

Support Groups



WHAT ARE THEY?

- A safe place for people caring for a loved one with memory problems to provide encouragement and discussion with others regarding the similar things they are going through.
- Groups meet at local organizations such as a church, library, school, medical office, or other neutral spot.
- Groups typically meet 1-2 times per month at a variety of times to meet your needs.

BENEFITS

- Helps to provide validation regarding hardships and struggles that may be experienced.
- Other members of the support group may offer ideas or suggestions that could be helpful for you and your loved one.
- May offer educational opportunities hosted by a dementia professional.

TYPES

- Early stage groups for those recently diagnosed with dementia
- Adult children of someone diagnosed with dementia
- Male caregiver groups
- Younger onset
- Disease specific (examples include Parkinson's, Frontotemporal, Lewy Body etc.)
- Some support groups may be offered in non-traditional formats such as online, or over the phone

THINGS TO REMEMBER

- Finding a support group that fits your specific needs is important for you to feel comfortable and able to share with others. If a support group that you visit doesn't feel suitable for your needs, exploring other groups can be a good idea to find the best fit.
- Although a support group can be a great setting for reassurance and guidance from others who are going through the same journey, it is important to make sure you seek medical advice from a qualified expert.

Please see reverse side for a listing of service providers who offer support groups in the greater Grand Rapids area.

ORGANIZATIONS THAT OFFER OR ADVERTISE SUPPORT GROUPS

Visit rethinkingdementiami.org and select “support groups” underneath “education and support” for a complete listing of support groups in West Michigan.



(800) 272-3900 | <http://www.bit.ly/WestMISupportGroups>



(616) 456-5664 | caregiverresource.net



(616) 355-5153 | <https://www.evergreencommons.org/caregiver-services>



(616) 685-4444 | mercyhealth.com (search dementia caregiver support groups)