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Your Best Self: New Ways of Thinking About Disability & Support

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Hypersomnia can leave
you looking for answers
and understanding

“When you’re scared and insecure, that’s when you need your people the most.”

JUMANJI

THE NEXT LEVEL



Traditional Support Network



Family



Friends



Doctors

Support Groups Complete the Puzzle



What do Support Groups Add to Your IH Journey ?



- Acceptance & Understanding
- Coping
- Information
- Inclusion and advocacy
- Layer of Validity



Support Groups Can Be ...

- Facebook / social media groups
- Face-to-face meetings
- Video meetings
- Conferences and events

Facebook and Social Media Support Groups



Face-to-Face vs Video Meetings



Video Meetings



Pros

- Accessibility
- Optimize Attendance
- Diversity
- Broad Net

Cons

- Miscommunications



Face-to-Face Meetings



Pros

-

Cons

-

Good Rules to Follow



- What happens in the group stays in the group
- Respect and understanding
- No medical advice
- Boundaries



What to Do When ...

- There are no meetings in your area
- You need a specific group



Who How
When What
Where Why

Setting Up a Meeting



- Find a location
- Reach out to members
- Pick a date
- Consistency is important





**We can only grow in strength as
we support each other.**

Thank you for joining us!

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