



Benefits of a Caregiver Support Group

1

Realizing you are not alone.

Participants of a support group can gain a feeling of relief or identity by speaking with others about their issues and listening to the issues of others and come to realize that they are surprised by their overlap.

2

Expressing your feelings.

Having an outlet to speak and express feelings that may not otherwise have a place can help to build coping skills and a sense of community.

3

Learning more about yourself.

Sharing within a group of people can lead to discoveries about one's self.

4

Lessening the emotional load.

Having a space to share and communicate with others can lead to having an overall lighter emotional and mental load.

5

Gaining and re-gaining hope.

Seeing others in a group who are in similar and differing points in their life and their relationship to caregiving can inspire a feeling of hope.

6

Socializing.

Making specific time to speak and be spoken to can be a welcome change in the life of a busy and tired individual.

7

Helping others.

Sharing and making space for others to share can be helpful to others in a support group.

8

Reducing distress, stress, and anxiety.

Working through issues and concerns in a positive and supportive environment can lead to an easing of the feelings of distress and anxiety, and can lessen overall stress levels.

9

Getting practical advice and information from others.

Finding common ground and hearing the perspectives of others within a group can garner practical, useful information for coping and managing issues for participants of a group.