



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 specific support group, please contact AGE at 512-600-9275 or ResourceCenter@AGEofCentralTX.org.

Name (organizer)	Location	Day/Time	Address	Contact Information	Notes
Group Focus: General Caregiving					
Caregiver Circle (AGE of Central Texas)	Zoom	Monthly on the 4 th Wed. 12-1:30 pm	Contact for Zoom Link	Barbara Wiederaenders 512-451-0684 or 512 845 6117 bwiederaenders@att.net	Each member is invited to take a turn sharing their experience
Caregiver Circle (AGE of Central Texas)	Central Austin	Monthly on 1 st Mon. Noon - 1:30 pm	AGE of Central Texas 3710 Cedar St., Austin, TX 78705 (<i>Founder's Room</i>)	Barbara Wiederaenders 512-451-0684 or 512 845 6117 bwiederaenders@att.net	Each member is invited to take a turn sharing their experience

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Caregiver Circle (AGE of Central Texas)	Zoom	Monthly on 2 nd Tues. Noon - 1:30 pm	Contact for Zoom Link	Barbara Wiederaenders 512-451-0684 or 512 845 6117 bwiederaenders@att.net	Each member is invited to take a turn sharing their experience.
Adult Child Caring for Parent (AGE of Central Texas)	Zoom	Monthly on 2 nd and 4 th Wed. 4-5pm	Contact for Zoom Link	Preregistration required. Call 512-600-9275 or email ResourceCenter@AgeofCentralTX.org	Facilitated by licensed social worker. Open, informal format led by group members' requests and needs. Each person has an opportunity to share and others can respond and ask questions.
Caregiver Support Group (Riverbend Church)	Zoom	Monthly on the 2 nd and 4 th Mon. at 6:30pm	Contact for Zoom Link	Sharon Butler Email Sbutler@riverbend.com	
Caring for the Caregiver (First United Methodist Church)	Bastrop	Weekly on Thurs. 10 – 11 am	First United Methodist Church, 1204 Water St., Bastrop, Texas 78602 (Lodge)	Call 512-321-2201 or email office@fumcbastrop.org	Respite offered for individuals living with dementia at 1201 Main Street Bastrop, TX 78602
Caregiving Cafe @ BUDA OAKS	In Person	Monthly 1 st Thursday 1:30pm-3:30pm	1120 Cabela's Drive, Buda, TX 78610 Budaoaks.com	RSVP appreciated but not required. Lynn Greenblatt: ccafemail2@gmail.com Dura Sims: 830-837-3162	Gatherings are designed for all Family Caregivers who are caring for loved ones with dementia

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					<p>or with chronic conditions, or those who need caregiving resources. Caregiving Cafe provides a comforting space where you can express your concerns, celebrate your successes, and draw strength from a community that understands your challenges.</p>
Family Caregiver Alliance	Anytime		Email	To register visit: http://lists.caregiver.org/mailman/listinfo/caregiver-online lists.caregiver.org	

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Group Focus: Dementia					
Memory Connections caregiver support groups (AGE of Central Texas)	Zoom	Weekly Fri. 10:30-12:00pm	Contact for Zoom Link	Preregistration required. Call 512-451-4611 or email Memoryinfo@AgeofCentralTX.org	Registration required. Open format for sharing. Facilitated by licensed social worker or counselor.
Memory Connections participant support groups (AGE of Central Texas)	Zoom	Monthly on 1 st and 3 rd Wed. 2-3pm	Contact for Zoom Link	Call 512-451-4611 or email Memoryinfo@AgeofCentralTX.org	Currently limited to subscribers of Memory Connections. Please reach out for more information. Open format for sharing or discussion of related article or topic, facilitated by AGE staff.
Caregiver Support Group (Baylor, Scott and White)	Phone Based	Monthly on 2nd Tues. 10-11am	Phone Based	Register and learn more at: https://bit.ly/BSWCaregivers	
HopeHealth	Zoom	Mon-3:30-5p Tues- 3-4:30p Wed- 5-6:30p Thurs-10-11:30am	Contact for Zoom Link	Call (401) 415-4664 or email Info@HopeDementia.org	Zoom links and passwords are provided upon registration.

