

Caregiver Group Guidelines



This is a mutual self-help group, not a therapy group. The goal of this group is to provide emotional, social and moral support for one another. By using this code of conduct as a guideline for group participation, we will develop a safe space that enables us to build and maintain trust in one another, and feel comfortable sharing our thoughts and feelings.

1. Because confidentiality is essential, each person will respect and maintain the confidentiality of the group. We will not repeat what is shared by others at any other time or place.
2. We share our own feelings and experiences, and offer up what has worked for us; we don't, however, give advice to others or try to "fix" things for them.
3. We are all equally responsible for making our group work. Although we share common experiences, we recognize that we are all unique and no single solution will work for everyone. We will take what works and disregard what doesn't.
4. We cultivate an attitude of acceptance - for ourselves and others, just as we are - and avoid making judgments.
5. We give everyone an opportunity to share as much or little as they want to. While we all have the right to speak, we also have the right to stay quiet.
6. We give supportive attention when a person is speaking and avoid side conversations. Actively listening is the most compassionate, healing response we can offer. (This includes turning off our devices and giving the group our full attention.)
7. We avoid interrupting one another. If we do break in, we return the conversation to the person who was speaking.
8. We recognize that we each have the right to ask questions, but also the right to decline giving a response.
9. We do not discuss group members who are not present.
10. We begin and end our meetings on time.

NOTE: Caregivers Alberta has the responsibility to support each group member. Facilitators may find a caregiver needs additional support and consult with Caregivers Alberta's support services team. These conversations will remain confidential.