

About the Alzheimer's Association Support Group Facilitator Training

Our four-hour training includes:

- An overview of Alzheimer's disease and related disorders
- Purpose of a Support Group
- Group dynamics
- Effective communication
- Resources available through the Alzheimer's Association
- Confidentiality and conflict of interest guidelines
- Marketing and promotion of your group
- Monthly reports to the Chapter

Training is free and open to anyone interested in becoming an Alzheimer's support group facilitator. Facilitators must possess the following pre-qualifications:

- General knowledge of Alzheimer's disease and related disorders.
- Experience as a caregiver or working directly with caregivers.
- A willingness to seek out and provide up to date information on research, care and treatment to group members.
- A lack of personal agenda for facilitating the group, such as job requirement or a marketing aide to enhance the reputation of a program.

The Alzheimer's Association provides record keeping, educational materials and a quarterly Support Group Facilitator bulletin.

Support Group Facilitator Training



Spring Training Session Offering

Cedar Rapids Training Details

Training Date: Tuesday, May 12, 2009

Time: 1:00 p.m.—4:30 p.m.

Training Site:

Alzheimer's Association East Central Iowa Chapter
1570 42nd Street NE

what is a support group?

A support group is to provide an opportunity for family members; caregivers, friends and/or persons with dementia to meet and develop a mutual support system that will help maintain the health and well-being of its members. Specifically, the group provides an opportunity to:

- Exchange practical information on caregiving problems and solutions.
- Share different ways of adapting to the continuing stress of coping.
- Share feelings, needs and concerns in a supportive, non-threatening and non-judgmental atmosphere.
- Provide social contact for family members who feel isolated due to their constant continuing care.
- Establish sympathetic connections between families dealing with similar experiences.
- Emphasize the importance of maintaining physical and mental health of the caregiver.
- Familiarize people with the Alzheimer's Association and other community resources.
- Receive current and accurate information on aspects of recent advances in Alzheimer research, and public policy issues.

Qualities needed in a Support Group Facilitator



- Compassion and caring
- Non-judgmental attitude
- Ability to be emotionally present and able to listen
- Self awareness
- Ability to facilitate instead of "teach"
- Openness to feedback
- Capacity to tolerate
 - anxiety, anger, sadness and loss, depression*
 - helplessness, conflict, the unknown*
- Sense of humor