



## DAA Virtual Discussion & Engagement Group Guidelines

1. Our discussion groups are for people living with dementia and/or their care partner. These are **free groups** that meet via **Zoom**.
2. Each virtual group lasts 45 to 75 minutes.
3. During the discussion, **participants will be invited to share their unique perspectives. Sharing is optional.**
4. Recording of our programs by individual participants is prohibited.

Please observe the following during discussions to support a dementia- friendly and safe space:

- **Mute when not speaking** - Participants will be asked to **mute** themselves unless they are speaking to reduce background noise.
- **Give others an opportunity to share** - Participants are encouraged to **limit their sharing to a few minutes at a time** so there is time for others to share. The host will work to ensure that **everyone has a chance to share equally**.
- **Stay on Topic** - If participants steer the conversation to a new topic, the host will respectfully bring the group back to the topic currently being discussed.
- **Respect others opinion** - there are **no right or wrong answers, only different perspectives**, and we can agree to disagree.
- **Avoid giving specific medical or legal advice or diagnosing** other participants. It's best to only share from your own experience or perspective, saying things like, "This is what I have found helpful..." or "From my perspective..." versus "You should do this..." or "My advice is...".
- **Hurtful, offensive, or inappropriate language or derogatory comments** will not be tolerated. Be respectful of others.

If these guidelines are not followed, the host has the discretion to remove you from the discussion.

At the end of the discussion, our goal is that each participant may have gained some helpful tools and will leave feeling encouraged.