

***Do I Need A Support Group?**

- Do you need caregiving resources for your area?
- Are you feeling stressed and overwhelmed?
- Are you depressed? Tired? Rundown?
- Would you like to have additional caregiving coping strategies?
- Would you like to have the support of other caregivers who “understand” caregiving?
- Do you want a support system?
- Have you ever wanted someone to be there for you?
- Would you like to acquire more education from other caregivers?

If you answered yes to any of these questions, we’d like to encourage you to attend one of the support groups in your community. Call the ADRC at 785-5700 to learn more about a particular support group or help with deciding which one is right for you and ask yourself the questions below:

***How Do I Find The Right One?**

- Consider how often the group meets. Bi-monthly or monthly?
- What time of day is convenient for you? Daytime or evening?
- Is the location of the group easily accessible for you?
- What kind of group is it? Caregivers, individuals with dementia, male only, etc.?
- Is the group for support or education, or a combination of both?
- What is the size of the group?

