



## **How can a support group deal with the problems experienced by mothers, siblings, adolescents and grandparents?**

### Some practical guidelines

- Create the environment
- Make the clinic /outpatient department user friendly
- Reassure families that they are in the best possible centre/unit
- Reach out – introduce families to other families in the unit
- Seek out what the family preferences and psychosocial needs are
- Create a Kitchen with cooking facilities and microwave
- Create a laundry with Ironing (Washing machine / tumble drier)
- See that there are rooming in facilities for parents/caregivers
- Have Information available with useful names and telephone numbers
- Give guidelines as to where to park car/ catch a bus/or other forms of transport
- Have a map on how to find your way around the hospital – where the blood bank/platelet unit or laboratory /canteen is
- Give guidance on where the Pastoral counsellors Office / Social worker Office is
- Set up a library of information on diseases and treatment forms/patient resource centre
- Co-ordinate meetings – to introduce other parents
- Have speakers on various topics
- Run Workshops on different aspects of care/need
- Transport – query if there is a need for financial support
- Compliance – stressing the importance for follow up visits.