A support group is an effective way of addressing caregiver burden in a primary care setting. Group members found a caregiver support group to be valuable and helpful.

The support group:

“[helped me from] not feeling alone in the journey”

“Helps me to understand the manifestations of various conditions”

“Made me stronger”

Results

- Group members were: 17 caregivers who were predominately female (82.4%), Caucasian (64.7%), and non-Hispanic (94.1%) with an average age of 60 years old.
- ZBI scores reflected high burden, with an average score of a 21.9 – just above the cutoff of 20
- Over a four month period, group members found the support group to be helpful (M=4.7), were satisfied with the topics covered (M=4.5), felt comfortable sharing experiences and opinions (M=4.6), and would attend group in the future (M=4.7).
- Group members found this group to be very valuable. Rating it a 9.2 out of 10.

Discussion

- Evaluations suggest attending a support group provided caregivers with a safe and comfortable place to discuss the stressors and challenges associated with caregiving.
- Group members felt the group was helpful and were satisfied with the topics covered.
- Group members indicated other topics they thought would be helpful, namely local resources to aid in their caregiving.
- Future work could extend this program evaluation to more comprehensively evaluate effectiveness of reducing caregiver burden.