

23 Best Caregiver Support Groups Online and In-Person

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If you're responsible for caring for an elderly loved one, caregiver support groups are a way for you and other caregivers to share your experiences, which can include information, insight, advice, or words of encouragement. Whether you're an [in-home caregiver](#), caring for someone with Alzheimer's or another form of [dementia](#), or have a family member in an [assisted living community](#), each person in a caregiver support group can learn from others who face similar challenges

ONLINE: Memory Caregiver Support Groups

It can be helpful to know you are not alone, learning about [caregiver statistics](#) can help you better understand the community of caregivers. If your loved one has Alzheimer's, another form of dementia, or other memory-impairment illnesses, Memory People may be a helpful group to join. It was created by Alzheimer's patient Rick Phelps as a way for dementia patients and caregivers to share their stories and find understanding.

[Dementia Caregivers Support Group](#)

Dementia Caregivers Support Group also supports caregivers of those affected by Alzheimer's and dementia. It seeks "to stimulate conversation and ensure all members a safe haven in posting personal feelings." Search group name on Facebook, or go to <https://www.facebook.com/groups/672984902717938>

[The Purple Sherpa Basecamp \(Dementia Family Caregiver Support Group\)](#)

Created by the daughter and primary caregiver of an Alzheimer's patient, this support group targets people caring for those with memory-impairment illnesses. It allows caregivers "to vent and support one another, and to break the silence that leaves so many caregivers feeling alone."

Search name on Facebook, or go to <https://www.facebook.com/groups/ThePurpleSherpaBasecamp/>

[Alzheimer's and Dementia Caregivers Support Chat Group](#)

This chat group supports friends, family, and caregivers of Alzheimer's and dementia patients. The members value brutal honesty and occasional humor during discussions. If you're focused strictly on gaining information regarding memory care, this group may not be the right fit. Search name or go to

<https://www.facebook.com/groups/703409729808429/>

[Dementia Caregivers Support Group](#)

A dementia patient's daughter-in-law, who also served as primary caregiver, created this dementia caregiver support group. Caregivers in this group — which now has more than a whopping 43,000 members — support each other by posting caregiving suggestions, ways to de-stress, and new discoveries in dementia treatments and preventions. Search name or go to

<https://www.facebook.com/groups/1516449868588963/>

[AgingCare's Caregiver Forum](#) (not via Facebook)

Caregiving questions of all sorts are quickly answered on this active forum, or message board, from A Place for Mom's partner site, AgingCare. Users can select from three separate tabs: Recent Activity, Most Popular, and Needs Answers. Anyone can read the Q&As though you must [sign up](#) to post your own questions or answers. Go to <https://www.agingcare.com/caregiver-forum>

[Caregiver Support Community](#)

Caregiver Support Community is a welcoming and supportive group intended for family caregivers — not for professional caregivers, nursing home workers, former caregivers, or anyone selling products or services. Before you join, the group asks you to share your caregiving story. Search name on Facebook, or go to <https://www.facebook.com/groups/caregiversupportcommunity/>

[Caring for Elderly Parents](#)

The organizers of this group recognize caring for your elderly parent may be one of the hardest situations you've ever faced. To ease this stress, the group gives members a place to ask questions, vent, or simply be heard. Search name on Facebook, or go to <https://www.facebook.com/groups/113354218750970/>

[Working Daughter](#)

Working Daughter is a space for women struggling to balance caregiving with a career and raising children. With more than 4,000 members, this group provides resources for women "searching for real world, practical answers" about juggling all of life's responsibilities. Search name on Facebook, or go to <https://www.facebook.com/groups/workingdaughter/>

[Caregivers of Narcissistic Family Members](#)

This support group is a safe place for caregivers to freely discuss the challenges of caring for a narcissistic family member. Group members provide suggestions and helpful tips to improve the health of both the caregiver as well as the senior loved one. Search on Facebook, or go to <https://www.facebook.com/groups/1360490783963320/>

[Caring for Spouse with Dementia](#)

A dementia caregiver support group that offers understanding from a specialized point of view. It's a growing and helpful resource for those who are caregiving and also coming to terms with their spouse's condition. Search name or go to <https://www.facebook.com/groups/275900859414999/>

[Family Caregiver Alliance \(FCA\)](#) (not via Facebook)

FCA's online caregiver support group focuses on family caregivers for patients with both physical and cognitive disorders like Alzheimer's, stroke, Parkinson's, and brain injuries. This FCA group offers "a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one." <https://www.caregiver.org/connecting-caregivers/support-groups/>

[Caregivers Connect](#)

