

CaregiverSD

+ HEALTH



Pat Hagan (center) listens during an Alzheimer's disease support group at Alzheimer's San Diego on July 3.

K.C. ALFRED U-T

G R O U P T H I N K

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 Susman, also a clinical psychologist, published a list: "9 Benefits of Support Groups." Here are the key benefits cited by each.

SEE SUPPORT • E4

"Many people benefit simply from listening to other people's stories and perspectives, and from learning new approaches to their own caregiving situations." **Barry J. Jacobs**, clinical psychologist and family therapist

SUPPORT

FROM E1

Jacobs:

- Support groups help caregivers develop a trusting, convivial rapport that increases a sense of social support and decreases the likelihood of loneliness and depression.
- Caregivers can talk “shop” — comparing notes on their spouses’ cognitive deficits, for example, or sharing strategies for managing difficult behaviors and mastering insurance forms. They can commiserate about crowded medical offices and tardy home health aides.
- Group members validate one another’s experi-

ences and even their negative feelings. Even if a caregiver doesn’t express it, it is useful to hear that another person is struggling with the same thing; it makes them a more resilient caregiver.

- Susman:**
- Realizing you are not alone
 - Expressing your feelings
 - Learning helpful information
 - Improved social skills
 - Gaining hope
 - Reducing distress
 - Increased self-understanding
 - Helping others
 - Affordability

Reasons caregivers might be reluctant to join a support group, in Jacobs’ words:

“I don’t feel comfortable talking in groups.” This is true for the many who are introverted among us. But there’s no requirement for group members to pour out their hearts. Many people benefit simply from listening to other people’s stories and perspectives, and from learning new approaches to their own caregiving situations.

“I’m doing fine. I don’t need support.” Even when this is true for a caregiver in a given instance, it doesn’t mean it will remain true as caregiving goes on for months and years. Support groups give caregivers ideas for sustaining themselves in order to continue coping well. But sometimes the very idea of accept-

ing “support” makes caregivers concerned that others will judge them to be struggling. For these caregivers, it may be more appealing to attend caregiver education groups, at which an invited speaker presents a topic of interest, such as stress management or dealing with Medicare. In those groups there are typically discussions among attendees after the presentation, through which caregivers still gain support.

“How can I get to a support group when I’m so busy taking care of my loved one?” Many agencies try to overcome this objection by providing simultaneous caregiver and care-recipient support groups or

activities in different rooms. Another increasingly popular solution is for caregivers to become involved in online support groups from the comfort of their own homes. Research has found that online groups provide the same positive effects as in-person groups when it comes to emotional support and validation, if not the same opportunities for local networking and face-to-face contact.

Learn more:

• **Local help.** The county’s Aging and Independent Services’ Family Caregiver Support Program contracts with the Southern Caregiver Resource Center to provide support groups to care-

givers. Contact SCRC at (800) 827-1008. For those caring for someone with dementia: Alzheimer’s San Diego offers regular support groups. Contact: (858) 492-4400 or alzsd.org/services/support-discussion-groups. Both organizations also offer educational classes for those not ready to join a support group.

• **National resources:** Eldercare Locator, a public service of the U.S. Administration on Aging, can connect caregivers to services. Contact: (800) 677-1116. AARP has a Caregiving Support Line. Contact (877) 333-5885.

