

6.3.6.1 DEMENTIA SUPPORT GROUP PLANNING TEMPLATE – COMPLETED EXAMPLE

This example shows how a community might complete the Dementia Support Group Planning & Implementation Template. It is provided for guidance only and reflects a realistic level of detail for community use.

1. SUPPORT GROUP OVERVIEW (EXAMPLE)

Support Group Name	Community	Group Type	Lead Organization	Primary Contact
Caregiver Connections Support Group	West River	Dementia Caregiver Support Group	West River Public Health	Jane Doe, Community Health Coordinator

2. PARTICIPANT IDENTIFICATION & RECRUITMENT (EXAMPLE)

Target Participants	Recruitment Methods	Partners Involved	Notes
Family caregivers of people living with dementia	Flyers, partner referrals, word of mouth	Senior Services, Public Library, Clinic	High interest expressed during outreach

3. GROUP STRUCTURE & LOGISTICS (EXAMPLE)

Meeting Frequency	Meeting Length	Format	Location / Platform	Group Type	Group Size Goal
Monthly	90 minutes	In-person	Public Library Meeting Room	Open	10–15 participants

4. FACILITATOR INFORMATION (EXAMPLE)

Facilitator Name	Role / Background	Training or Experience	Contact Information
John Jones	Caregiver Support Specialist	Alzheimer's Association training; 5 years experience	John.jones@email.org

5. GROUND RULES & GROUP NORMS (EXAMPLE)

- Respect confidentiality and privacy
- Allow everyone a chance to speak
- Offer support, not advice unless asked

6. MEETING PLANNING (EXAMPLE)

Meeting Date	Planned Focus or Topic	Facilitator	Resources to Share	Notes
May 20, 2026	Sharing caregiving challenges	Maria Lopez	Local caregiver resources	Strong engagement
June 17, 2026	Managing stress and self-care	Guest speaker	Brain health handouts	Requested follow-up

7. COMMUNITY RESOURCES & REFERRALS (EXAMPLE)

Resource / Organization	Type of Support	Contact Information	Notes
Dakota at Home	Respite & caregiver support	555-1234	Frequent referrals
Alzheimer's Association	Education & helpline	800-272-3900	Shared at meetings

8. PARTICIPATION TRACKING (EXAMPLE)

Meeting Date	Number of Participants	New Participants (Y/N)	Notes
May 20, 2026	12	Y	First meeting
June 17, 2026	10	N	Consistent attendance

9. FEEDBACK & REFLECTION (EXAMPLE)

What is working well?

Participants value peer support and shared experiences.

What challenges or needs have emerged?

Some caregivers requested evening meetings.

What adjustments are planned?

Pilot one evening meeting per quarter.