



## **CLL Society's Patient and Caregiver Support Group Guidelines<sup>®</sup>**

Support Groups serve an important purpose by offering patients, spouses, family members, and other caregivers the unique opportunity to connect with a group of individuals walking in their shoes. Participants can share feelings, discuss coping strategies, exchange information and give and receive encouragement in a safe, supportive, and accepting environment.

**In order for the CLL Society to be effective, all participants must be willing to abide by the following basic guidelines.**

- Everything discussed in the support group is confidential.
- The opinions expressed are not a replacement for advice from your medical team.
- Ask questions. Many of the terms and acronyms are foreign to us in the beginning. If you don't understand one, stop the meeting and ask for an explanation or definition.
- Everyone should LISTEN. Interrupting and side conversations create an 'unfriendly' environment.
- Encourage newer members to discuss their situation, let them have a chance to voice their issues.
- Be part of the 'problem solving' solution. Those who have had a similar experience should share that with the members.
- People's time is valuable. Make sure the meeting moves along and is not dominated by one issue or one person. Side discussions after the meeting are encouraged.
- It is OK to just listen and not speak up. No one should feel obligated to share.
- Be respectful. A person's decisions or reasoning should not be grounds for an attack.
- Support groups are not the place for political discussions.
- Do not dominate and/or divert the meeting from its mission of support and education.

### **DISCLAIMER**

The information shared or discussed at this meeting is not medical advice or clinical treatment information, shall not constitute medical advice or clinical treatment information, and is not a substitute for professional healthcare. Unless explicitly stated otherwise, any opinion expressed or information shared or discussed at this meeting is the opinion or information of the particular speaker, not the CLL Society. CLL Society does not provide medical advice or endorsements. Further, this meeting is for reference and educational purposes only and is not a substitute for medical advice or professional healthcare. We do not guarantee the accuracy of any of the information shared by any of the speakers or participants at this meeting and we advise you to confirm any and all information shared. Always contact your own doctor or other professional healthcare provider if you have any questions concerning you or your family's health. Everyone's circumstances are different.

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If CLL Society has helped you or a loved one, please consider making a donation.