

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 Natalie Alcorta, Caregiver Support Manager at AGE of Central Texas at 512-600-9275 or nalcorta@ageofcentraltx.org.

Name (organizer)	Disease	Location	Day/Time	Address	Contact Information	Notes
Caregiver Circle (AGE of Central Texas)	Not disease specific	Central Austin	Monthly on the 4 th Wed. 12 - 1:30 pm	AGE of Central Texas 3710 Cedar St. Austin, TX 78705 (Founders' Room)	Barbara Wiederaenders 512-451-0684 bwiederaenders@att.net	Each member is invited to take a turn sharing their experience
Caregiver support group (Riverbend Church)	Not disease specific	West Austin	Monthly on the 4 th Mon. at 6:30 pm	Riverbend Church 4214 Capital of Tx Hwy, N. Austin, TX 78746 (Quad 3A)	Sharon Butler sebutler@austin.rr.com	
Caring for the Caregiver (First United Methodist Church)	Not disease specific	Bastrop	Weekly on Thurs. 10 – 11 am	First United Methodist Church 1204 Water Street Bastrop, Texas 78602 (Lodge)	Dorothy Williams, LBSW 512-988-1652	Alzheimer's Respite: 1201 Main Street Bastrop, TX 78602

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Caregiver Circle (AGE of Central Texas)	Not disease specific	Round Rock	Monthly on 2 nd Tues. 12-1:30 pm	Grace Lutheran Church 708 Bluff Drive Round Rock, TX 78681 <i>(Taylor Education Building)</i>	Barbara Wiederaenders 512-451-0684 bwiederaenders@att.net	Each member is invited to take a turn sharing their experience
Caregiver-online (Family Caregiver Alliance)	Not disease specific	Email-based discussion group	24/7	Email-based discussion group	www.caregiver.org/support-groups	Share, interact, and learn from each other in a safe, supportive environment No discussion moderator
Caregiver Teleconnection (WellMed Charitable Foundation)	Not disease specific	Phone-based learning	Various	Phone-based learning	http://caregiversos.org/caregiver-teleconnection/	Variety of topics hosted by professional facilitators and experts Opportunity to connect and share with other caregivers.
Building Bridges: A Therapy Group for Living with Advanced Illnesses	Advanced Illness	Central Austin	Weekly on Tues. 10 - 11:20 am Weekly on Wed. 11:30 am-12:50 pm	2525 Wallingwood Dr., BLDG 9, # 900 Austin, TX 78746	Dr. David Zuniga, PLLC Licensed Psychologist 512-815-3477 www.drdaavidzuniga.com	\$50/session (Free funding may be available for oncology patients and cancer caregivers; and sliding scale spaces may be available) For anyone who is an advanced illness patient, or caregiver for an advanced illness patient Facilitated by licensed psychologist
Caregiver support groups (Alzheimer's Texas)	Dementia	Various	Various	Various locations in Central Texas	For a complete list of support groups, please visit: www.txalz.org	May offer respite care Facilitated by volunteers who have gone through Alzheimer's Texas facilitator training

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Memory Connections caregiver support groups (AGE of Central Texas)	Dementia Early stage	Various	Monthly on various days 9:30 - 11 am	Various locations in Central Texas	K.C. Lawrence, LMSW (512) 600-9276 klawrence@ageofcentraltx.org	Registration required Open format for sharing Facilitated by social worker or counselor
Caregiver support group (Alzheimer's Association)	Dementia	North Austin	Monthly on 2 nd Mon. 7 - 8 pm	Triumphant Love Lutheran Church 9508 Great Hills Trail, Austin, TX 78759	https://www.alz.org/texascapital/	Registration Required
Caregiver support group (Alzheimer's Association)	Dementia	Northwest Austin	Monthly on 2 nd Mon. 7 - 8 pm	Triumphant Love Lutheran Church 9508 Great Hills Trail Austin, TX 78759 (<i>Conference room</i>)	https://www.alz.org/texascapital/	Facilitated by volunteers who have gone through Alzheimer's Association facilitator training
FTD Caregiver support group (Association for Frontotemporal Degeneration)	Dementia FTD	Central Austin	Monthly on 2 nd . Tues. 1 - 3 pm	AGE of Central Texas 3710 Cedar Street Austin, TX 78705 (<i>Founder's room</i>)	Stephen Fenoglio 512-347-9944 jsfenoglio@fenogliolaw.com	
Lewy Body Dementia Support Group (Lewy Body Dementia Association)	Dementia Lewy Body Dementia	Central Austin	Monthly on 3 rd Sat. 9:30 – 11 am	AGE of Central Texas 3710 Cedar Street Austin, TX 78705 (<i>Founder's room</i>)	Tom Clark (830) 220-9155 taphclark@hotmail.com	Facilitated by caregiver / peer
ALZConnected (Alzheimer's Association)	Dementia	Online message board	24/7	Online message board	https://www.alzconnect.org/	Online community
Dial-In Support Group (Alzheimer's Association)	Dementia	Phone-based support group	Monthly on 2 nd . Tues. 11:30 am – 12:30 pm	(866) 316-2054	https://www.alz.org/texascapital/	Registration Required

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24/7 Helpline (Alzheimer's Association)	Dementia	Support phone line, not a group	24/7	1 (800) 272-3900	https://www.alz.org/we-can-help-24-7-helpline.asp	Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education
Caregiver support groups (Alzheimer's Foundation of America)	Dementia	Telephone-based support groups	Weekly at various times	Telephone-based support groups	Hotline: 866-232-8484 https://alzfdn.org/caregiving-resources/2860-2/	Led by social workers Cover a variety of topics
Dementia Advocacy and Support Network International (DASNI)	Dementia	Internet-based support network Online message board	24/7	Internet-based support network Online message board	http://www.dasninternational.org/	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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