HF Webinar I January 30, 2021

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."





Traditional Support Network





Family



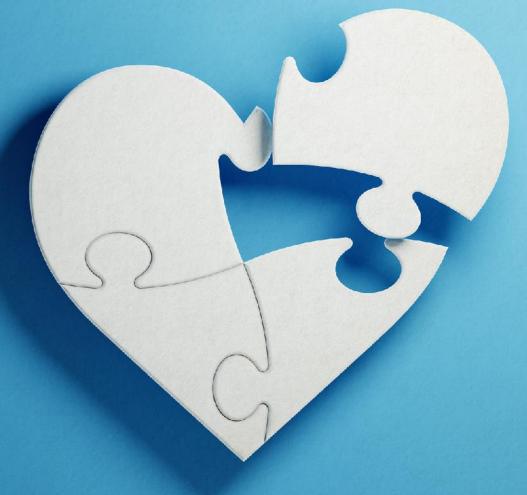
Friends



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

Good Rules to Follow



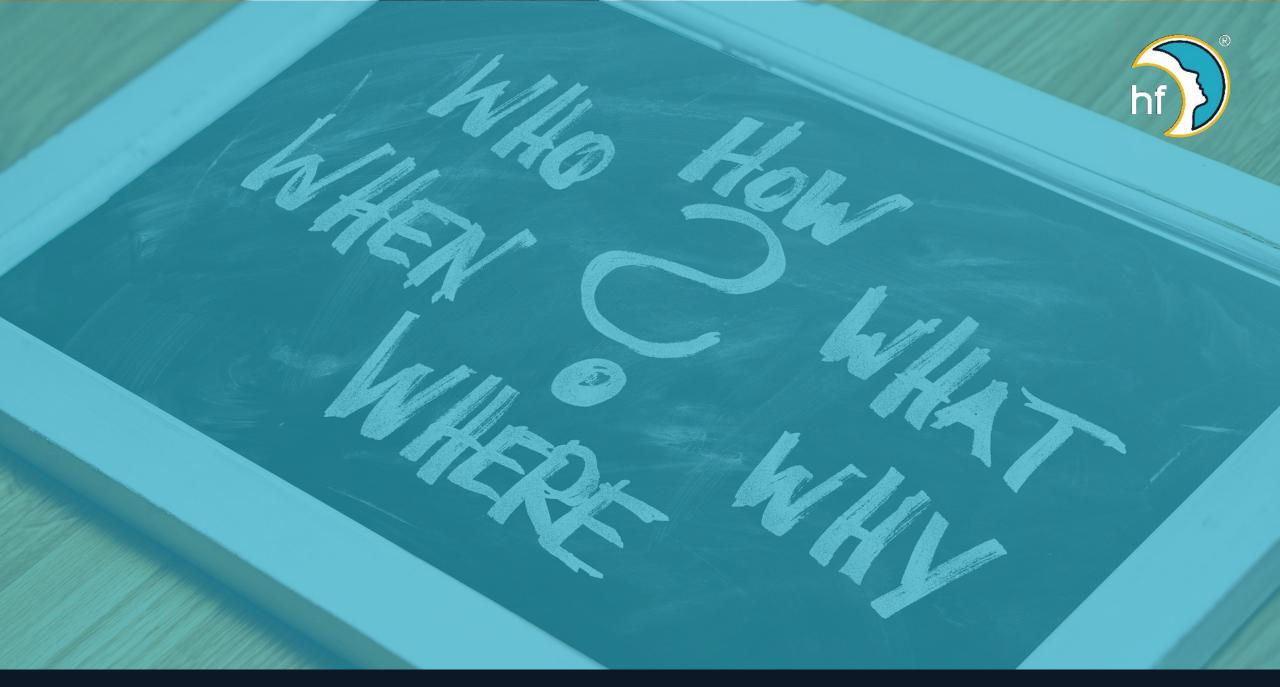
- What happens in the group stays in the group
- Respect and understanding
- No medical advice
- Boundaries



What to Do When

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





Setting Up a Meeting

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

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

Thank you for joining us!

