



FOR IMMEDIATE RELEASE: October 23, 2024

Contact: Alexandra Newman, communications and outreach coordinator

269-408-2369; [alexandranewman@areaagencyonaging.org](mailto:alexandranewman@areaagencyonaging.org)

### **AAA partners with state to offer virtual caregiver support groups**

Area Agencies on Aging around Michigan have teamed up to develop and offer four virtual support group options open to the public.

The groups, General, Dementia, Kinship and Professional, will discuss issues, challenges, and concerns that caregivers face. These groups are informal and provide dialogue along with peer support. Participants will be able to reflect and connect with others in a similar situation.

“Being able to offer these support groups, not only locally, but to the whole state, allows each region to bring its own strengths and resources to the conversation,” said David LaLumia, executive director of the Area Agencies on Aging Association of Michigan. “We’re excited to grow these support groups over the coming months so all caregivers can find the support they need.”

Each caregiver support group will meet twice monthly for one hour, once in the morning and once in the afternoon. The first meetings of each group are:

General Caregiver Support Group: noon and 5:30 p.m. Monday, Nov. 4

Dementia Caregiver Support Group: 8:30 a.m. and 5 p.m. Wednesday, Nov. 6

Kinship Caregiver Support Group: 10 a.m. and 5 p.m. Thursday, Nov. 14

Professional Caregiver Support Group: 8 a.m. and 6 p.m. Tuesday, Nov. 19

The support groups will have different themed topics for each month. The first four months are as follows:

November: Caregiving During the Holidays

December: Self Care

January: Setting Healthy Boundaries

February: Understanding Grief and Loss

March: Caregiver Burnout Compassion Fatigue

Support groups offer a safe, supportive environment for sharing experiences and emotions through guided discussions. If you or someone you know could benefit from one of these support group,

For more information, and links to join the support groups, visit

<https://campusforcreativeaging.org/classes/>.

For questions, please reach out to Meg Killips at [megkillips@areaagencyonaging.org](mailto:megkillips@areaagencyonaging.org) or 269-983-7058.

###

#### About Region IV Area Agency on Aging

Region IV Area Agency on Aging celebrates 50 years of serving older adults, people with disabilities and caregivers in 2024. RIV AAA is a private, not-for-profit corporation. Established in 1974 for the business of developing age supportive commerce and services, it plays a major role in planning, funding, and delivery of a host of services. Empowerment and independence of community members are driving themes behind its efforts. Designated by the State of Michigan to receive federal Older Americans Act funds for planning and development, the agency manages an array of government contracts for service delivery in Southwest Michigan. Its primary service area includes Berrien, Cass, and Van Buren counties. For more information about the RIVAAA, visit [www.areaagencyonaging.org](http://www.areaagencyonaging.org).