



TOPICS & GUEST SPEAKERS

A VSGN LEADERSHIP DISCUSSION

April 23, 2015

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Topic: How to find topics & guest speakers

1. See VEDA's VSGN Dropbox folder for a suggested 2-year meeting schedule and meeting outlines.
2. Alternative topics are popular - people may have read all the medical stuff and they want to know what else they can do.
3. Guest Speakers
 - a. Popular guest speakers:
 - i. Audiologist talking about tinnitus
 - ii. Yoga instructor
 - iii. Tai Chi instructor
 - iv. Dietician
 - v. Acupuncturist
 - vi. Massage therapist
 - vii. Counselor/psychologist
 - b. How do you get a guest speaker?
 - i. VEDA has short publications on many of these topics, which can be presented to a professional (e.g. yoga/tai chi instructor) to show them how their specialty impacts vestibular patients.
 - ii. Have a form letter that tells about your support group to give to the professional.
 - iii. Let them know the size of your group, even if it's small.
 - iv. Give them the opportunity to market their services.
 - v. Let them know that VEDA will include their info in our meeting eblast announcement, which reaches a broader audience than just those who

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attend the group.

4. Other topics

a. The perspective of the caregiver: Invite caregivers and others to participate. They can talk about their concerns for the patient, as well as what they need to take care of themselves.

b. Social activities: Encourage members to get to know each other. Often the only social interaction they have, especially among people who “get” them. People are more likely to keep coming if they feel a social bond with the group.

i. Walk in the park

ii. Potluck/picnic

Next Meeting Topic: How to keep a support group interesting.