



Support Groups Can Help Caregivers Cope

Caring for a loved one is hard work. At times, you may feel stress, anxiety or even anger. Whether your loved one has Alzheimer's disease, cancer or another condition, a caregiver support group can help.

Caregivers who have a strong support network are better able to cope with the stress of caring for a loved one. They may also lower their risk for depression and improve their overall quality of life.

Having good support may improve the care you're able to provide your loved one and help your loved one stay at home longer. Many people also find that support groups can lead to friendships and bonds that continue for many years.

Follow these tips to find a caregiver support group:

- 1** Ask your loved one's doctor or health care team to recommend local caregiver groups or reputable online sites.
- 2** Check with local hospitals, senior centers or health centers for local options.
- 3** Visit the websites of national organizations that deal with your loved one's condition. For example, the Alzheimer's Association (alz.org) has listings for both online and local support groups.