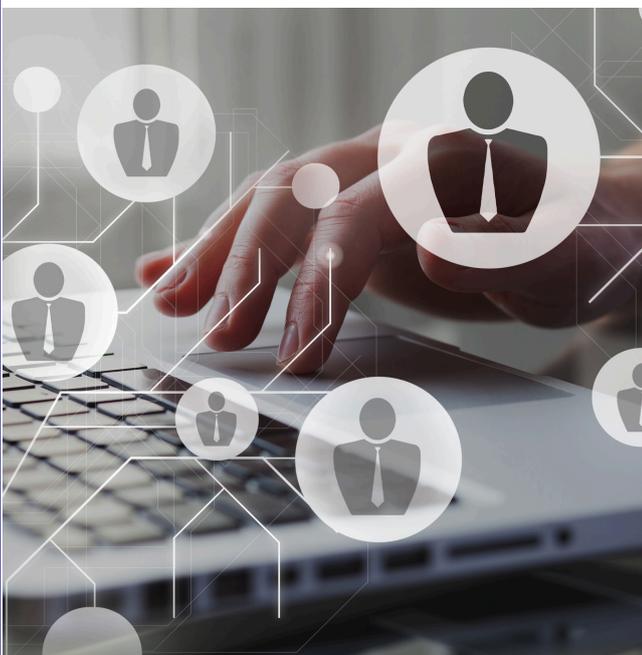
BROOKE MAINVILLE
989.358.4616
mainvilleb@nemcsa.org



EXAMPLE SUPPORT GROUP FLYER

RESOURCES:

- **Region 9 Area Agency on Aging:** can help guide and connect you to a variety of services and resources available in your area such as in-home services, nutrition programs, caregiver programs, care management, adult day centers, MI Choice Waiver Program, and more.
- **Northeast Michigan Community Service Agency (NEMCSA) Services:** A provides a variety of resources to individuals, families, and seniors in need. Some services include weatherization, housing, heat and utility services, and more.
- **County/Council Commission on Aging (COA)** are county-based and provides services to support older adults, however, services vary from agency to agency. Some services include but are not limited to, respite, medication management, homemaking, personal care, foot clinics, transportation, nutrition programs, and activities.
- **Alzheimer's Association:** is the leading voluntary health organization in Alzheimer's care, support, and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health.



RESOURCES:

- **211 Northeast Michigan:** A trusted and valued gateway for referrals and information to meet essential needs.
- **Adult Day Centers:** Provide socialization, community, stimulating activities, healthy meals and snacks, and support with activities of daily living. Centers found in Arenac, Cheboygan, Ogemaw, Otsego, and Roscommon Counties.
- **Alzheimer's Foundation of America:** Provides information on Alzheimer's disease and related dementia care, research, and support.
- **AARP Caregiving:** Contains articles, tools, and forums to assist caregivers.
- **Family Caregiver Alliance (FCA):** Seeks to improve the quality of life for caregivers through education, services, research, and advocacy.
- **GetSetUp:** Online webinars that connect caregivers, and peers, to advance your knowledge.
- **NEMCSA Region 9 AAA: Caregiver Resource Center:** The resource page provides a one-stop shop for family caregivers to find local resources, information, and helpful tips on our website.
- **Teepa Snow "Positive Physical Approach":** Teepa is a world-renowned dementia expert. She provides a wide variety of services to enhance awareness and increase dementia care skills.
- **The UCLA Alzheimer's and Dementia Program:** Provides viewers with practical tools you can use in a variety of settings to create a safe, comfortable environment both for the person with dementia and the caregiver.
- **Trualta:** A free online personalized, skills-based training platform for family caregivers caring for someone living at home.

THANK YOU



REGION 9 AREA AGENCY ON AGING

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www.nemcsa.org

This handbook is a collection of information and resources gathered from a variety of reliable sources such as the Mental Health America's Facilitator Guide, Myasthenia Gravis Foundation of America: Facilitating Support Groups: A Manual for Support Group Leaders, the Brain Injury Association: Support Group Leader Training Manual and the Community Toolbox: Creating, Facilitating Peer Support Groups, etc.