

# **SUPPORT GROUP LEADERSHIP We Need You!**

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# What is Support?

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What does it mean?



What does it look like?

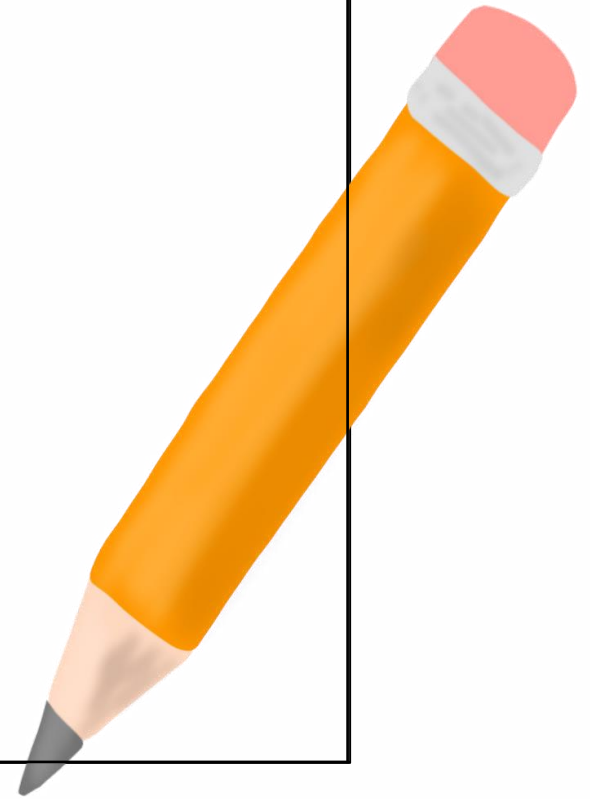
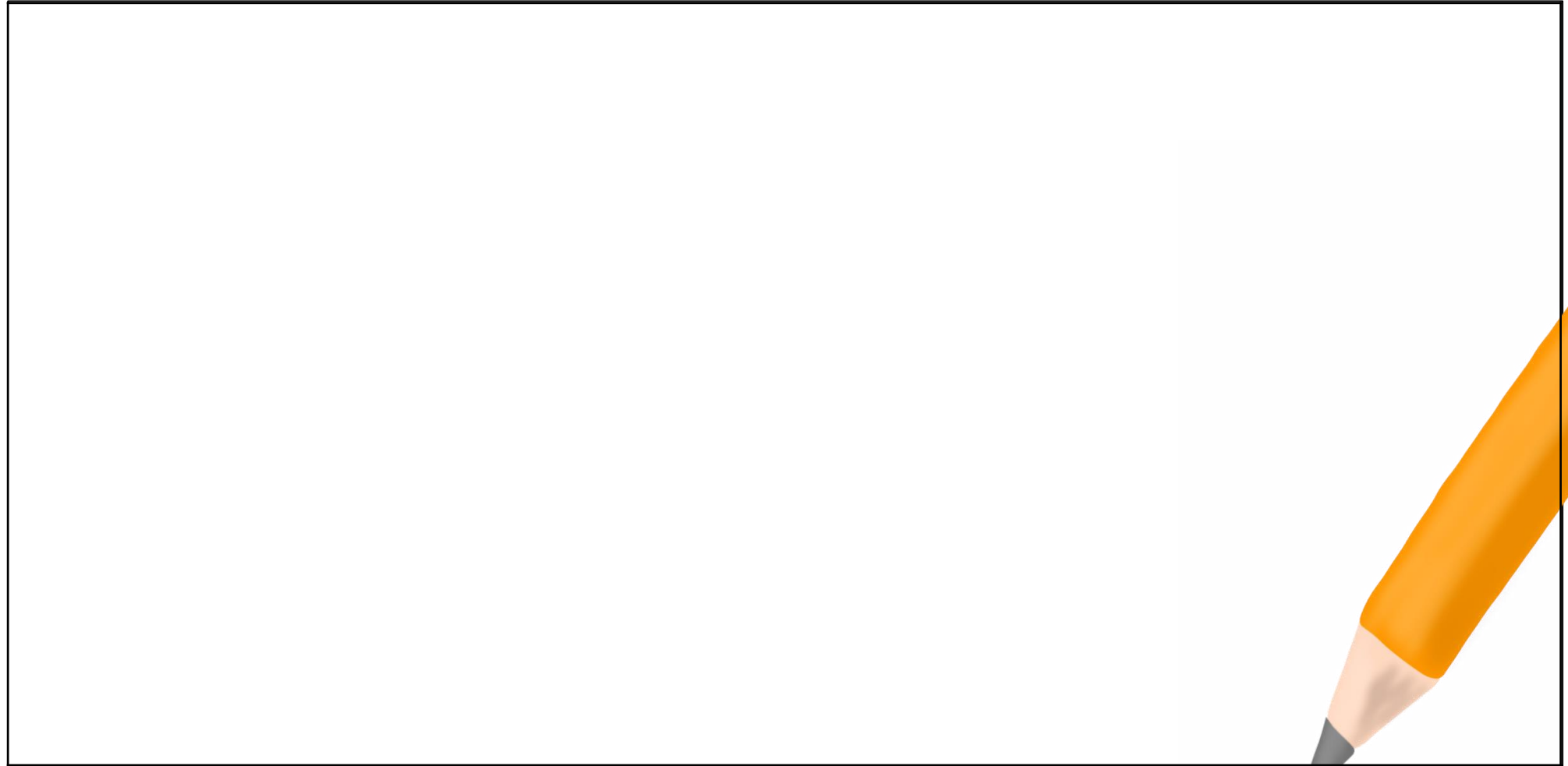


