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Types or Modes of Groups

SECTION TWO
CARER SUPPORT GROUP
FACILITATOR GUIDE

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Types or Modes of Groups

The value of carer support groups is realising you are not alone as a carer. There are other people who know exactly what you might be experiencing and offer support through reassurance. Carer support groups are mutually beneficial and create a sense of community connectedness and shared experience.

A carer support group can be anything the group wants it to be. The type or mode of group will depend on the needs, interests, location and accessibility of the group members.

Carer support groups can be formal or informal, meet regularly face-to-face or only online.

There are three main modes or types of carer support groups. Your group might be a combination of these, depending on the needs and interests of the group, and might change or evolve over time.

Activity Based

Informal meetings for casual social events or shared activity interests:

- › regular coffee or lunch meetups
- › walking groups
- › sewing groups
- › reading groups
- › tennis games
- › bowling
- › outings to the footy or music events
- › card nights
- › advocacy groups.

Face-To-Face Meetings

More formal group meetings:

- › held at regular times each week or month
- › usually held in the same venue
- › may have a more structured format
- › usually have a formal leadership team
- › have a set agenda
- › may have guest speakers
- › may have set topics for discussion each meeting
- › may evolve to become incorporated groups for fundraising, sponsorship, insurance
- › may be auspiced by or affiliated with an existing incorporated groups such as a Neighbourhood House or Community Health organisation. Or for condition specific carers for example: of people with dementia, contact Dementia Australia; for carers of people with autism, contact Amaze.

Online

Remote or non-time specific groups can connect through a range of platforms:

- › Facebook groups, such as Carers Victoria Facebook groups
 - Carer Support Group Facilitators Online
www.facebook.com/groups/carersupportgroupfacilitatorsonline
 - NDIS Carers Online www.facebook.com/groups/NDISCarersOnline
- › email trees where people keep in contact via email
- › free text and voice messaging apps such as WhatsApp
- › video hookups, for example through
 - Skype www.skype.com; or
 - Zoom www.zoom.us



What mode will your group be?

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TIP Remember, a carer support group should meet the needs of its members. After setting up your group, you may find that members prefer a different time, place, frequency, or mode. Be prepared.

For a detailed assessment of formalised peer support groups see www.carersvic.com.au/amazereview



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