

Benefits

With many responsibilities and precious little free time, often a caregiver's first question about a support group is, "What will I gain?"



Some support group members offer their feelings on this:

- "Until I started going, I didn't know how much I was needing some support!"
- "It's one of the best hours of my month...being there with others who really know how hard this is."
- "The chance to just sit and listen is fantastic and I've learned so much!"

To learn more about Caregiver Support Groups please contact the Alzheimer's Association Helpline
1.800.272.3900
Or log online to **www.AlzDallas.org**

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the compassion to care, the leadership to conquer

ALZHEIMER'S CAREGIVER SUPPORT GROUP



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What's the Purpose?



Support groups can provide an opportunity for family, friends, caregivers and others to meet regularly for mutual emotional support and to exchange coping skills with one another in matters relating to Alzheimer's disease.

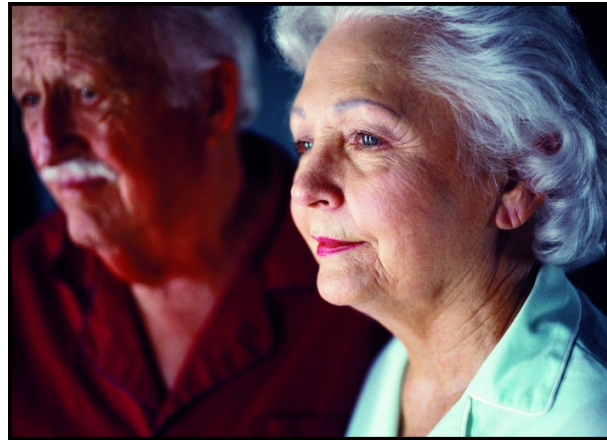
About the support group:

- Creates a safe, supportive environment or community
- Educates & informs
- Develops methods & problem solving skills
- Encourages participants to maintain personal physical & emotional health

Your Opportunities

Participating in a support group can create some dilemmas when one must make arrangements for the care of a person with dementia, or take free time to attend the group. But, most find it worth the time and effort.

Support Group Benefits:



- Become part of a supportive community of people who know what it is like to live with Alzheimer's
- Have an opportunity to talk and share
- Provides a chance to learn more about Alzheimer's disease
- Learn how others cope with similar situations
- Promotes personal growth & development
- Provides a place to meet new people
- Create new informal support & social relationships
- Take a break from care giving responsibilities
- Have a chance to ask questions and receive support

Your Privacy

Support Group conversations often include matters like how a family is reacting, financial concerns or medical conditions.

These are not things that are easily shared, and members are not allowed to speak outside of the group about matters discussed.

All support groups are confidential. What is said within the group, stays within the group!