# Brainstorming Rules

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- **Anyone can share**
- **No commenting during brainstorm**
- **No questions until after**
- **Clarification waits until after**

# What is support?





# What Support means to me

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- Support can mean that you are simply there for someone, to listen, to encourage, to inform, to bolster, to lift, to hold hands and give a hug if needed.
- Support can also mean helping find answers and helping someone find his/her purpose.



# What is your Purpose?

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- Are you trying to fill a community need?
  - Starting a group from scratch
- Are you trying to fill a personal need?
  - No groups available that fit your specific need



# Who Can Be a SGL?

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ANYONE

He/she does not necessarily have solutions to the problems presented by group members.



# You can keep it simple

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- You don't have to have a support group meeting to have a support group!
- You can add a support group element into anything you do.
- This doesn't have to be formal; you can just be present in the same room.





# You can keep it simple

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- It can be mentorship
- A small gathering
- A lunch
- A planned activity, interaction around an activity like golf
- It can be an educational series where folks sit and listen to a speaker.
- It can be a caring/sharing session.

# What will your support group look like?

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## Educational



## Caring & Sharing





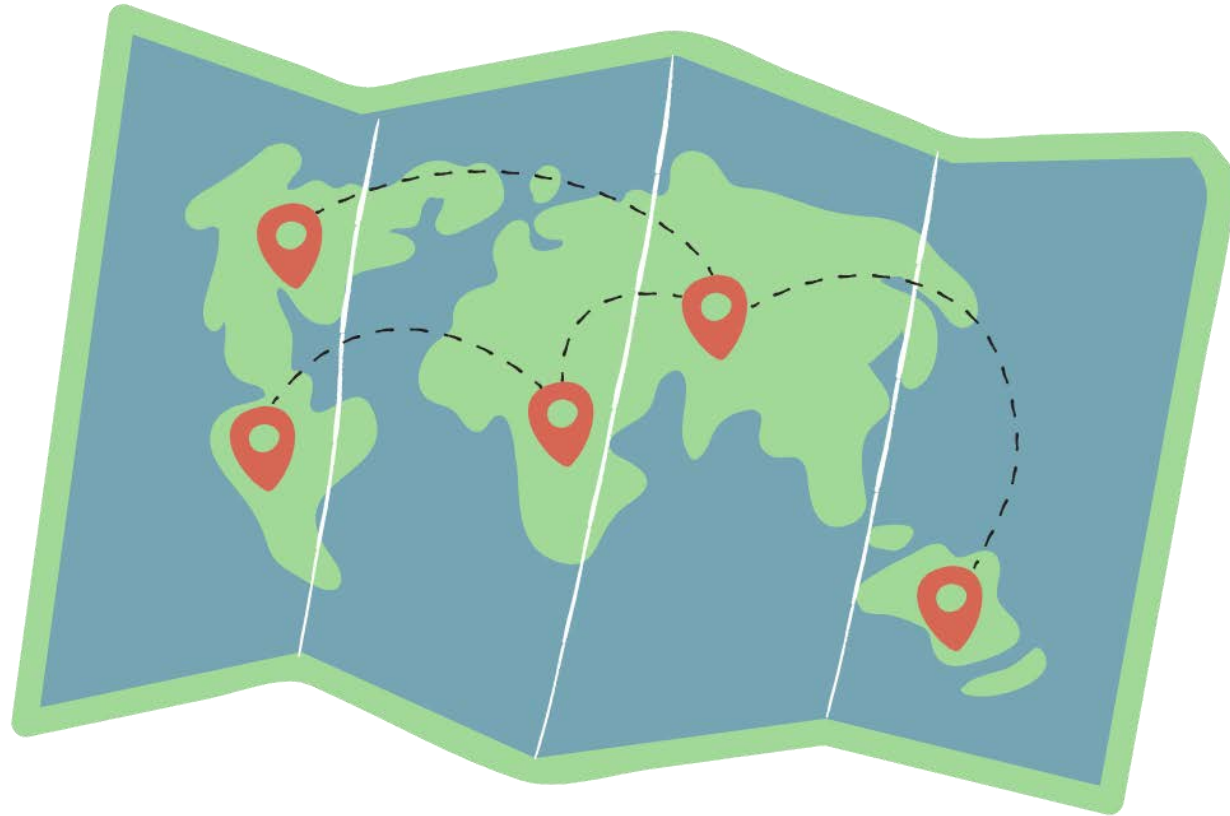
# Meeting Activities

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- Exercise demos
- Holiday parties
- Picnic
- Pole walking
- Show and tell

