

Tracheostomy Support Group FAQs

What is a support group?

A support group is a gathering where people with similar experiences or challenges can connect, share information, and offer mutual support.

Who leads this group?

Two Registered Nurses specializing in ear, nose and throat.

Where is the group held at?

Lauritzen Outpatient Center- fourth floor auditorium
4014 Leavenworth Street Omaha, NE 68105

How often does the group meet?

Every three months. If Omaha Public Schools are cancelled, the group will also be cancelled and rescheduled.

What are the benefits of joining a support group?

Support groups can help individuals feel less isolated, improve coping skills, and provide a sense of community and belonging.

Is it confidential?

Yes. What is shared in the group stays within the group.

How do I know if this support group is right for me?

Whether you are a new tracheostomy survivor or have years of experience, all are welcome to form a supportive network for one and other.

What is the focus of this group?

This group helps bring together tracheostomy survivors, and their caregivers to form a strong support network. Each meeting features an educational guest speaker.

Does it cost anything to attend?

No, the group is free.

Who can attend?

Tracheostomy survivors, their caregivers and friends-- no matter where they are in their journey.

How can I contact the group leaders for additional information?

Email tracheostomysupportgroup@nebraskamed.com