

CAREGIVER SUPPORT

Why does it matter?

While providing dementia care can be fulfilling, it can also be emotionally, physically, and cognitively demanding.

Support groups provide:

- A feeling of belonging
- Useful tactics
- Emotional comfort
- Resource accessibility

(Trualta, 2024)



Communication & Behavior

The 5 R's:

- Remain calm
- Respond to feelings
- Reassure the person
- Remove yourself (if needed)
- Return later



(Homewatch CareGivers, 2025)

You Matter Too!

- Take regular breaks
- Join a support group on next page!
- Practice breathing, mindfulness, hobbies
- Ask for help!

(Trualta, 2024)

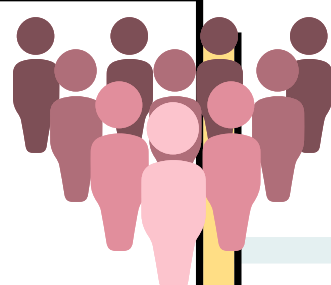


Plan Ahead for:

- Increased care hours
- Emotional toll: grief, guilt, burnout
- Safety risks (wandering, driving, cooking)
- Legal & financial planning: power of attorney, insurance
- Emergency contacts and backup care plan




SUPPORT GROUPS & RESOURCES



Alzheimer's Association

- In-person support groups (location-based)
- Virtual support groups (Zoom/online platforms)
- **Specialized groups for:**
 - Early-stage caregivers
 - Adult children caring for a parent
 - Spousal caregivers

 **24/7
Helpline:**
1-800-272-
3900

(Alzheimer's Association, 2019)

ALZConnected

- 24/7 Online Community Forums (message boards)
 - For caregivers, family members and individuals with dementia.
- Special interest groups (young caregivers, veterans, grief support)
- Ability to post questions, share experiences, and comment anonymously
- Peer-led, non-clinical

(ALZConnected, 2019)

Griffin Health Alzheimer's Caregivers Support Group

- In-person caregiver support group
 - Location: Griffin Hospital Center for Cancer Care (Derby, CT)
 - Meets: 2nd & 4th Tuesday, 6-7:30 PM
- Professionally facilitated

(Griffin Health, 2023)

The Wallace Center - Greenwich

- Virtual caregiver support group
 - Meets: Monthly (3rd Monday, 6-7:30 PM)
 - Open to new members
- Facilitated by dementia care professionals
- Must contact facilitator to join (pre-screened introductions)

(Find Emotional Support at a Wallace Center Support Group, 2024)

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