

## Benefits of a Support Group

- Learn what has and has not worked for others in situations similar to yours
- Find out about resources locally and online
- Meet other caregivers who understand what you are dealing with
- Share your experience in a safe, accepting environment
- Build confidence in your own ability to cope
- Reduce stress
- Reduce the sense of isolation that often accompanies caregiving
- Develop a support system beyond your family members, who may already be stressed

“Caregivers are among the three most-stressed groups in the country, according to the 2012 Stress in America Report by the American Psychological Association. ... As many as 70 percent of family caregivers show signs of depression, surveys show -- far higher rates than for peers who aren't in a caregiver role.”

— from “Caregiver Stress Syndrome: Who’s Most Stressed?” on the Caring.com web site

### **SynapseSite.net**

Serving Kingwood, Humble, and Lake Houston area families living with dementia

Learn more about ...

- Local caregiver events
- Local resources & support groups
- Care options
- Online resources & information

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Lake Houston

## Alzheimer’s & Dementia Caregiver Support Group



### **SynapseSite.net**

Information & Support for Families Living  
with Dementia

Dementia is difficult to cope with. If someone you love is experiencing confusion or memory loss, you may feel isolated, frightened or exhausted. Dementia disorders like Alzheimer's Disease, Lewy Body Dementia, Vascular Dementia, and FrontoTemporal Dementia take you into an altered universe. Behavior is difficult to comprehend, patience is stretched to its limits, and stress is a regular house guest. It can be heart-wrenching for all involved.

Since 2002 I have facilitated this caregiver support group for families dealing with Alzheimer's and dementia. My mother and my mother-in-law have had dementia disorders. Through these experiences I have learned that connecting with others on the same journey is a powerful first step toward finding peace in the midst of these conditions.

*Barbara Hemphill*



## Lake Houston Alzheimer's & Dementia Caregiver Support Group

<b>Meeting Time</b>	<b>7:00 pm to 8:30 pm</b>	<b>How long have you been meeting?</b>	<b>Since Nov 2002</b>
<b>Meeting Date</b>	<b>2nd Monday every month</b>	<b>Who attends?</b>	<b>Caregivers only</b>
<b>Meeting Location</b>	<b>Good Shepherd Episcopal Church</b>	<b>Do I need to let you know that I will attend?</b>	<b>No, just come</b>
2929 Woodland Hills Dr Kingwood, TX 77339		<b>How many usually attend?</b>	<b>10-20</b>
		<b>Do you have any social events?</b>	<b>Dinner Out each month</b>
		<b>Do you have a web site?</b> www.SynapseSite.net	<b>Yes</b>
		<b>How can I be reminded of meetings and local dementia-related events?</b>	<b>Join the SynapseSite mailing list</b>

