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

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  WHAT  WHERE  WHY
WHEN
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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