A Leader’s Manual
For Dementia Care-Partner Support Groups

For use with The Dementia Care-Partner’s Workbook

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When a group member or their loved one with dementia dies

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A few introductory words for leaders before jumping into meeting plans

A few words about members doing homework

Anatomy of a meeting plan.

If you plan to do baseline and end-of-group assessments

Before the group begins

Before group (“warmup”)

Opening the group

Mindfulness Moment

Check-in

Education

Discussion

Preview of next meeting and homework

Mindfulness Moment

Closing

After group (“afterburn”)

Leader and co-leader decompression time

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