



## How to Identify Trustworthy Vestibular Information (and Spot Red Flags)

### 1. Opening Check-In: How We Find Information (5 minutes)

Facilitator prompt (brief):

"When we're dizzy, scared, or newly diagnosed, most of us start searching for answers somewhere."

Discussion questions:

1. Where do you usually go first when you're looking for medical information?
  - a. Is it a website, social media, a provider, a support group, or something else?
2. How do you usually feel after reading or watching vestibular content—more grounded, or more overwhelmed?

Facilitator note: Normalize all answers. This sets the tone that there's no "right" or "wrong" starting point.

### 2. What Makes a Source Feel Trustworthy? (5–7 minutes)

Facilitator framing (1–2 sentences max):

"Some sources have higher standards than others. Let's talk about how we recognize that."

Discussion questions:

1. What makes you personally trust a vestibular resource?
2. Have you noticed differences between medical institutions, nonprofits, and individual providers online?

Optional grounding example:

Many people find information from major academic health systems like Mayo Clinic or Cleveland Clinic, or patient-focused nonprofits like Vestibular Disorders Association, to be a reliable starting point.

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### 3. Spotting Red Flags (8–10 minutes)

Facilitator framing:

“Not all misinformation looks extreme. Sometimes it sounds very confident—or very hopeful.”

Discussion questions:

1. Have you ever come across information that sounded convincing but later felt questionable?
2. What language or tone makes you pause or feel uneasy?
3. Have you noticed phrases like:
  - a. “Guaranteed results,”
  - b. “This works for everyone”?

Follow-up prompts:

How does urgency or fear show up in some vestibular content?

How does your body react when you read something that feels pushy or alarming?

### 4. Credentials & Qualifications: What Do We Look For? (8–10 minutes)

Facilitator framing:

“Vestibular care is specialized. Not every provider who talks about dizziness has vestibular training.”

Discussion questions:

1. When you hear someone call themselves a ‘vestibular expert,’ what do you want to know about them?
2. Do you know where to look to verify a provider’s credentials?
3. Have you ever assumed someone was qualified—only to realize later they weren't?

Optional reflection:

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How comfortable do you feel asking providers about their vestibular experience?

What questions have helped you advocate for yourself?

### 5. Selling vs. Supporting: A Group Reality Check (8 minutes)

Facilitator framing:

"Selling something doesn't automatically mean it's bad—but it does mean we should slow down and look closer."

Discussion questions:

1. Have you ever felt pressured to buy a program, supplement, device, or course?
2. What made it feel helpful—or uncomfortable?
3. How can we tell the difference between education and marketing?

Group reflection:

What questions do you now ask yourself when money enters the picture?

How do you balance hope with healthy skepticism?

### 6. The Value (and Limits) of Peer Experience (8–10 minutes)

Facilitator framing:

"One of the strengths of support groups is shared experience—but it's not the same as medical advice."

Discussion questions:

1. How have other vestibular patients helped you identify and evaluate what is "good" information?
2. How do you assess whether information sources shared by peers are accurate?

Optional prompt:

What's the difference between noticing patterns vs. relying on one strong

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testimonial?

## 7. Personal Fit: Trusting Yourself (5–7 minutes)

Facilitator framing:

"Even accurate information may not be right for you."

Discussion questions:

1. How do you know when a resource or provider is—or isn't—a good fit for you? Prompts:
  - a. Do you feel empowered?
  - b. Do you feel confident?
  - c. Do you or feel pressured?

## 8. Closing: Shared Wisdom (5 minutes)

Did you learn anything new today?

Facilitator close:

"When in doubt, check with VeDA, and don't be afraid to ask questions."

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