

SUPPORT GROUPS

Support groups provide a sense of community:

- A safe atmosphere.
- Empathy and the understanding support of others
- Education and up-to-date information about PD
- Comfort and consolation
- Socialization and bonding: Friends to turn to, both at the meetings and during difficult times between group meetings
- Discussion of coping techniques and practical information/resources.
- Discussion of personal, emotional, and family issues
- Freedom from stigma
- Encouragement and hope.

Support groups can be led by:

- Trained professional therapists
- Peers: People with Parkinson's disease, or caregivers
- Nurses

Structure of support group meetings:

- Topic-oriented, with a speaker
- Open discussion
- Question and Answer
- Combination of all of the above

Northwestern PD Support Group:

- First Tuesday of every month: Exercise, Lunch, Caregiver Discussion, Patient-Caregiver Support group
- 11:00 am-2:00 pm
- Northwestern Memorial Hospital
- Call for information: 312/503-4397