



CAREGIVER SUPPORT GROUP

SECOND WEDNESDAYS 11 AM, STARTING SEPTEMBER 13

ACTIVCARE at MISSION BAY

Caregivers are one of America's most valuable assets, but often their personal needs are misplaced or forgotten as they care for a loved one.

A Support Group can help. A caregiver support group is a regularly scheduled, informal gathering of people whose lives are directly or indirectly affected by the caregiving needs of another. Participants benefit from the shared wisdom, insight and humor of their fellow-caregivers. This is not a therapy session, but peer to peer support.

ActivCare at Mission Bay is sponsoring this monthly support group, facilitated by Michelle Tiernan from Seasons Hospice. Michelle was a hospice chaplain for 10 years, 6 years a Hospice Care Consultant, and is currently Community Educator.

PROPOSED DISCUSSION TOPICS:

Caregiver Bill of Rights: Caregiver Bill of Rights, Caregiver's Bill of Rights Bookmark
Caregivers Have Rights Too!

Becoming a Resilient Caregiver: Resilience: A Helpful Tool for Caregivers

Caregiver Burnout: How Can I Manage Stress? Recognize Caregiver Burnout

Communication is Key: Communication Tips and Hearing Loss; Tips for Improving Communication

Coping With Caregiving Emotions: Caregiver Guilt; The Caregiving Rollercoaster
Myths and Facts About Grief

Music Can Improve Quality of Life: Music Can Enhance Your Life; Using Music to Improve Quality of Life