



Example group contract

- Members of the group must have a diagnosis of dementia.
- We will allow each other time to reflect and respond to questions.
- We will speak one at a time and listen to each other.
- We will have a Chair for our conversation. If one or more people are dominating the conversation, or if time is running out, the Chair will politely interrupt to ask for someone else to speak or guide us that we need to finish that discussion and move on with our agenda.
- We will respect everyone even if we disagree with their views.
- We will keep confidential any personal information shared in the group.
- We will take breaks during our meeting about every 20 minutes.
- We will have tea, coffee or other agreed drinks at our meeting.
- If anyone in the group feels unwell or unable to continue they can take a 'time out' break, or withdraw from the group if they want.