**8 Benefits of Caregiver Support Groups**

**Proof that you’re not alone**

Caregiving is a tough and isolating experience. But caregiver support groups are filled with people in similar situations. That instantly makes you feel less alone. There’s also a natural bond that forms among people who are dealing with the same challenges.

**How caregiver support groups help you**

Support group members validate each other’s experiences. It’s a relief to know that what you’re going through is normal and that you’re not the only one with these feelings.

Support groups are a great place to ask for advice, find out about useful resources, and just vent about your frustrations. Nobody will judge you because everyone is going through the same struggles.

After all, there’s no instruction manual for being a caregiver! And let’s be honest, being forced to learn by trial and error just sucks.

**8 benefits of caregiver support groups**

Research has shown that participating in caregiver support groups results in very real benefits that can dramatically improve your quality of life.

**Here are 8 key benefits:**

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Improving your coping skills
4. Reducing distress, depression or anxiety and having lower rates of clinical depression
5. Developing a clearer understanding of what to expect with your situation
6. Getting practical advice or information about treatment options
7. Improving your caregiving ability and giving better quality of life for the older adult
8. Helping you keep your loved one at home

**Bottom line**

Caregiving is difficult and everyone struggles with the day-to-day challenges. Instead of feeling abandoned and suffering through on your own, try a caregiver support group. It can make your life easier and dramatically improve your own health and well-being.

http://dailycaring.com/8-benefits-of-caregiver-support-groups/