



Essential Tremor (ET)

Support Groups

laugh. listen. learn. join us!

People with ET often face challenges and frustrations that others may find hard to understand. But no matter how much ET effects your way of life, it is not a hopeless situation. Sharing your experiences with a group of peers, people who really understand what life with ET is all about, is a positive step that affirms you're part of a larger community and are not alone.

What is a support group?

- An informal, self-managed, self-help group. It is run by and for people who have essential tremor or who have family members or friends who have ET. It is not a therapy group or 12-step program.
- A place to be you. Everyone is welcome and accepted at support group meetings. You can talk openly about your challenges living with ET and exchange ideas in a comfortable and safe environment. It is a place where privacy and confidentiality are respected.
- A source of information. With so much information available these days, it's hard to know what to believe. A support group can offer accurate information about essential tremor, from updates on cutting-edge research to common medications.
- A circle of friends. It is a place where you can talk, laugh and be inspired. At an ET support group you will never be asked if you're cold or nervous. You will find support and fellowship among others like you.

How to find support.

Currently, the IETF sponsors more than 70 ET support groups. Although most are located in the continental United States, there are also active groups operating in Canada, Germany, Great Britain and New Zealand. Visit the IETF website (www.essentialtremor.org) to find out if there is an established group in your area, or call the IETF for a current listing.

You can also connect with the IETF and others from across the globe on Facebook, Twitter, Google+, and the IETF blog, TremorTalk.org. These social networks allow you to be part of a supportive community and receive vital educational information, all from the comfort of your own home.

If you are interested in attending a support group meeting but there is not a group currently operating in your area, consider starting one. See the other side of this sheet for more information on becoming a Support Group Leader.

"Support groups generally function to help patients cope, but clearly [they] do more than make patients feel good ... they serve as educators for new patients and the community, and serve as a clearing house for disseminating news of important advancements or therapies."

- Jack Dolcourt, MD

Support groups are not intended to provide medical advice or be a substitute for qualified medical care. The International Essential Tremor Foundation does not assume any liability resulting from participation in a support group. The opinions held by the support group leaders, attendees or presenters are not necessarily those of the IETF.



The IETF funds research to find the cause of essential tremor (ET) that leads to treatments and a cure, increases awareness, and provides educational materials, tools, and support for healthcare providers, the public, and those affected by ET.



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Becoming a Support Group Leader

Volunteer with the IETF

Volunteers are special people who help the IETF increase essential tremor awareness in their community and provide a support system for those affected by essential tremor.

Every Support Group Leader is provided with:

- A training guide and training DVD
- Accurate and timely news on IETF initiatives, research updates and treatment options
- Free educational materials
- Listing on the IETF website
- A dedicated IETF staff contact

Benefits:

- A global team environment
- Personal growth, especially in areas such as self-fulfillment, self-confidence, and self-esteem
- Professional development in public speaking, interpersonal communications, teamwork, leadership, and time management
- Free IETF membership for the duration of volunteer service

Expectations:

- Volunteers must be professional with the highest integrity
- Groups must meet a minimum of three times annually, at a location other than the volunteer's home
- Meetings must be open to everyone
- Support Group Leaders must have a working email address
- Support Group Leaders must be themselves, be passionate about serving others and be an advocate for all those affected by ET

For more information:

Visit our Volunteer webpage at www.essentialtremor.org/volunteer, to review our Support Group Leader position description and training guide. If after review, you still feel that becoming a Support Group Leader would fit well into your lifestyle, just complete our online application for volunteer service. Our staff will review your application and get you started right away!

Never doubt that a small group of committed people can change the world.

Indeed, it is the only thing that ever has.

- Margaret Mead