

What is Family Group Decision Making (FGDM)?

It is a process where families are empowered in developing their own solutions and plans for their family. It is based on the belief that families have inherent strengths that can be built upon to help aging members make choices regarding their care and where they live.

What is the format of Family Group Decision Making?

INTRODUCTION & INFORMATION SHARING

All FGDM participants will be introduced. The purpose of the meeting will be reviewed so all participants are clear regarding the purpose. In other words, everyone is clear on why they are present.

PROCESS OF FGDM

Strengths and concerns will be discussed regarding the family unit. They will work on a plan that addresses the stated purpose for the meeting. They will identify what will be worked on, how it will be worked on, who will do what, and when it will be done. They should assign a recorder to describe the plan during the final part of FGDM.

Facilitators and others will return to the meeting and the family plan will be presented and finalized. The plan must be agreed upon. A written report of the meeting will be done by the coordinator detailing the plan. This report will be provided to everyone present.

FGDM Guidelines

- Focus on the purpose
- Be respectful to each other
- Honesty without blaming or shaming
- One person speaks at a time
- It's Okay to disagree
- Confidentiality – what is said here, stays here

Evaluation

A survey is given to all participants for their completion before leaving the meeting.

Why?

85% of individuals aged 85 and over are living on their own, yet find basic tasks difficult to perform - thus the need for some help from friends, family, neighbors and other support help. I address all of these participants as family whether biological or not.

So many times, there is confusion over who is doing what, that it makes sense to sit down and discuss with all present who is willing and able to help with various tasks. Thus, the FGDM can be purposeful for all. It is empowering to the aging individuals who have agreed to discuss their purpose, which can be, and is, quite varied.