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**SPIN DEMENTIA**  
**NETWORK+**

Sustainable Prevention,  
Innovation and Involvement  
for Dementia

## **Core Lived Experience Group (CLEG) Meeting Ground Rules**



The idea of having ground rules is to help everyone in the group appreciate each other's contributions and develop respectful relationships.

**Get to know each other:** By being friendly we build trust, understanding and respect which helps us work well together

**Listen:** We listen carefully to each other and respect each other's unique experiences

**Show kindness:** Be mindful of other peoples' feelings. We all have different challenges in our lives. Something that we say might trigger emotions in other people

Wherever possible, allow people living with dementia to speak first

Work together to meet the needs of all participants and make reasonable adjustments in meetings

**It's ok to disagree:** We all have different perspectives and opinions, and that is ok. When we disagree, we do it respectfully and remember that we are not disagreeing with the person, just the opinion

**Safe space / Confidentiality:** In order for us all to feel safe to share in the group, we must respect each other's confidentiality. What we say shouldn't be shared outside of the group

**Be considerate:** We are part of a group and must ensure that everyone feels comfortable to use their voice, share their perspective, and their ideas. In order to allow everyone to actively participate in meetings, we agree to:

1. Meet at times that are suitable for most of the group
2. Keep our cameras on when possible
3. Raise our hand or wave if we want to share something
4. Feel free to use the chat box if preferred
5. Keep meetings to one hour wherever possible