

CAREGIVER SUPPORT GROUP

Caregiving can feel isolating, but you're not alone.

Caregiving can be an isolating experience, but you are not alone in this challenge.

There are over ***[34 million](#)** Americans providing unpaid care to an adult age 50 or older. Nearly ***[16 million](#)** are caring for someone with ***[Alzheimer's disease](#)** or ***[dementia](#)**.

But when you are overwhelmed and exhausted by caregiving responsibilities, it can feel like you are the only person dealing with so much.

That is why caregiver support groups are so helpful. They are filled with people who are in similar situations.

Being able to talk with others who truly understand what you are going through reduces stress, validates your experience, and gives connection and support.

Decades of research and anecdotal evidence show that there are clear benefits to participating in caregiver support groups.

***[Control + Click to go to Website for further information](#)**

Here are 8 top benefits:

1. Feeling less ***[lonely](#)**, isolated or judged
2. Reducing depression, ***[anxiety](#)**, or distress
3. Gaining a sense of empowerment and control
4. Getting advice or information about practical solutions or treatment options
5. Improving or learning healthy ***[coping skills](#)**.
6. Getting a better understanding of what to expect in the future
7. Improving caregiving skills and giving better quality of life to your older adult
8. Learning about ways to ***[keep your older adult at home longer](#)**.