



SENIOR SERVICES
Helping Our Elderly Live With Dignity

ELIZABETH AND TAB
WILLIAMS ADULT
DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

Senior Services, Inc.

2895 Shorefair Drive

Winston-Salem, NC 27105

www.seniorservicesinc.org

HelpLine@seniorservicesinc.org

336-724-2040

SUPPORT GROUPS

As a caregiver, you may feel that you are the only one experiencing the emotions, situations, etc. of caring for an older adult. You may not have as much time to yourself or enough time to care for your own family. Even your own family may not understand what you are going through. You may be a long-distance caregiver and be experiencing feelings those around you can't understand. If any of these scenarios sounds familiar, you might want to try a support group.

Why A Support Group?

Support groups are one of the best places for caregivers to meet other caregivers that are experiencing or have experienced the same situation they are in. Support groups provide an environment that promotes socialization, bonding with other caregivers, and building a network of caring, supportive people.

Support groups are important because caregivers can express their emotions in a safe, non-judgmental place. A support group gives its members the chance to vent their frustrations, anger and disappointments, as well as share their success stories. Support groups are not meant to be group therapy, but they do allow people to understand that they are not alone, and to learn how others have handled similar emotions, problems and crises. Support groups can also allow people to share valuable information and insights into the dynamics of caregiving, as well as share information on specific illnesses or medical conditions.

Kinds Of Support Groups

A wide variety of support groups are available for caregivers. Some groups are designed for people caring for older adults with specific medical, psychological or physical conditions, such as stroke, diabetes, Alzheimer's disease or other forms of dementia. Others have a more general focus, designed for caregivers of all ages and in all situations. There are even support groups for caregivers on the Internet. Think about what kind of support you need, and then start looking for a group that can help with that kind of support. Support group meetings are usually held monthly or bimonthly at members' homes, a hospital, church, library, nursing home or senior center.

Where To Find A Support Group

Support groups are found in many different locations. Some places that may offer information on a support group include hospitals, doctor's offices, senior newspapers, churches, the Internet, and information and assistance services such as **Senior Services' Help Line**.

Below are a variety of support groups that meet in Forsyth County.

Caregivers

Elizabeth and Tab Williams Adult Day Care Center/
Senior Services, Home Care Program-----724-2155 or 725-0907
Family Caregiver Support Program – Area Agency on Aging-----761-2111
Grandparents Raising Grandchildren (WSSU) ----- 725-8167
The Department of Social Services RAPP – Relatives As Parents -----703-3677

Grief Counseling and Support Groups

BestHealth -----716-2255
Hospice and Palliative Care -----768-3972

Health Related

Alzheimer’s Association-----725-3085
Alzheimer’s Support Group – Elizabeth and Tab Williams Adult Day Care Center--724-2155
Alzheimer’s Support Group – Kerner Ridge Assisted Living -----993-1881
Alzheimer’s Support Group – Sedge Garden United Methodist Church-----817-4624
Arthritis Support Group-----924-8029
Cancer Services, Inc.----- 760-9983
Diabetes Support Group – Forsyth County Department of Public Health-----703-3219
Forsyth County Stroke Support Club----- 724-6428 or 722-4346
Hearing Loss Association-----www.nchearingloss.org
Myasthenia Gravis Support Group – BestHealth -----716-2255
Multiple Sclerosis-----299-4136
Parkinson’s Support Group – BestHealth -----716-2255
Psoriasis Support Group – BestHealth-----716-2255
Sleep Problems – BestHealth ----- 716-2255
Stroke Victims Support Group – Winston-Salem Parks and Recreation -----727-2315
Women’s Heart Issues Support Group- BestHealth-----716-2255

Mental Health

Mental Health Association-----768-3880
anxiety disorders, mood disorders (depression, bipolar), schizophrenia,
dual diagnoses (mental illness/substance abuse), eating disorders (anorexia, bulimia)