



alzheimer's  association® Caregiver Groups

Caring for a loved one can be isolating and overwhelming, but you are not alone! Join a **Caregiver Support & Discussion Group** today and:

- Build relationships and learn from other caregivers who understand what you are going through.
- Develop new coping strategies and healthy lifestyle practices for you and your loved one.
- Find comfort, strength and hope in a compassionate and safe environment, led by a trained group leader.



All Groups are **FREE**, located throughout San Diego County and are scheduled throughout the day and evening for your convenience.

Tips For Attending:

- 1.** Call us with any questions. You can call the Facilitator directly at the number listed on the Support & Discussion Groups calendar or call our 24/7 Helpline: 800.272.3900
- 2.** Check with us about respite care and alternatives for in-home care that can help you participate in the group and have your loved one cared for.
- 3.** Every group is different. You may have to try out a group several times or try different groups until you find one that is comfortable for you.

To find a Caregiver Support & Discussion Group near you please visit: www.alz.org/sandiego or call 1.800.272.3900

Is a Caregiver Support & Discussion Group Right For You?

You Are Not Alone:

- Today **15.5 million** Americans are caring for someone with Alzheimer's or another dementia. More than **80%** of those caregivers are providing care at home, on their own.
- Nearly **60%** of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high; **more than one-third report** symptoms of depression.
- Today **74%** of caregivers of people with Alzheimer's disease and other dementias reported that they were "somewhat concerned" to "very concerned" about maintaining their own health since becoming a Caregiver.

Know the Facts:

Myth: I'm a private person and don't want to have to share a lot of personal stuff. I don't need therapy.

Fact: Caregiver Support & Discussion Groups aren't professional psychotherapy sessions. It is, however, therapeutic to talk with others about an intense experience like caregiving for someone with dementia. You control what and how you share, and what type of support you accept. These Groups are safe and confidential places to express feelings that might not be understood by family, friends, or the care-recipient.

Myth: A support group is sad and will make me feel worse.

Fact: All Groups are facilitated by a trained group leader who uses a variety of skills and experiences to balance the group dynamic. In addition to sharing emotions, coping skills, and caregiving strategies, group members frequently use humor and share "success" stories to illustrate their experiences.

Myth: I'm not really a caregiver because my loved one with dementia lives in a Memory Care facility or is in another state.

Fact: Caring for a loved one with Alzheimer's Disease or a related dementia takes a toll on the entire family no matter your role. All adults who care and share their love for a person with dementia are welcome to participate in a Caregiver Support & Discussion Group.

What people are Saying:

"Everybody vents, everyone gets a word of advice, word of comfort. We hear what everyone's going through, & you get a lot of information and ideas. The first time I went it felt very strange. It takes a few sessions before you feel comfortable, then you know that these people understand."
- Bernard

"The shared experiences of the group help to prepare you for those ups and downs, when you think things are getting better and then they don't. I can manage my emotions better because of the tools the group leader gave me. I look forward to each meeting."
- Alice

"You can say anything to your group. Family & friends don't always understand the day-to-day stuff, they're not there. These people know what you are going through & become your second family. I'm a better caregiver & person."
- Ken