



Caregiver Support Groups

AHIF offers Caregiver Support Group on the first and third Wednesday of every month at 10 a.m. During our Caregiver Support Groups AHIF will teach about a topic and give the caregivers an opportunity to break into small/peer to peer groups. AHIF attempts to match Caregivers into groups of 3 to 4 that are in similar situations whenever possible. AHIF does this so that you have the opportunity to connect with caregivers who are facing similar situations as your own. The AHIF website contains a survey that we have each caregiver fill out or you can get this information through your Support Specialist.

"I have learned more about dealing with TBI from fellow caregivers than I have ever learned from medical professionals" - Bob (TBI Caregiver)



What Topics are Covered?

Apart from the Caregiver Support Group, AHIF offers various guest speaks presenting on topics of interest to our Caregivers.

Some of the topics AHIF has covered are:

- Neuropsychologist Guest Speakers
- Nutritionist Guest Speaker giving dietary advice
- Department of Mental Health Guest Speaker presenting on Getting back to Work/ Volunteering
- TBI and First Responders—TBI Identification Cards
- How to Plan for the Future of your Loved one
- Home Safety
- Assistive Technologies at Home
- Managing the emotional highs that your loved one can reach.
- Self care and Mindfulness
- Compassion Fatigue





Why are Support Groups Important for you?

Avoid Caregiver Burnout: 7 Benefits of Caregiver Support Groups

1. A Source of Additional Resources and Useful Information

A caregiver support group can be an excellent resource for participants, offering information, resources, and strategies specific to caring for someone similar to your loved one.

2. Emotional Support

It can be incredibly calming and healing, both mentally and physically, to confide in others who have had similar experiences as a caregiver. Having a healthy outlet for your emotions is an important resource that can help you develop healthy coping skills and avoid caregiver burnout.



3. Reduce Social Isolation

Socializing with others is an important way to manage anxiety and stress; without it, you may feel overwhelmed.

4. Provide a Refresh

Depending on your situation or the needs of the person you are caring for, going out for personal errands may be impractical. However, meeting with a support group can feel more productive and help you feel refreshed and recharged to continue providing care.

5. Improve Quality of Life

Investing in your own mental and emotional health ensures your cup is full and is ultimately an act of love towards the person you are caring for.

6. Help Regain Sense of Control

A support group can help you make sense of and accept your situation without putting too much pressure on yourself and other elements out of your control.

7. Gain Perspective

Being with others in similar situations may bring you to a simple but powerful realization: **YOU ARE NOT ALONE**



Need More Information?

Please email caregiver@ahif.org

You can also visit www.ahif.org or call the AHIF office at (205) 823-3818.