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TU	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	10News at 7pm (N) (CC)	The List (N) (CC)	The Lion King: Can You Feel the Love Tonight	Modern Family	The Goldbergs	Modern Family	black-ish (CC)	10News at 11pm (N)	Jimmy Kimmel Live	
CBS	Entertainment Tonight (N)	Inside Edition (N) (CC)	Love Island (N) (CC)	Blood & Treasure	Danny and Lexi try to corner Farouk. (N)	Man on the Moon: A CBS News Special (N) (CC)	News 8 at 11pm (N)	Late Show-Colbert		
NBC	Wheel of Fortune (CC)	Jeopardy! (N) (CC)	America’s Got Talent “Judge Cuts 1” Brad Paisley joins as a guest judge. (N) (CC)	9-1-1 “Hen Begins” Hen’s history is revealed.	FOX 5 News at 10:00pm	FOX 5 Sports Final (N)	FOX 5 News at 11:00pm	Two and a Half Men		
FOX	Modern Family	Modern Family	Spin the Wheel Joseph Latham tests his knowledge.	The 100 “Matryoshka” Russell seeks justice. (N) (CC)	News 8 at 10 (N)	Seinfeld “The Airport” (CC)	Seinfeld “The Pie” (CC)	The King of Queens (CC)	The King of Queens (CC)	
CW	News 8 at 7 (N)	Seinfeld “The Airport” (CC)	Pandora Jax learns about her own identity. (N) (CC)	Chicago P.D. An operation leaves a bystander shot.	Chicago P.D. A van explodes during a street festival.	NOVA Astronauts and engineers of Apollo 8.	Space Chase USA History of the space program in Florida.			
MYTV	The Big Bang Theory (CC)	Modern Family	American Experience “Chasing the Moon: A Place Beyond the Sky” The early years of the space race. (CC)	Family Feud (CC)	Family Feud (CC)	KUSI News at Ten (N)	KUSI News at 11:00pm (N)	TMZ (11:35) (N) (CC)		
KPBS	PBS NewsHour (N) (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	The Simpsons (CC)	The Future of Nature	An Evening with E.J. Dionne	Capital Punishment: Influence of Race and Ethnicity			
KUSI	The Big Bang Theory (CC)	The Big Bang Theory (CC)	The Big Bang Theory (CC)	The Simpsons (CC)	Family Feud (CC)	Family Feud (CC)	KUSI News at Ten (N)	KUSI News at 11:00pm (N)	TMZ (11:35) (N) (CC)	
UCSD	Active Shooter Preparedness	Seeking Lions with Kenneth Bonert	La fortaleza	AI extremo	AI extremo “AI extremo clásico”	Hechos Meridiano	Difficil de Creer			
AZTC	Escape Perfecto	La fortaleza	AI extremo	AI extremo “AI extremo clásico”	Hechos Meridiano	Difficil de Creer				
TELE	Caso cerrado (N) (SS)	Un poquito tuyo (N) (SS)	Betty en NY (N) (SS)	La reina del sur (N) (SS)	Por amar sin ley (N)	Primer Impacto Extra	Noticiero Uni			
UNIV	Amor eterno (N)	La reina soy yo (N)	La Rosa de Guadalupe (SS)	Por amar sin ley (N)	Primer Impacto Extra	Noticiero Uni				
A&E	Farrah Fawcett Forever (CC)	JFK Jr. The Final Year	Memorable moments from JFK Jr.’s life. (N) (CC)	Farrah Fawcett Forever (11:04) (CC)						
AMC	Movie: “Colombiana” (5:30) ★★ (2011) Zoe Saldana.	Movie: “Moneyball” ★★ ★★ (2011, Drama) Brad Pitt, Jonah Hill. A baseball manager challenges old-school traditions. (PG-13) (Adult language, adult situations) (CC)	Movie: “War Dogs” ★★ (2016) Jonah Hill. (R) (CC)							
ANIM	Lone Star Law Deer season is well underway in Texas.	Lone Star Law Poaching investigation. (CC)	Lone Star Law: Bigger and Better “Finding a Felon” (N)	Lone Star Law Oyster boat deckhand with warrants.	Lone Star Law “Hunting Hunters” (CC)					
BET	Movie: “Tyler Perry’s I Can Do Bad All By Myself” (6:05) ★★ (2009, Comedy-Drama) Tyler Perry. (PG-13) (CC)	Tales “My Life” Edie learns her mother is ill. (N)	The Next Big Thing The artists entertain crowds. (N)	Tales “My Life” Edie learns her mother is ill.						
BRAVO	The Real Housewives of Beverly Hills (CC)	The Real Housewives of Beverly Hills (CC)	The Real Housewives of Beverly Hills (N) (CC)	The Real Housewives of Potomac (CC)	Watch What Happens Live	Real Housewives/Beverly Hills				
CMT	Last Man Standing	Last Man Standing	Movie: “The Princess Diaries 2: Royal Engagement” ★★ (2004) Anne Hathaway. A young princess must marry or give up the throne. (G) (CC)	Movie: “The Princess Diaries 2: Royal Engagement” ★★ (2004) Anne Hathaway. (G)						
COM	The Office (6:50) (CC)	The Office (7:25) (CC)	The Office Ryan returns.	The Office Ryan returns.	The Office (CC)	The Office (CC)	Drunk History (N) (CC)	Alternatino With Arturo	The Daily Show	Drunk History (11:36) (CC)
CTN	County Connection	Down to Earth	County Connection	Board of Supervisors						
