

## Support Groups for Seniors

When facing the challenges of long term care giving and disease management it is vital to have outside support. Fortunately there are many local organizations that can be very helpful. These organizations provide education, counseling, support groups, and information and referrals. Support groups are especially important as they provide an opportunity for you to meet with others who are facing similar challenges. You will learn from others and be comforted by the fact that you are not alone.

For more information, contact the following organizations:



Alzheimer's Association – An excellent national organization that has a very active local office where you can find educational materials and classes as well as support groups. (916) 482-8290, [www.sacalz.org](http://www.sacalz.org)

Arthritis Foundation – Resources for sufferers of arthritis as well as family members and caregivers. Services include exercise, support groups, information and referrals. (916)368-5599, [www.arthritis.org](http://www.arthritis.org)

Maidu Community Center, Roseville – Support groups meet once a month for the following issues; Caregiving, Alzheimer's, Cancer, Diabetes, Fibromyalgia, Parkinson's, and Widowed persons. Call (916) 774-5960 for meeting dates and times.

Del Oro Caregiver Resource Center – Del Oro's mission is to “improve the well being of caregivers and provide support throughout the care giving process.” Their services include referrals to community services, counseling, respite care, legal and financial consultation, education and training, and support groups. (916) 971-0893, [www.deloro.org](http://www.deloro.org)

Parkinson's Disease Association – This group provides information and education for patients and caregivers including seminars and support groups. (916) 489-0226.

Asking for help is an important step in learning to cope with long term caregiving and disease management. These support organizations are staffed with caring and helpful people who will be happy to point you in the right direction for information and support. You are not alone!

**Craig Falk, President, Craig Cares, “helping you live independently at home”.**