



Common Ground—A Typical Day

Common Ground is a support group for caregivers that offers encouragement and emotional support. We offer two different support groups for caregivers; Memory Loss & General that are offered at one of our 15+ partnering congregations or community partners. This support group is at no cost to the caregiver and is facilitated by a volunteer professional alongside a caregiver lead volunteer.

Common Ground is often offered in conjunction with our Gathering Place program. This allows the caregiver to drop their loved one off at the Gathering Place for fun, engaging activities, while they receive respite and support from Common Ground.

Common Ground will have between 5-15 caregivers in attendance. The session may last between 1-2 hours and lunch may be provided but not required.

Sample Common Ground

- 10:00 AM Drop off loved one at the Gathering Place
- 10:30 AM Common Ground begins
Welcomed by CO-Facilitators
- 10:35 AM Information Referral and Education
- 10:45 AM Caregivers sharing
- Noon Adjourn

**All common ground programs are unique to the caregivers attending and the two facilitators. The timeframe of common ground is dependent upon the number of caregivers attending. Common Ground has its own space separate from the Gathering Place.*