SHG LEADER IDEAS

Ideas for Self-Help Group Meetings

Another NMSS Self Help Group leader to speak about their best meeting topics
Action Alert
Advocacy
Alternative Health Care Providers
American Red Cross - emergency preparedness
Architect-universal design
Ask each member to bring a discussion topic to the group
Asking for Help (how to)
Attitude/Motivation
Best thing that has happened to them since last meeting
Bingo Night
Birthday party for the group
Book discussion (have all members read before the meeting)
Canine companions for independence
Caregiver Program
Choosing a Doctor
Collaborating Agencies like Disability Action Center
Collaborative Leadership - every member has a role in the group
Communicating feelings and needs with friends, family, doctors, etc.
Computer Accessibility-Internet resources
Coping Methods - each member share one with the group
Dealing with Depression
Demonstration of equipment or adaptive devices by a professional
Department of Health and Human Services
Department of Social Services
Depression and other mood disorders - how to cope with depression
Dietitian
Dinner and a Movie
Disability Laws - Lawyer
Discrimination Law - Lawyer
Emergency Medical Technician - services
Encyclopedia of Icebreakers by Susan Forbess-Green (structured activities)
Evaluation of group meeting and planning future programs
Exercise Therapists - different exercises
Family issues by a psychologist or clinical social worker
Family Night (fun night)

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Fatigue
Financial Matters (disability, taxes, insurance..)
Fire Chief - emergency talk and what to do
Funniest thing that has happened as a result of MS
Group milestone celebrations(5th year anniv.,retirement of leader, new leader)
Hand signal game
Handling exacerbations. Dealing with the unpredictability of Multiple Sclerosis
Hippotherapy (horseback riding)
Ice cream social and games
Incontinence and bowel help
Insurance issues
Journaling
Keeping your independence
Licensed clinical social worker (various topics)
Massage Therapist
Medicare
Medications - ABC Drugs and symptom management by pharmacist
Members sharing of family pictures, hobbies, trips, crafts, etc.
Memory, Cognition - practical ways of improving memory - psychologist
Mobility aids/Durable medical equipment
MS 150 Bike Tour Rider/MS Walk Team Leader
MS symptom management-nurse practitioner or neurologist
Music therapist
Neurologist
Nurse (multiple sclerosis center or university nursing department)
Nutrition/Vitamins
Occupational Therapy (accommodations at work and home)
Pain Management
Panic and Anxiety
Personal Feelings and MS (fear, stigma, denial, guilt, acceptance)
Pharmacist or pharmaceutical rep. panel discussion on drug interactions
Physiatrists
Physical Therapist
Pizza Party
Planning group meeting topics for the year, brainstorming topics
Play or movie
Police Dept. - home and community safety

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Pot luck meal
Preparing information for a doctor appointment-coordinating care packets
Programs for Accessible Living
Recreational therapists
Self-defense techniques
Senior Topics
Sexuality and MS
Sharing Ideas about managing a particular symptom such as fatigue
Social Outings and travel tips
Social Security/Applying for Disability
Speech Therapist
Staff from National Multiple Sclerosis Society on chapter programs, services, etc.
Stress Management
Tai Chi Demonstration
Theme parties (Halloween, July 4th, "50's" party, Hawaiian Luau, etc.)
Time Management
Travel-travel agent on accessible trips
Urologist
Videos or tapes from National Multiple Sclerosis Society
Vocational Rehab Assessment Services
Volunteering with the National Multiple Sclerosis Society/Ways to get involved
Water Therapy or acquatic programs
Wellness
Yoga Instructor

*Reminder: Every time you invite a speaker, you have an opportunity to educate the community about Multiple Sclerosis and the needs of people living with Multiple Sclerosis.