# Where are the groups?

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➤ When

➤ Where

# Northern/Shreveport

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1 Support group in  
Shreveport for PwPs  
and CPs

# **Southeastern/New Orleans**

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1 Support group in Covington for PwPs and CPs

1 Support group in Hammond for PwPs and CPs

1 Support group in Harrahan for PwPs and CPs

1 Support group in Houma for PwPs and CPs

# **Southeastern/New Orleans**

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1 Support group in Metairie for PwPs and CPs

1 Support group in New Orleans for PwPs and CPs

1 Support group in River Ridge for PwPs and CPs

1 Support group in Slidell for PwPs and CPs

# South/Southwestern

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2 Support groups in Baton Rouge for PwPs and CPs

1 Support group in Lafayette for PwPs and CPs

1 Support group in Lake Charles for PwPs and CPs







# **CALL TO ACTION**

It isn't hard to be a support  
group leader!

All you need to do is say “Hello!”

# HOW CAN WE HELP?

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Support Group Leader Roundtables

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Support Group Leader Fundamentals Training

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Succession Planning

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The Support Group Leader Reference Guide

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Office Hours with a Support Group Leader

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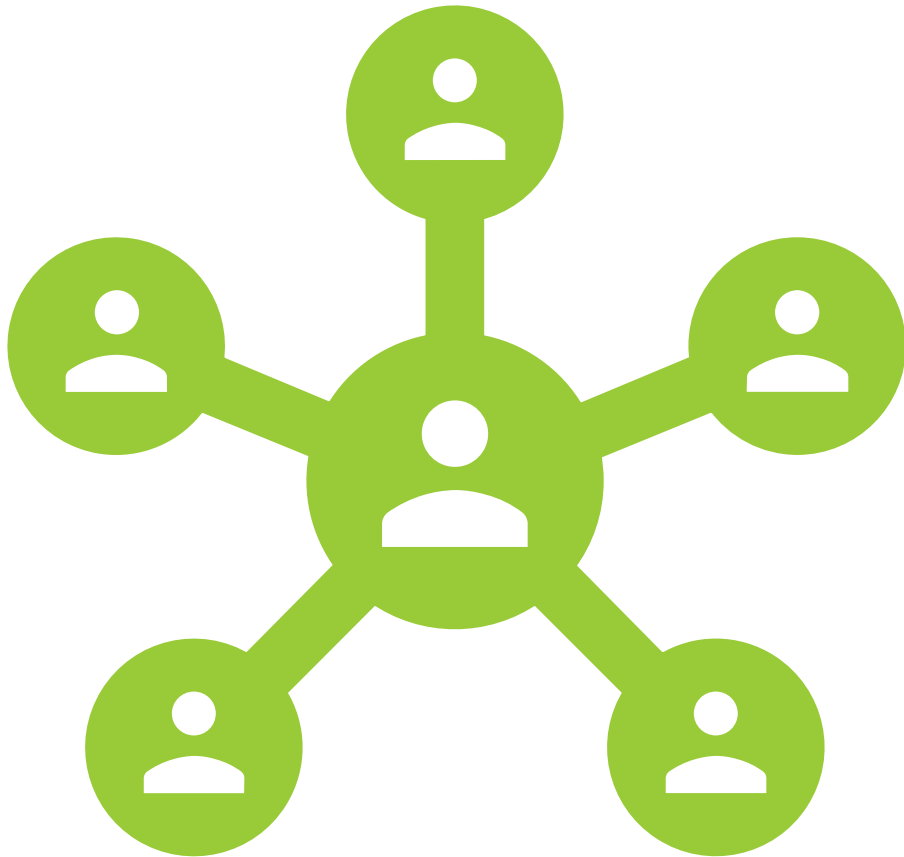
A full video library that can be shown

# Final Thoughts

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- You have more in common than just your Parkinson's
- Gatherings need not be confined to meetings: have pizza
- This group belongs to everyone
- Start a book club with other members.
- Above all, have fun!!





# You are building:

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- ✓ A Community
- ✓ A Connection
- ✓ A Family

**THANK YOU**



**“Alone, we can do so little;  
together we can do so much.”**

**- Helen Keller**

