



Sudden Arrhythmia Death Syndromes (SADS) Foundation
508 E. South Temple, Suite 20
Salt Lake City, Utah 84102
800 STOP SAD or 801-531-0937
Fax: 801-531-0945
www.sads.org

SADS Support Group Activities

Support is something that everyone needs, especially when living with a cardiac arrhythmia and /or the sudden loss of a loved one due to a cardiac arrhythmia. During the 2001 Third Annual LQTS Awareness Week, we encourage you to organize support groups that will facilitate emotional support, learning, healing, and increased knowledge

- ♥ **EMOTIONAL SUPPORT:** sharing of stories, expressing emotions and receiving encouragement are important steps in coping and healing.
- ♥ **KNOWLEDGE:** coming together to listen, ask questions and learn from each other.
- ♥ **RESOURCES:** exchanging educational materials, supportive services and awareness project ideas.

How to arrange a support group in your area:

- ♦ SADS has National Contact Person volunteers in almost every state. These people are a good place to start for help. We can send you a listing of their and other interested individuals contact information in your area.
- ♦ Plan to include a knowledgeable health care provider in your group. This individual can answer specific medical questions regarding LQTS. Your cardiologist may be willing or have someone in mind. If not, SADS can provide you with a list of knowledgeable specialists in your state.
- ♦ You may wish to include a social worker or psychologist who can facilitate the meeting. The SADS Foundation would be happy to send invitations out to all the LQTS families on our mailing list in your area once you have everything in place.

Location Ideas:

It is good to identify neutral public facilities that are easily accessible and conducive to quiet, private and support group meeting. Many of these locations are free or can be rented at a discount rate:

- ♦ **Hospital Auditorium**
- ♦ **Community Health Clinic**
- ♦ **Public Library**
- ♦ **University/Community College**
- ♦ **Community Social Center**

Materials Suggested (to have on hand):

SADS is happy to provide literature that can be distributed at your public awareness event:

- ♦ ***FAQs for Medical Providers: Family Practitioners, EMT's, Nurses, Pharmacists , etc.***
- ♦ ***Inherited & Acquired Long QT Syndrome Brochures***
- ♦ ***SADS Foundation Newsletters & Brochures***
- ♦ ***LQTS Fact Sheets***
- ♦ ***Materials for Teachers, School Nurses & Coaches***
- ♦ ***Updated Drugs to Avoid Lists***