



## Support Groups offer Love and Understanding

Neurodegenerative diseases are chronic diseases with no cure. When comparing neurodegenerative diseases to other chronic diseases, like Diabetes, the treatment options available are limited. The most widely diagnosed neurodegenerative disease is Alzheimer's disease. It causes cognitive decline, loss of motor function, and/or behavioral changes. Care partners face enormous responsibilities while watching their loved one experiencing these changes. In the counties we serve approximately 6,700 people 65 and older have been diagnosed with Alzheimer's disease.

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## Can Attending a Support Group Really Make a Difference?

\* **Physical & Emotional Isolation:** Support groups offer a chance for social interaction, providing stimulation and connection. Being around people who understand each other's experiences can reduce feelings of loneliness. Care partners can connect with others facing similar challenges. Care partners can discuss fears, frustrations, and successes in a supportive environment.

\* **Practical Advice:** Support groups offer a wealth of practical solutions, advice on daily care strategies, discussions on management of symptoms, or how to make their home environment safer or more navigable. Care partners can receive advice on how to communicate more effectively with their loved one.

\* **Resource Information:** Support groups often share information about local resources like adult day care, respite services, legal advice for planning future care, or financial planning services. Other resources shared during meetings could be books, websites, podcasts, apps, printed publications, helplines, guides, lists of medical professionals specializing in dementia, or other local support services like our TCARE program.

Please explore our website, [swirca.org](http://swirca.org), or contact Rhonda Walsh at [rwalsh@swirca.org](mailto:rwalsh@swirca.org) for specific resources.