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		Fri-10- 11:30am			
Caregiver support groups (Alzheimer's Texas)	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
Caregiver support groups (Alzheimer's Association)	Various	Various	Various locations in Central Texas	For a complete list of support groups, please visit: www.alz.org/texascapital	
Buda Oaks Virtual Caregiver Support Group (Alzheimer's Association)	Zoom	Monthly on the 3 rd Thurs.	Contact for Zoom Link	Register by Phone: 1.800.272.3900	Safe and supportive environment of peers living in the early stages of Alzheimer's disease or related dementia and the care partners.

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FTD Caregiver support group (Association for Frontotemporal Degeneration)	Zoom		Contact for Zoom Link	Call AFTD's HelpLine at 1-866-507-7222 or email info@theaftd.org	
Lewy Body Dementia Support Group (Lewy Body Dementia Association)	Zoom	Twice Monthly on 1 st and 3 rd Sat. 10am	Contact for Zoom Link	Sarah Hyde-Williams Call (832) 794-8810 or email Sarah@SLAAustin.com	For more information, please visit <u>LBD Support Groups by Lewy Body Dementia Association (lbda.org)</u>
Caregiver support groups (Alzheimer's Foundation of America)	Telephone based support groups	Weekly at various times	Telephone-based support groups	Hotline: 866-232-8484 or visit https://alzfdn.org/caregiving-resources/2860-2/	Led by social workers and cover a variety of topics
Group Focus: Specific diseases					
Building Bridges: A Therapy Group for Living with Advanced Illnesses	Central Austin	Weekly on Tue. 10 - 11:20am Weekly on Wed. 11:30 am- 12:50 pm	2525 Wallingwood Dr., Bldg 9, # 900 Austin, TX 78746	Dr. David Zuniga, PLLC Licensed Psychologist Call 512-815-3477 or visit <u>www.drdavidzuniga.com</u>	\$50/session (Free funding or sliding scale fees may be available) For anyone who living with an advanced illness or their caregiver(s). Facilitated by licensed psychologist

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HopeHealth - Groups for Different Diagnoses	Zoom	Various	Contact for Zoom Link	Call (401) 415-4664 or email Info@HopeDementia.org	Find a Caregiver Support Group (hopehealthco.org) Zoom. links and passwords are provided upon registration.
Central Austin Stroke Support Group	St. David's Hospital Central Austin	2nd Monday of every month 3:00- 4:00 PM	919 E. 32nd St, Austin, Texas 78705 (1st floor)	Liz Joiner, LCSW Call (512) 544-8677 or email elizabeth.joiner@stdavids.com	For more information, please visit Central Austin Stroke Support Group American Stroke Association
Alzheimer's and Dementia Support group	Austin- Auberge	3 rd Thursday of every month 4:30- 6:00pm	11330 Farrah Lane, Austin, TX. 78748	Call or Email The Auberge at Onion Creek Marketing@aubergeonioncreek.com Tel: 512-280-2030	Light snacks and refreshments provided
Alzheimer's Association Caregiver Support Group	Provident at Buda	1 st Thursday of the month 6pm	645 FM 967, Buda, TX	Call: Jewel Jankas 512-468-5388	

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Alternative support					
Caregiver-online (Family Caregiver Alliance)	Email-based discussion group	24/7	Email-based discussion group	Register and learn more at: www.caregiver.org/support-groups	Share, interact, and learn from each other in a safe, supportive environment No discussion moderator
Dementia Advocacy and Support Network International (DASNI)	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.
Caregiver Teleconnection (WellMed Charitable Foundation)	Phone-based learning	Various	Phone-based learning	Call 1-866-390-6401 or email caregiverteleconnection@wellmed.net	Variety of topics hosted by professional facilitators and experts Opportunity to connect and share with other caregivers.

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24/7 Helpline (Alzheimer's Association)	Support phone line, not a group	24/7	Call 1 (800) 272-3900	For more information, please visit https://www.alz.org/we-can-help-24-7-helpline.asp	Confidential care consultation provided by master's level clinicians; help with decision-making support, crisis assistance and education
ALZConnected (Alzheimer's Association)	Online message board	24/7	Online message board	https://www.alzconnected.org/	
Caregiver's Farewell Circle (AGE of Central Texas)	Zoom First Fridays Noon – 1:30p		Contact for Zoom Link	Barbara Wiederaenders 512-451-0684 bwiederaenders@att.net	Gathers to share what life after caregiving feels like and what we're discovering about ourselves and our experience