GROUP THINK

SUPPORT TEAMS WORTH A TRY, EVEN IF YOU THINK YOU'RE TOO BUSY OR TOO SHY

BY MICHELE PARENTE

You’re busy being a caregiver, but people recommend you join a support group. Or you hate the idea of sharing your feelings with a bunch of strangers, but you are so lonely. What should you do? Listen to the experts: Barry J. Jacobs, a member of AARP’s Caregiving Advisory Panel, clinical psychologist and family therapist, has written about the many positives of attending caregiver support groups.

David Slawson, also a clinical psychologist, published a list: “9 Benefits of Support Groups.” Here are the key benefits cited by each.

VERONICA MICHAIL Caregiving Advice

Get good at making decisions; it’s what you do all day long

When you work a full-time job, have a family, and live your life, there are so many decisions you make each day. Sometimes you can make everything right (“...using all the time-saving tips, getting help with some of your caregiver duties, taking time for yourself”), but you still can’t make ends meet each month or your own health in suffering or any number of other troubles.

Situations change. Sometimes, you can do anything right (“...using all the time-saving tips, getting help with some of your caregiver duties, taking time for yourself”), but you still can’t make ends meet each month or your own health in suffering or any number of other troubles.

Situations change.

It’s a good practice to put some systems in place. Having standing operating procedures to move quickly and make better choices is going to make your caregiver life easier.

YOUR GUIDE TO THE DEBATE ON THE FUTURE OF HEALTH CARE

BY DENA BUNIS, AARP

Voters have made it clear that having access to affordable health care is among their top concerns, and politicians are finally responding. In recent months, several health care reforms have been introduced in both the House and the Senate. How can you stay on top of these new developments and make your voice heard

So why pay attention to these proposals? Because you will hear a lot about them as the 2020 presidential and congressional campaigns move into high gear.

So why pay attention to these proposals? Because you will hear a lot about them as the 2020 presidential and congressional campaigns move into high gear.

Here are answers to several key questions about the current health care reform debates.

TUESDAY • JULY 16, 2019

CaregiverSD + HEALTH

The San Diego Union-Tribune

SECTION E
Everyone deserves a family like yours

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**SUPPORT FROM ELKA**

- Support groups help caregivers develop a trusting, supportive relationship with their loved one and understand how to manage difficult behaviors.
- Groups provide necessary support that increases the caregiver's ability to participate in normal family activities, decreases feelings of isolation, and increases the likelihood of physical and psychological health.
- Support groups help caregivers develop a trusting, supportive relationship with their loved one and understand how to manage difficult behaviors.
- Caregivers can talk “alone” – compassionate support of a non-professional nature, for example, sharing strategies for managing difficult behaviors and maintaining relationships with a caregiver who has similar experiences. They can communicate their ideas, concerns, and feelings in a safe and supportive environment.

**FOR A CAREGIVER SUPPORT GROUP**

- Many support groups are focused on specific conditions, such as Alzheimer’s disease or Parkinson’s disease.
- Support groups provide a sense of community and a safe space to share experiences.
- In-person groups can be especially helpful for caregivers who are in the early stages of caregiving or who are looking for additional support.
- Support groups can help caregivers feel less isolated and more empowered to take care of their loved ones.

**DON’T GIVE IT ALL AWAY: WHERE TO LOOK FOR A CAREGIVER SUPPORT GROUP**

**BY MICHELLE PARENTE**

When Cheryl Muslin was caring for her husband, she turned to Elka, a San Diego-based nonprofit dedicated to helping caregivers.

### Resources for Caregivers
- **Caregiving Support Line.**
- **Elder Care Locator.**
- **AARP.**
- **Supports for Alzheimer’s, Parkinson’s and other dementias.**
- **National Alliance for Caregiving.**

### Support Services
- **Senior Care Services.**
- **Eldercare Locator.**
- **Local help.**

### Support Groups
- **Caregivers For dementia.**
- **Elka’s groups.**
- **Support groups.**
- **Global Alzheimer’s Action Network.**
- **Groups for caregivers of Alzheimer’s patients.**
- **Support groups for seniors.**
- **Support groups.**

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**23 Advanced Treatment Options for AFB**

If you’re living with atrial fibrillation, then you know it’s common to experience symptoms such as pain, shortness of breath, and dizziness. These symptoms can be caused by the irregular heartbeat of atrial fibrillation and may require medical treatment.

**July 23**

- **Pacific Heart Network.**
- **American Association of Heart Organizations.**
- **American Heart Association.**
- **AHA.**

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**31 July Your Health is in Your Hands – Healthy Habits for Cancer Prevention**

If you’re contemplating ways to reduce your risk of cancer, consider making healthy lifestyle changes. The American Cancer Society recommends getting regular exercise, maintaining a healthy weight, and eating a diet rich in fruits, vegetables, and whole grains. These habits can help lower your cancer risk.

**July 31**

- **American Cancer Society.**
- **American Cancer Society.**
- **American Cancer Society.**
- **American Cancer Society.**

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**FOR A CAREGIVER SUPPORT GROUP**

Caregiving Support Line.

- **Contact:** (800) 827-1008. For those caring for someone with Alzheimer’s disease, contact the Alzheimer’s Associations: contact: (800) 827-1008. For those caring for a dementia patient, contact: (800) 827-1008. For those caring for someone with Parkinson’s disease, contact: (800) 827-1008. For those caring for someone with multiple sclerosis, contact: (800) 827-1008.