DISC	Deadliest Catch Destination disappears without a trace.	Deadliest Catch: On Deck “Crane Wreck” (N) (CC)	Deadliest Catch Casey conducts surgery. (N) (CC)	Mysteries of the Abandoned (10:01) “World’s Strangest Ghost Towns” Why ghost towns were abandoned. (CC)						
E!	E! News (N) (CC)	Relatively Nat & Liv Nat and Liv struggle to make up. (N)	Movie: “Bride Wars” ★ (2009) Kate Hudson. Weddings scheduled the same day turn best friends into enemies.	Movie: “Something Borrowed” ★ (2011) (PG-13)						
ESPN	2019 World Series of Poker (6:00) Final Table. (N)	SportsCenter (N) (CC)	SportsCenter (N) (CC)	SportsCenter (N) (CC)	SportsCenter (N) (CC)					
FOOD	Chopped Four teen winners compete. (CC)	Chopped Junior Edible slime in the entree basket. (N)	Chopped An epic hot dog battle. (N) (CC)	Chopped The chefs work with a potato theme. (CC)	Chopped Rare hot dogs; hot dog desserts. (CC)					
FX	“Alien: Covenant” (5:00)	Movie: “Passengers” ★★ (2016, Science Fiction) Jennifer Lawrence. Two space travelers discover that their ship is in danger. (PG-13) (CC)	Pose Damon and Ricky compete. (N) (CC)	Pose Damon and Ricky compete. (N) (CC)						
HGTV	Fixer Upper “All-American Farmhouse” (CC)	Fixer Upper The Aguilar family looks for a home.	Good Bones A building with multiple condos. (N) (CC)	House Hunters	Hunters Int’l	House Hunters	Hunters Int’l			
HIST	American Pickers Mike falls hard for a midget racecar.	American Pickers They catch up with the Aerosmith van.	American Pickers A search for some cool items. (N)	American Pickers (10:03) “Corvette King” (CC)	American Pickers (11:05) Test drives. (CC)					
ION	Criminal Minds Ritualistic murders in New Jersey.	Criminal Minds Bodies are found in lifeguard towers.	Criminal Minds A string of brutal home invasions.	Private Eyes “Mise En Place” A high-profile murder.	Private Eyes Shade and Angie search for a racehorse.					
ITV	DW News - The Day	Euromaxx (CC)	Arts 21	My Brand New Life	A Biography of America	The Western Tradition	GED Connection “Drama” (CC)	Global 3000 (CC)	DW Newshour: Late Night Edition	
LAND	The Andy Griffith Show	The Andy Griffith Show	Everybody Raymond	Everybody Loves Raymond (8:45) “Prodigal Son” (CC)	Everybody Raymond	Two and a Half Men	Two and a Half Men	The King of Queens (CC)	The King of Queens (CC)	
LIFE	Dance Moms Yolanda and Elliana return. (N) (CC)	Dance Moms Memories of stars from the series. (N)	Dance Moms GiaNina and Elliana’s duet leads to war. (N)	Marrying Millions (10:15) “Can’t Buy My Love” (CC)	Dance Moms (11:15) “Lilly’s Ultimatum” (CC)					
NATG	When Sharks Attack “Terror Down Under” (CC)	When Sharks Attack “Bedlam In Brazil” (N) (CC)	When Sharks Attack “The Shark Bite State” (N) (CC)	The Whale That Ate Jaws: Eyewitness Report (N) (CC)	When Sharks Attack “Bedlam In Brazil” (N) (CC)					
OWN	Extreme Weight Loss “Ryan” (CC)	Ambitions Rondell falls out of favor with Senior.	Ambitions Stephanie and Evan join forces. (CC)	Ambitions A newcomer carries out a nefarious plan. (N)	Ambitions Rondell falls out of favor with Senior. (CC)					
OXY	Chicago P.D. A hoarder is arrested. (CC)	Chicago P.D. Atwater and Burgess get a new car. (CC)	Chicago P.D. “Conventions” SVU agents help with a case.	Chicago P.D. Ruzek helps Burgess get retribution. (CC)	Chicago P.D. Olinsky takes Ruzek down a peg. (CC)					
PARMT	Mom (CC)	Movie: “Coming to America” ★★ ★★ (1988, Comedy) Eddie Murphy. An African prince and his royal sidekick come to Queens. (R) (CC)	Ink Master The artists must put needle to skin. (N) (CC)	Movie: “Coming to America” ★★ ★★ (1988) Eddie Murphy.						
TCM	Movie: “For All Mankind” ★★ ★★ (1989, Documentary) (NR) (CC)	Movie: “Countdown” ★★ (1968) James Caan. American astronauts race to get to the moon first. (NR) (CC)	Movie: “From the Earth to the Moon” ★★ (1958) Joseph Cotten. (NR) (CC)							
TNT	Movie: “Kong: Skull Island” (6:30) ★★ ★★ (2017, Adventure) Tom Hiddleston. (PG-13) (CC)	Animal Kingdom The Codys head out for a big job. (N)	Animal Kingdom (10:01) The Codys head out for a big job.	Movie: “Tomorrowland” (11:02) ★★ (2015) (PG)						
TRAVEL	Expedition Unknown The ruins called Japan’s Atlantis.	Expedition Unknown “Finding Nazi Hideouts” Nazi hideouts in Argentina. (N) (CC)	America Unearthed “Drake’s Lost Treasure” (N) (CC)	Mummies Never Die (N) (CC)						
USA	Modern Family	Modern Family	WWE SmackDown! (N) (CC)	Chrissy Knows Best	Growing Up Chrissy	Modern Family (11:01)	Modern Family (11:31)			



