A Dementia Alliance International (DAI) peer-to-peer support group consists of a small group of people with a diagnosis of a dementia, who meet regularly to discuss their experiences, problems and strategies for coping and living more positively with dementia. There are a many of different types of support groups. The kind DAI provides are weekly online peer-to-peer support groups, and one to one buddying and mentoring.

HOW TO JOIN A DAI SUPPORT GROUP
- Become a member of DAI, which is free - www.joindai.org
- A member will contact you to assist you join an online support group

WHAT DOES A DAI SUPPORT GROUP PROVIDE AND HOW IT WORKS
- The DAI support groups meet online, and the weekly group is restricted to 12 people with dementia who attend regularly;
- Peer-to-peer support groups help to beat the isolation, stigma and discrimination of dementia;
- Learn how supportive it is being part of a support group, with others also living with a diagnosis of dementia;
- There is no need to leave your home, if you have a way to connect to the Internet;
- Your family support person, an advocate, or even a paid carer can assist you to attend; participation is only for the person with dementia; and
- Learn how rewarding it also is to support and empower people newly diagnosed with dementia.

THE ADVANTAGES OF JOINING A SUPPORT GROUP

Research shows that hearing from and sharing with others with similar experiences can be very helpful. A peer support program provides a structured environment in which people who share the same longterm illness or condition can safely share their experiences. An example of a longstanding and very successful organisation that runs peer-to-peer support groups is Alcoholics Anonymous, which has been in operation since 1935.

George Rook, a person in the UK living with a diagnosis of dementia wrote the following on his blog (2017) about peer-to-peer support groups:

Wikipedia: “Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other ... I like that.