Monthly Caregiver Support Group

2019 SCHEDULE

    Thursdays
    10:00-11:00 AM

    January 24
    Self-Care Techniques

    February 28
    Stages of Alzheimer’s Disease

    March 28
    Challenges and Managing Stress

    April 25
    Communication Strategies

    May 23
    Medical side of Alzheimer’s Disease

    June 27
    Personal Care Approaches

    July 25
    Adapting Activities

    August 22
    Environmental Factors

    September 26
    Absolutes for Caregivers

    October 24
    Sensory Integration Approaches

    November 21 *Third Thursday
    Behaviors and How We Respond

    December 19 *Third Thursday
    Managing the Holidays

Caregiving for a loved one can be isolating and overwhelming, impacting the health and wellbeing of the caregiver. Mansfield Adult Day Health Center offers support and resources for individuals and families coping with the daily challenges of illness, disability, and aging. Caregiver support and resources are available to all, regardless of whether or not they participate in our program.

Our monthly support group is designed for caregivers of a loved one who is elderly or has a disability.

Meetings are held on the fourth* Thursday of the month, from 10:00-11:00 AM.

Research has shown that participating in caregiver support groups results in very real benefits that significantly improve the quality of life for caregivers. There are many benefits of joining a support group. Here are five to consider:

1. Feeling less lonely, isolated or judged
2. Gaining a sense of empowerment and control
3. Reducing stress, depression or anxiety and having lower rates of clinical depression; and improving your coping skills
4. Improving your caregiving ability and giving better quality of life for your loved one
5. Helping you keep your loved one at home longer


Every caregiver struggles with the day-to-day challenges of caring for their loved one; after all, caregiving is hard. Our caregiver support group is designed to help make your life easier, reduce stress, and improve your health.

We hope you will join us.