

# Caregiver Support Groups



## About caregiver support groups

Support groups bring together people facing similar issues to share experiences and advice. Just talking with other people who are in the same boat can be helpful! While not everyone wants or needs support beyond family and friends, it can be helpful to turn to those outside your immediate circle. A support group can help you cope better and feel less isolated.

You can participate on the level that you feel comfortable. All groups are free unless otherwise indicated.

## What are the benefits of caregiver support groups?

Members of support groups report that it helps them feel like they aren't alone in their challenges. They like talking to others who are facing the same challenges, but also to others who might be further down the path, which demonstrates that while things will progress, it's still manageable. Support group members often find that listening to others can take some of the fear out of the experience. Some members say that participating in group has helped them accept the reality of the situation and allow them to better cope.

For more information, or for help finding a support group for a specific disease, please contact AGE of Central Texas Caregiver Resource Center at 512-451-4611 or [info@ageofcentraltx.org](mailto:info@ageofcentraltx.org).

| Name   | Disease              | Location       | Day/Time   | Address   | Contact Information   | Notes  |
|--|----------------------|----------------|--|---|---|--|
| <b>Caregiver support group</b><br>Organized by AGE of Central Texas              | Not disease specific | Central Austin | Monthly on the 4 <sup>th</sup> Wed. 12:00 pm - 1:30 pm   | AGE of Central Texas<br>3710 Cedar St.<br>Austin, TX 78705<br>( <i>Founders' Room</i> )               | Barbara Wiederaenders<br>512-451-0684<br><a href="mailto:bwiederaenders@att.net">bwiederaenders@att.net</a> | Each member is invited to take a turn sharing their experience |
| <b>Caregiver support group</b><br>Organized by Tarrytown United Methodist Church | Not disease specific | Central Austin | Monthly on the 1st <sup>th</sup> Wed. 12:00 pm - 1:30 pm | Tarrytown United Methodist Church<br>2601 Exposition Blvd.<br>Austin, TX 78703<br>( <i>Room 223</i> ) | Elizabeth Douglass<br>512-458-1812<br><a href="mailto:esdouglass@aol.com">esdouglass@aol.com</a>            |  |
| <b>Caregiver support group</b><br>Organized by Riverbend Church                  | Not disease specific | West Austin    | Monthly on the 4 <sup>th</sup> Mon. at 6:30pm            | Riverbend Church<br>4214 Capital of TX Hwy, N.<br>Austin, TX 78746<br>( <i>Quad 3A</i> )              | Sharon Butler<br><a href="mailto:sebutler@austin.rr.com">sebutler@austin.rr.com</a>                         |  |

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| <b>Caring for the Caregiver</b><br>Organized by First United Methodist Church | Not disease specific | Bastrop                      | Weekly on Thurs.<br>10:00 am – 11:00 am                | First United Methodist Church<br>1204 Water Street<br>Bastrop, Texas 78602<br><i>(Lodge)</i>           | Dorothy Williams, LBSW<br>512-988-1652  | Alzheimer's Respite:<br>1201 Main Street<br>Bastrop, TX 78602   |
| <b>Caregiver support group</b><br>Organized by AGE of Central Texas           | Not disease specific | Round Rock                   | Monthly on 2 <sup>nd</sup> Tues.<br>12:00 pm – 1:00 pm | Grace Lutheran Church<br>708 Bluff Drive<br>Round Rock, TX 78681<br><i>(Taylor Education Building)</i> | Barbara Wiederaenders<br>512-451-0684<br><a href="mailto:bwiederaenders@att.net">bwiederaenders@att.net</a>       | Each member is invited to take a turn sharing their experience  |
| <b>Caregiver-online</b><br>Organized by Family Caregiver Alliance             | Not disease specific | Email-based discussion group | 24/7   | Email-based discussion group   | <a href="http://www.caregiver.org/support-groups">www.caregiver.org/support-groups</a>                            | Share, interact, and learn from each other in a safe, supportive environment<br>No discussion moderator   |
| <b>Caregiver Teleconnection</b><br>Organized by WellMed Charitable Foundation | Not disease specific | Phone-based learning         | Various  | Phone-based learning   | <a href="http://caregiversos.org/caregiver-teleconnection/">http://caregiversos.org/caregiver-teleconnection/</a> | Variety of topics hosted by professional facilitators and experts<br>Opportunity to connect and share with other caregivers during the sessions |

