

# Red Flags: When Do I Join a Support Group for Caregivers?

Are any of these feelings familiar?

## Experiences

Exhaustion  
Anxiety  
Loss of Patience  
Endurance  
Grief  
Family Conflict

## Emotional/Physical Responses

Guilt, Anger, Depression, Illness  
Not Sleeping, Weight Loss  
Guilt, Depression, Anger  
Illness, Body Injury  
Crying, Depression, Sadness  
Anger, Guilt, Resentment

## You may have avoided going to a support group because:

- You think your problem isn't as serious as others.
- Your family member wouldn't understand your need to go.
- You have conflicting cultural values or family rules.
- You fear others will see your "weaknesses".
- You might cry or become very angry.
- You feel others won't understand your pain or frustration.

All these excuses for not attending are quickly discounted when you realize you're part of a group who doesn't judge you and have been in a similar circumstance.

## **Support Group Benefits:**

- Get helpful tips on how to reduce the burden of caregiving.
- Learn new ways of caring for yourself.
- Feel empowered to take care of yourself so you can continue to lovingly care for your family member.

**Eldercare Services has monthly support groups.**

For a schedule, call us at (415) 469-8300, (510) 663-2010 or (925) 937-2018 or visit the Resources page on our website at [www.EldercareAnswers.com](http://www.EldercareAnswers.com)

