



WHAT TO KNOW ABOUT

Dementia Caregiver Support Groups

These groups bring together family members, partners, and others caring for someone with Alzheimer's disease or another dementia. Dementia caregiving is distinct: it's progressive, so the demands grow over time; it involves cognitive and behavioral changes that can be harder than physical decline; and it carries a prolonged, ambiguous grief for a person who is still present but altered. Groups come in two forms. Peer-led groups offer community, shared experience, and practical coping. Professionally led psychoeducational programs address caregiver burden, depression, and distress through a structured curriculum.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for any caregiver wanting peer community and practical knowledge.
- Works best when you're ready to focus on your own experience.
- Significant depression or burnout may also call for individual care.

What it's for

Caregivers for any dementia: Alzheimer's, Lewy body, frontotemporal, vascular, mixed.

Helpful at any stage, from a new diagnosis to late-stage and end-of-life care.

Many keep attending after a death; this grief has its own particular shape.

WHAT TO EXPECT

1 Peer groups meet monthly or biweekly, 60 to 90 minutes, member-driven.

2 Talk centers on what's present: behaviors, safety, family conflict, grief.

3 Some offer respite or childcare, easing a common barrier to attending.

Caregiver interventions, especially group-based, are well-supported.

- A review of 142 trials found caregiver interventions had the strongest effects on **depression, stress, and self-efficacy**, with group formats among the most effective.¹
- A review and meta-analysis found group support and psychoeducation **significantly reduced caregiver burden and improved mental health**.²

MAKING THE MOST OF IT

Ambiguous grief is real. Here, people understand grieving someone still alive.

Borrow what works. Others have met the same behavioral crises and decisions.

Use the helpline. The Alzheimer's Association line runs 24/7 at 1-800-272-3900.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is this open peer discussion or a structured psychoeducational program?
- 2** Is it specific to a dementia type, or open to all caregivers?
- 3** Is respite care or an online option available so I can attend?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

Free to browse · No account needed · thegroupguide.com



If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Dementia Caregiver Support Groups · references keyed to the numbers on page 1.

- 1 Cheng, S.-T., Li, K.-K., Or, P. P. L., & Losada, A. Do caregiver interventions improve outcomes in relatives with dementia and mild cognitive impairment? A comprehensive systematic review and meta-analysis. *Psychology and Aging* (2022), 37(8), 929–953.
- 2 Yesufu-Udechuku, A., Harrison, B., Mayo-Wilson, E., et al. Interventions to improve the experience of caring for people with severe mental illness: systematic review and meta-analysis. *British Journal of Psychiatry* (2015), 206(4), 268–274.

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