

# TEXAS ONCOLOGY FOUNDATION'S SUPPORT GROUPS CAREGIVER SURVIVAL 2023-24 GROUP GUIDELINES



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[www.texasoncologyfoundation.org](http://www.texasoncologyfoundation.org)

## GROUP AGREEMENT

- 1. Everything discussed in the group is confidential in order to provide a safe space for sharing. However, in the virtual format, any information that is shared within the group has been made public information within that group and Texas Oncology Foundation cannot guarantee the privacy or confidentiality of any disclosures.**
- 2. Group members are asked to respect each other's feelings and views.**
- 3. Group members are encouraged to listen to others and refrain from offering advice unless it has been requested.**
- 4. Group members take responsibility for the success of this group by maintaining focus on the topics being discussed.**
- 5. Group members are encouraged to contact one of the facilitators if additional support is needed at any time outside of a meeting.**

## VIRTUAL SUPPORT GROUP TERMS

- 1. I understand that this voluntary support group is designed specifically for the caregivers of loved ones with cancer. This group is not to offer medical advice. The group is facilitated by a licensed social worker. Physicians will not be in attendance.**
- 2. I understand that this program will be offered virtually. An understanding of confidentiality between support group participants will be established, but any information that is shared within the group has been made public information within that group and the Texas Oncology Foundation cannot guarantee the privacy or confidentiality of any disclosures.**
- 3. I understand that participation in the support group is available via online video or audio only. In order to participate with video function, participants will need access to a computer/device that has a camera, microphone, and internet access.**
- 4. I understand that The Texas Oncology Foundation's online registration tool will store my name, email, and phone number securely.**

### **I HAVE THE RIGHT...**

- **To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of the patient.**
- **To seek help from others even though my relatives/friends may object. I recognize the limits of my own endurance and strength.**
- **To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for the patient, and I have the right to do some things just for myself.**
- **To get angry, be depressed and express other difficult feelings occasionally.**
- **To reject any attempts by my relative/friend (either conscious or unconscious) to manipulate me through guilt and/or depression.**
- **To receive consideration, affection, forgiveness and acceptance for what I do for the patient as long as I offer these qualities in return.**
- **To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of the patient.**
- **To protect my individuality and my right to make a life for myself that will sustain me in the time when the patient no longer needs my help.**

*\*Adapted from Today's Caregiver Magazine*