

Support Groups for Family Members of People with Dementia

We organize support groups across Estonia, both in person and virtually.

If your loved one is experiencing mild memory problems or if dementia syndrome has already progressed further and you feel the need for support, advice, new ideas, or simply want to share your experience, then be sure to join the support group!

Caregivers whose loved ones are no longer with us, are also welcome. Your contribution by sharing your experiences is invaluable.

The virtual support group allows people across Estonia who are affected by this issue to participate!

To participate in the virtual support group, you need access to a computer and a functioning internet connection.

In recent years, the number of people from different nationalities living in Estonia has increased, which is why we also organize virtual support groups in Russian and English.

If you have concerns or problems related to dementia and wish to remain anonymous, call the Dementia Information and Trust Line:

644 6440

Monday to Friday, from 09:00–16:00 or email info@dementsus.ee



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**www.dementsus.ee
FB: [dementsusekompetentsikeskus](https://www.facebook.com/dementsusekompetentsikeskus)
info@dementsus.ee**

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A Participant's Reminder for the Support Group:

1. I will respect confidentiality and ethics (what is shared in the group stays in the group).
2. I will contribute to creating a trusting and open atmosphere.
3. Everyone will have the chance to speak, and everyone will be listened to.
4. As much as there are different people, there are also different experiences. I listen without criticism.
5. I will assist and support others by sharing my experiences.
6. I will listen to the person speaking, without interrupting.
7. I have the opportunity to speak and the right to remain silent.
8. Emotions are allowed, tears are allowed, and laughter through tears is welcome.
9. I will focus on positive, energy-giving moments that give us strength.
10. The group leader supports the group members, and the members support the leader.

You are welcome to the Support Group!

The support group you are attending is located at:

The support group leader is:

You can contact them at:

The next support group will take place on:

You can find the time and location of the support groups on the website: www.dementsus.ee or on Facebook: Dementsuse Kompetentsikeskus.