

Caregiver Support Community

Purpose

We as group of **CAREGIVERS** of family members and friends come together to find support, education and understanding of our common problems. Each person who is here will have experienced many of the same things you may have experienced.

Goal

Through sharing our experiences in a safe, non-judgmental space we can better understand what is happening in our own lives and know we are not on this journey alone.

To increase our understanding of:

- Caregivers Bill of Rights
- Compassion Fatigue
- Unhealthy Patterns
- Feelings, with emphasis on anger, fear, anxiety, guilt and grief
- Healthy Relationships

To gather information and learning techniques for developing:

- Healthy boundaries, acceptance, and normalcy about living with someone who is ill, disabled, or other
- Decision making

To receive support and encouragement:

- While growing in self-knowledge and self-esteem
- In recognizing and digesting painful, as well as freeing, realities
- In struggling to develop these above techniques
- In changing negative patterns to positive patterns of your own choosing

Expectations

Anything shared in these meetings will be kept confidential and is not to be discussed outside of the meetings.

- Each person will be treated with respect
- Try and keep the focus on ourselves
- We do not give our opinions; we only support each other
- Be aware of how much time we take to share so that everyone has an opportunity to speak