

Caregivers Support Group

The Caregivers Support Group is a caring support group that meets once a month in the conference room. The group is open to any resident at Brittany Pointe Estates whether he or she lives in an Independent Living apartment, OakBridge Terrace, or WillowBrooke Court. Many topics are discussed including the stages of Alzheimer's, practical ways to handle difficult situations, the grief process for the care giver, how to help family members deal with their loved ones, how to get through the holidays, tips and strategies to handle loved ones, how to ask for help, and how to care for yourself as a care giver, just to mention a few.

Often a nurse that works in the dementia unit in WillowBrooke Court comes to the support group to answer questions. We always have a sharing time for those who like to share what is going on in their own lives; the group as a whole is supportive and encourages others from their own experiences.

The Social Services Coordinator at WillowBrooke Court leads the group.