



DEMENTIA EMPOWERMENT  
NETWORK

RÉSEAU D'AUTONOMISATION  
DES PERSONNES ATTEINTES  
DE TROUBLES NEUROCOGNITIFS



## GROUP DO'S

- **Lead with Empathy:** Listen to the group's members and be empathetic.
- **Create a Supportive Environment:** Build a supportive group environment.
- **Use Name Tags:** Help members learn each other's names.
- **Greet Everyone:** Especially greet new members at the door.
- **Refer to Memory Issues:** Use terms like "memory issues" rather than "dementia" to reduce stigma.
- **Icebreakers:** Use goofy icebreakers to make people feel included.
- **Ask Questions:** Engage members with questions that help them recall pleasant memories (e.g., first bicycle, first teacher).
- **Repeat Goals and Guidelines:** Start meetings by reiterating group goals and guidelines.
- **Confidentiality:** Ensure that what's said in the group stays in the group.
- **Contact Information:** Collect more contact information from members in case of emergencies.
- **Caring for Care Partners:** Consider having a separate peer support group for care partners at the same time.

## GROUP DONT'S

- **Limited Activities:** Avoid having limited activities at the beginning; offer a variety and see what members gravitate towards.
- **Ignore Feedback:** Don't ignore the need for group input in activities and discussions; get feedback.
- **Underestimate Coffee and Cookies:** Refreshments can help bring people together and keep a group going.
- **Remain Silent:** Introduce yourself and new members to others; don't remain silent.
- **Impatience:** Allow the group to evolve at its own pace; don't be impatient.
- **Create Goals Without Involvement:** Involve the group in creating goals and guidelines; don't create them without checking in with members.
- **Exclude Care Partners:** Include care partners as they can help their loved ones.

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