

3 Reasons to Join a Family or Caregiver Support Group

If you have found yourself in a position of caring for a loved one with a chronic health condition, or even just watching a loved one age from miles away, you may be surprised at how alone you feel in this season of life. Navigating a road filled with doctor appointments, tests, and Medicare is not for the faint of heart, and the senior care industry can feel overwhelming.

Take heart! You don't have to walk this road alone. Family or Caregiver Support Groups are a wonderful resource for you, whether for a crisis situation or something more long term. If you aren't quite convinced that a support group would benefit you, consider just a few of these reasons.



The Community

One of the benefits of a support group is simply the community. It can be refreshing to hear your own experiences reflected back in the stories told by the stranger beside you. Before your first session ends, you may find yourself thinking "me too" more times than you can count. Hearing that you aren't the only one who is struggling with a loved one who is aggressive due to his dementia or who isn't the only one who cries at

night over the grief of someone who is still alive can be affirming. Even better, it can show you that you are not alone in your journey, in your grief, or in your situation.

The Resources

Most support groups are filled with time to share experiences as well as an educational component. During these lectures or presentations from trained professionals, you will have the opportunity to learn more about your loved one's condition or how to better cope with your emotions. Support group facilitators work diligently to find speakers who can give participants the best information possible, and these resources can be invaluable.

The Advocacy

Finally, support groups are the perfect way to learn more about your loved one's condition and then to do something about it. For most family members or caregivers, the feeling of being out of control is often the worst. With tangible steps for advocacy, support group participants can find great therapeutic relief in helping to plan events that facilitate positive change for those living with a particular condition.

Fortunately, our Denver area offers many support groups that cater to a variety of situations. [The Colorado chapter of the Alzheimer's Association](#) offers a variety of online and in-person support groups throughout the state, and our very own [Visiting Angels](#) staff coordinates a Parkinson's Disease Support Group held at Atria Lakewood. [Give us a call](#) to find out more about that opportunity; we'd love to get you connected with people who are just like you.

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