Caregivers Connect allows the voices of family caregivers to be heard. This support group aims to inspire caregivers and provide helpful resources to better care for senior loved ones. It welcomes new people and encourages members to invite anyone who may benefit from these discussions. Search name on Facebook, or go to <https://www.facebook.com/groups/CaregiversConnect/>

General Online Caregiver Support Groups

[Caregivers Assist Support Group](#)

Caregivers Assist Support Group is an online community of more than 2,000 dedicated caregivers. Its stated purpose is “to share caregiving skills, best practices, and learn how to live a healthy prosperous life as a caregiver.” Search name on Facebook, or go to www.facebook.com/groups/CaregiversAssistSupportGroup/

[The Caregiver Space Community](#)

The Caregiver Space Community is a group for caregivers of elderly loved ones who may be ill or disabled. This group of more than 7,000 members welcomes family, loved ones, and professional **caregivers to connect and discuss their experiences.**

Search name online or go to <https://www.facebook.com/groups/216161412165764>

[Caring For The Caregiver Support Group](#)

Caring For The Caregiver Support Group encourages members to express their thoughts and feelings. This group is also a great way to find caregiving help or to offer your services as a caregiver. Search name on Facebook or go to <https://www.facebook.com/groups/1491221791165989/>

[Caregivers Hub Support Group](#)

Some of us have more experience than others with providing care. For those who are new to caregiving, the Caregivers Hub Support Group aims to support all caregivers — both family and professional — and to provide a space for new caregivers to learn from “veteran” care providers. Search on Facebook or go to <https://www.facebook.com/groups/CaregiversHubSupportGroup/>

How Can I Find Caregiver Support Groups Near Me?

Some people find connecting face-to-face, regularly or occasionally, to be more therapeutic than online support groups. Also, many in-person support groups focus on specific conditions and circumstances.

IN-PERSON Support Groups

[Alzheimer’s Association](#)

The Alzheimer’s Association’s map feature helps locate Alzheimer’s caregiver support groups nearest you. The meetings are facilitated by trained leaders. Find out more at https://www.alz.org/local_resources/find_your_local_chapter

[National Stroke Association](#)

The National Stroke Association has a Stroke Support Group Finder resource for caregivers, family members, and people affected by strokes. Go to <https://www.stroke.org/en/stroke-support-group-finder>

[Parkinson’s Foundation](#)

Use the Parkinson’s Foundation locator to find local chapters and resources near you. In the results listing, you’ll find services local chapters offer, including support groups. Find out more at <https://www.parkinson.org/Living-with-Parkinsons/in-your-area>

[American Cancer Society](#)

The American Cancer Society's "Search for Resources" page enables users to find local support groups for particular types of cancer. Enter in your ZIP code or city and state, then select "support" and the specific cancer in the "program" field. Go to <https://www.cancer.org/support-programs-and-services/resource-search.html>

[VA Caregiver Support Groups](#)

The U.S. Department of Veterans Affairs (VA) created The National Caregiver Support Line to assist , veterans, and others seeking caregiver information to speak with licensed, caring professionals. They can connect you with a Caregiver Support Coordinator at a VA Medical Center near you, or simply offer a listening ear. **You can reach the support line at 1-855-260-3274, Monday through Friday 8:00 a.m. to 8:00 p.m. EST.** Go to

Benefits of a Caregiver Support Group

Benefits of joining caregiver support groups include:

- Forming friendships, which can reduce feelings of loneliness, isolation, anxiety, or distress
- Getting advice from other caregivers regarding practical solutions, treatment options, and what to expect in the future; caregivers can also share their tips and improve or learn new healthy coping skills
- Gaining a sense of empowerment and control
- Giving a better quality of life to your senior loved one

How Can I Join a Closed (Private) Facebook Group?

You can find comfort in knowing that *closed* Facebook groups are private. All posts and comments can only be seen by other members of the group. Your activity will not show on your personal Facebook page.

Follow these steps if you are looking to join a closed Facebook group:

1. Sign in to your [Facebook](#) account. If you don't already have an account, there are simple steps to sign up for one.
2. Search for the Facebook group you'd like to join, and go to that group's page.
3. Click the "Join Group" button, which sends a request to the group's administrators and organizers.
4. Wait to be admitted into the group. If you do not get a message or notification, refresh your browser or check the group's page later.

Before requesting to join a Facebook group, read the description section. If available, check the special instructions to join or the community guidelines, and assess if this group is the right fit for you.

If at any time you want to [leave a Facebook group](#) after your request has been accepted, there are simple steps you can take to do so.

Article Source:

<https://www.aplaceformom.com/caregiver-resources/articles/caregiver-support-groups>