Carepartners' Support Group

MONTHLY ONLINE SUPPORT PROGRAM

Caregiving has its challenges in the best of times, but experienced through the prism of fear, isolation and uncertainty of COVID-19, it takes on new dimensions. Join a community of care partners for a monthly support group to discuss the challenges of caregiving.

Topics will be determined by group members but may include:
- Coronavirus’s impact on relationships
- Rolling with new routines: What does your day look like now?
- Tips & Tricks: Sharing Resources
- Managing the new logistics of care: Telemedicine, transportation, etc.
- Asking for help: Flexing the vulnerability muscle

This monthly support group is designed for care partners of people with Parkinson's disease, and will be facilitated by Sarah Singer, LICSW.

Registration is required. Space is limited.


Location: Home Computer - Via Zoom

Register: https://apdama.salsalabs.org/carepartner-group

Questions? Contact the APDA I & R Center at 800-651-8466 or apdama@apdaparkinson.org