



Chronic Condition Self-Management

Peak agency for Support Groups in Western Australia

ConnectGroups - Support Groups Association WA

ConnectGroups is the peak body for Self Help and Support Groups in WA. As a not-for-profit, community-based organisation, it aims to build the capacity and sustainability of self-help and support groups in the community. The organisation currently represents 615 member groups in WA.

What do they provide?

ConnectGroups provides both:

1. **A referral service** (online and over the phone) for families / individuals looking for Self Help and Support Groups
2. **Practical assistance** to both new and established support groups to facilitate their important and growing role in the community. This assistance includes:
 - initial start-up
 - ongoing development
 - training
 - referral
 - advocacy
 - networking
 - research activities.

What is a Support Group?

Support Groups are people who get together and share their experiences of a common concern, health or life issue.

The power of a support group comes from the understanding that people within a group have for each other because as individuals they have dealt with, or are still dealing with similar challenges.

The strength of the group lies in their shared stories and their ability to provide empathetic support rather than sympathetic assistance. Support focusses on an individual's strengths not weaknesses, and works towards a common goal of the individual's wellbeing.

Research

Evidence indicates that in its various forms, peer support has widespread benefits for people with chronic conditions, dementia and with learning disabilities.

The mutual support that peers offer, improves the wellbeing of both the person receiving the support and the person giving it, increasing confidence and empowering people to take control of their lives.

Directory of Support Groups for Chronic Conditions

ConnectGroups has compiled a [directory of support community-based support groups](#) and services for people living with chronic conditions.

The directory will encourage consumers and carers to find a support group, to assist them to be actively involved in their own health care and to better connect them to community resources.

Health care providers can offer a choice of support groups and services to consumers and carers so they can select those that best meet their individual needs and preferences.



SUPPORT GROUPS and SERVICES

For People Living with Chronic Health Conditions

2014 Directory Listing
By Chronic Condition



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