

MND Support Groups – our shared commitments

This group is a safe, welcoming and supportive space to share experiences, listen to others and connect with people affected by MND.

We welcome new attendees and ask that anyone not already known to the MND Association makes themselves known to us through a referral. This can be through a self-referral or a referral from a health care professional. Association employees and volunteers at the group can support with this process.

The MND Association is committed to creating a safe and supportive environment. Together, we share responsibility for treating one another with care and respect and for helping to protect everyone from harm, including abuse, neglect and discrimination. If someone's behaviour affects the safety or wellbeing of the group, we may need to ask them to leave so that the group remains safe and supportive for everyone.

You are expected to:

- Treat each other with kindness, dignity and respect
- Avoid offensive or discriminatory language or behaviour
- Take a break or leave the room whenever you need to
- Be mindful of others, particularly those with communication or cognitive difficulties. Allow everyone the chance to speak if they wish
- Respect confidentiality unless there is a concern that someone may be at risk of harm
- Refrain from giving medical advice. Encourage others to follow guidance from their health care professional
- Respect that everyone's experience of MND is different
- Speak to a volunteer or Association employee if anything makes you feel uncomfortable

If you have any questions or concerns, please speak to the Support Group Volunteer or Community Support Co-ordinator.