



## 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