Group support can transcend the meeting itself. GETTY IMAGES

DON'T GO IT ALONE; WHERE TO LOOK FOR A CAREGIVER SUPPORT GROUP

BY MICHELE PARENTE

When Cheryl Jarvis was looking for help in dealing with her mom’s care a few years back, she turned to the Southern Caregiver Resource Center and Alzheimer’s San Diego.

In addition to other services, Jarvis used both of the groups’ extensive support group networks. Jarvis said the support she received transcended the actual meetings, with other caregivers becoming more like family than some of her actual family members.

And, she noted, with a laugh, nothing better reminded her of how good she had it than going to support group and hearing how bad others had it.

Where to start: A multitude of places offer caregiver support groups, from caregiver service organizations to disease-related associations and even private memory-care facilities.

• If you’re already working with a caregiver services organization, for respite care, for example, ask them about their support program.

• Hospital, VA and care-facility social workers can also recommend support groups.

• If your parent lives at a long-term care community, ask if they offer support groups for family members. Sometimes groups will hold meetings at assisted living facilities; sometimes the facility itself coordinates the support group and provides the facilitator or counselor who runs it.

• Most disease-affiliated associations have regular support groups around San Diego County and post the schedule on their websites. Some of the groups are limited to people with the disease; make sure to ask about groups for family caregivers.

• If you’re working with a geriatric care manager, ask him or her to recommend a support group.

• Senior centers, adult-day care centers and churches are also places that may hold support groups.

• Check out national resources: Eldercare Locator, a public service of the U.S. Administration on Aging, can connect caregivers to services. Contact: (800) 677-1116. AARP has a Caregiving Support Line. Contact (877) 333-5885.

Keep in mind: While some caregiver support groups are helpful to anyone, there are groups that focus on the specific challenges of a caregiver. Exam-

ples includes support groups for spouses, adult children of aging parents, military caregivers, Spanish speakers or men’s support groups.

A sampling of places that offer support groups:

• The county’s Aging and Independent Services’ Family Caregiver Support Program contracts with the Southern Caregiver Resource Center to provide support groups to family caregivers. Contact SCRC at (800) 827-1008 for more information.

• For those caring for someone with dementia: Alzheimer’s San Diego offers regular support groups. Contact: (858) 492-4400 or alzsd.org/services/support-discussion-groups.

• The San Diego-based Pacific South Coast chapter of the National Multiple Sclerosis Society can be reached at (800) 344-4867.

• The newly revived Parkinson’s Association of San Diego offers support groups. Contact: (858) 999-5671.

• The American Cancer Society has a caregiver support group list that’s searchable by ZIP code. Cancer patients and caregivers can also create an online support group through MyLifeLine.org.

The American Cancer Society has developed a downloadable Caregiver Resource Guide at cancer.org/treatment/caregivers.html. For more information, call the ACS Mission Valley office at (619) 682-7410 or the Cancer Helpline at (800) 227-2345.

• The ALS Association Greater San Diego Chapter has regularly scheduled support groups. Contact: (858) 271-5547.

• The George G. Glenner Alzheimer’s Family Centers, which operates adult day-care centers in Encinitas, Hillcrest and Chula Vista, conducts five weekly or biweekly support groups.

They are held at their three locations, as well as at off-site locations in Escondido and National City. The group meetings are free and open to any caregiver for someone with Alzheimer’s or other dementia, not only Glenner program participants. Contact: (619) 420-1703.

• Stellar Care Memory Care Community hosts an Alzheimer’s San Diego support group for residents’ family members every first and third Tuesday of the month at 6:30 p.m. Contact: (619) 287-2920.

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