

What should we consider when choosing a support group?

There are various things to consider when choosing a support group. The table below highlights some of questions to ask and things to consider:

Questions / Things to consider	Notes
Where is the group located? (Is this convenient for you?)	
When does the group run? (What time of day and how regularly does the group meet?)	
Is the group for people with dementia and/or carers?	
Is the group structured or unstructured? (And what are you looking for?)	
Does the group provide transport? (and if so, are these suitable services for your needs?)	
Does the group meet your particular needs? (e.g., language, cultural factors, specific type of dementia, etc)	
If the group is for carers, are there any parallel activities for the person with dementia? (If not, do you need to make care arrangements?)	

Additional notes / comments

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