In Sync!® Support Group Leader Program

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Many people impacted by PD and other movement disorders rely heavily on support groups and peers for support, socialization, tips and assistance. Most support groups are led by people with movement disorders or their care partners. They dedicate their time and energy over multiple years as volunteer leaders. Yet while they support so many others, they seldom receive the support they need. To address this need, PMD Alliance developed the In Sync!® Support Group Leader program and the Support Group in a Box©.

Support Group in a Box© is a resource provided throughout our In Sync!® program that offers resources to start, market, maintain and sustain a group. Particular attention is given to the needs of rural and smaller communities that are often without adequate resources. It is an excellent toolkit for new groups, as well as support groups that have been in existence for a long period of time. By ensuring each group has a solid foundation and utilizes support group best practices, PMD Alliance is able to help ensure groups grow and sustain, even when group leaders change.

Group leaders that receive the kit are invited to attend an annual workshop with other leaders and join the In Sync!® Quarterly Roundtables offering extended information, resources, and networking.

"I wanted to compliment your organization for this training and leaving me with such a great toolkit. There are lots of organizations out there and lots of materials, but the kit is so comprehensive and easy to use, it will be something I refer to all year! Keep up the good work!"

Myra Hirschorn, Support Group Leader, Mount Holly, NJ