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| <b>Building Bridges:<br/>A Therapy Group for Living with Advanced Illnesses</b>         | Advanced Illness      | Central Austin | Weekly on Tues.<br>10:00 am – 11:20 am<br><br>Weekly on Wed.<br>11:30am – 12:50pm | 2525 Wallingwood Dr., BLDG 9, # 900 Austin, TX 78746 | Dr. David Zuniga, PLLC<br>Licensed Psychologist<br>512-815-3477<br><a href="http://www.drdauidzuniga.com">www.drdauidzuniga.com</a> | \$50/session<br>Free funding may be available for oncology patients and cancer caregivers<br>Sliding scale spaces may be available<br>For anyone who is an advanced illness patient, or caregiver for an advanced illness patient<br>Facilitated by licensed psychologist |
| <b>Caregiver support groups</b><br>Organized by Alzheimer's Texas                       | Dementia              | Various        | Various   | Various locations in Central Texas                   | For a complete list of support groups, please visit:<br><a href="http://www.txalz.org">www.txalz.org</a>                            | May offer respite care<br>Facilitated by volunteers who have gone through Alzheimer's Texas facilitator training  |
| <b>Memory Connections caregiver support groups</b><br>Organized by AGE of Central Texas | Dementia Early Stages | Various        | Monthly on various days<br>9:30 am – 11:00 am                                     | Various locations in Central Texas                   | K.C. Lawrence, LMSW<br>(512) 600-9276<br><a href="mailto:klawrence@ageofcentraltx.org">klawrence@ageofcentraltx.org</a>             | Registration required<br>Open format for sharing<br>Facilitated by social worker or counselor   |

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| <b>Caregiver support group</b><br>Organized by Alzheimer's Association                             | Dementia                       | North Austin              | Monthly on 2 <sup>nd</sup> Mon.<br>7:00 pm – 8:00 pm      | Triumphant Love Lutheran Church<br>9508 Great Hills Trail, Austin, TX 78759                        | <a href="https://www.alz.org/texascapital/">https://www.alz.org/texascapital/</a>                              | Registration Required  |
| <b>Caregiver support group</b><br>Organized by Alzheimer's Association                             | Dementia                       | Northwest Austin          | Monthly on 2 <sup>nd</sup> Mon.<br>7:00 pm – 8:00 pm      | Triumphant Love Lutheran Church<br>9508 Great Hills Trail<br>Austin, TX 78759<br>(Conference Room) | <a href="https://www.alz.org/texascapital/">https://www.alz.org/texascapital/</a>                              | Facilitated by volunteers who have gone through Alzheimer's Association facilitator training |
| <b>FTD Caregiver support group</b><br>Organized by the Association for Frontotemporal Degeneration | Dementia<br>FTD                | Central Austin            | Monthly on 2 <sup>nd</sup> . Tues.<br>1:00 pm – 3:00 pm   | AGE of Central Texas<br>3710 Cedar Street<br>Austin, TX 78705<br>(Founder's Room)                  | Stephen Fenoglio<br>512-347-9944<br><a href="mailto:jsfenoglio@fenogliolaw.com">jsfenoglio@fenogliolaw.com</a> |  |
| <b>Lewy Body Dementia Support Group</b><br>Organized by Lewy Body Dementia Association             | Dementia<br>Lewy Body Dementia | Central Austin            | Monthly on 3 <sup>rd</sup> Sat.<br>9:30 am – 11:00 am     | AGE of Central Texas<br>3710 Cedar Street<br>Austin, TX 78705<br>(Founder's Room)                  | Tom Clark<br>(830) 220-9155<br><a href="mailto:taphclark@hotmail.com">taphclark@hotmail.com</a>                | Facilitated by caregiver / peer  |
| <b>ALZConnected</b><br>Organized by Alzheimer's Association  | Dementia                       | Online message board      | 24/7  | Online message board   | <a href="https://www.alzconnected.org/">https://www.alzconnected.org/</a>                                      | Online community   |
| <b>Dial-In Support Group</b><br>Organized by Alzheimer's Association                               | Dementia                       | Phone-based support group | Monthly on 2 <sup>nd</sup> . Tues.<br>11:30 am – 12:30 pm | (866) 316-2054   | <a href="https://www.alz.org/texascapital/">https://www.alz.org/texascapital/</a>                              | Registration Required  |

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| <b>24/7 Helpline</b><br>Organized by Alzheimer's Association                      | Dementia | Support phone line, not a group                        | 24/7                    | 1 (800) 272-3900                                       | <a href="https://www.alz.org/we-can-help-24-7-helpline.asp">https://www.alz.org/we can help 24 7 helpline.asp</a>                      | Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education                  |
| <b>Caregiver support groups</b><br>Organized by Alzheimer's Foundation of America | Dementia | Telephone-based support groups                         | Weekly at various times | Telephone-based support groups                         | Hotline: 866-232-8484<br><a href="https://alzfdn.org/caregiving-resources/2860-2/">https://alzfdn.org/caregiving-resources/2860-2/</a> | Led by social workers<br>Cover a variety of topics   |
| <b>Dementia Advocacy and Support Network International (DASNI)</b>                | Dementia | Internet-based support network<br>Online message board | 24/7                    | Internet-based support network<br>Online message board | <a href="http://www.dasninternational.org/">http://www.dasninternational.org/</a>  | Goals include: promote respect and dignity for persons with dementia; provide a forum for the exchange of information; encourage support; advocate for services. |

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