

Support Group Guidelines

1. **Sharing** - All participants have the opportunity to share and discuss individual issues or concerns. Sharing is encouraged, but not required.
2. **Respect** - Members will give supportive attention to the person who is speaking.
3. **Confidentiality** – Personal experiences shared with the group are kept confidential.
4. **Acceptance** - The group accepts members just as they are, and avoids making judgments.
5. **Questions** - Group members have the right to ask questions and the right to refuse to answer.



Learn more about

Lewy Body Dementia

Visit www.lbda.org

LBD Association Caregiver Helpline:

1-800-539-9767

support@lbda.org



Increasing Knowledge

Sharing Experience

Building Hope



Minnesota East Metro LBD Caregiver Support Group

The **Minnesota East Metro Lewy Body Dementia Caregiver Support Group** serves caregivers and family members of those facing a diagnosis of Lewy Body Dementia.

We provide a comfortable and compassionate place to share experiences, support, and resources.

When: We meet on the third Monday of every month, from 6:30 – 8:00 p.m. If you need to arrive late or leave early, we understand!

Location: Ecumen Lakeview Commons
1200 Lakewood Dr. N.
Maplewood, MN 55119

Contact: For directions, contact Lakeview Commons at 651-770-1111

For additional information contact our co-facilitators: Paula and Erik Biever
651-641-0130

paula.biever@gmail.com
ebiever@gmail.com

Why join a Support Group?

Caring for a person with dementia can be an overwhelming experience. The physical demands can be exhausting. In addition, there is the emotional stress of trying to balance caregiving with your job, family and other relationships. It's not uncommon to feel angry, guilty, frustrated, discouraged, worried, grief-stricken, isolated and taken for granted.



A support group provides an opportunity to share these feelings, learn new caregiving techniques and find resources that can help you deal with the challenges. You will be with other people who understand Lewy Body Dementia and are going through the same type of experiences. There is hope and comfort in sharing the joyful moments and good experiences. The support that you get and the support that you give makes a difference.

How did this group get created?

The MN East Metro LBD Caregivers Support Group was the first LBD support group in Minnesota, with our first meeting taking place in 2006. It was started primarily as a way for new caregivers to learn more about Lewy Body Dementia since there was little published about LBD at the time.

A collection of literature and research was gathered and made available to members. Presentations were made by doctors and caregivers knowledgeable about the disease. As educational needs were met, the group focus changed and we became more of a support group with people sharing more of their own experiences and insights.

The educational aspect of the group is maintained through a lending library and free literature, plus research updates and information about upcoming conferences, webinars, and other educational opportunities for caregivers.

Our meeting space has been provided through the kindness and hospitality of Ecumen Lakeview Commons of Maplewood since the group was formed.

The support group is associated with the Lewy Body Dementia Association, a non-profit group that is a valuable resource for caregivers and professionals.

What happens during a Support Group meeting?

The facilitators start the meeting by presenting information about new research, upcoming educational opportunities, and other developments of interest to the group. Everyone is then given an opportunity to talk about their present situations, challenges, and personal updates.

If new members are present we give some background about our history and who we are caring for or caring about. We value listening and we value questions. We share similar experiences and offer possible resources. Privacy is respected and the personal experiences that are shared during in the meeting are regarded as confidential.

Who is welcome to attend?

Our support group is composed of people at all levels of caregiving for those diagnosed with Lewy Body Dementia, whether at home or in a residence. We welcome spouses, partners, family, and close friends. We have had some LBD patients attend our meetings, although we are focused primarily on the needs of caregivers. We also have had visits from medical professionals working with LBD patients.