


12 Popular Online Caregiver Facebook Support Groups

The Dementia Society of America® is providing this list to you. The original content was first published/copyrighted by Care.com on January 25, 2021. We have excerpted 12 active online Facebook groups from their list of resources. Please do your homework to determine if any are right for you. Always be careful when sharing personal information with anyone online. We believe this information will be helpful, but the Dementia Society cannot endorse any of the resources listed.

 [care.com/c/caregiver-support-groups](https://www.care.com/c/caregiver-support-groups)

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Studies show that unpaid caregivers — of which there are an estimated 53 million in the U.S. alone, according to AARP — are at higher risk for physical injury, financial strain and emotional duress caused by high stress levels. One of the keys to self-care and alleviating stress for caregivers is finding support from other caregivers.

By joining the right caregiver support group, you not only get the opportunity to ask questions for the best ways to handle daily difficulties, but you'll also know that there are thousands of people in the same situation ready to give you a listening ear.

Increasingly — and especially during the pandemic — many caregivers are finding support online. The benefit of these groups is that they're available whenever you have the time to engage. But some caregivers are looking for more personal engagement and choose in-person support groups (which are likely meeting via video conference during the pandemic). Below, we'll take a look at both options.

While there are dozens of national websites and forums for family and friends of senior loved ones to get encouragement, Facebook has seemed to take over in the past few years for popularity and accessibility. Since most everyone is on Facebook, it's easy to join a group and begin interacting with the community right away. These are the highest-ranked Facebook groups currently being used to support and encourage caregivers:

Support groups for caregivers on Facebook

1. Memory People

<https://www.facebook.com/groups/180666768616259>

Does your loved one struggle with symptoms of memory loss or cognitive function? Whether your loved one is touched by dementia, Alzheimer's or another memory loss illness, this group of over 23K active users is ready and able to assist with questions and concerns. They also regularly offer event details, educational opportunities and awareness discussions to help the community stay up-to-date on new developments in the fight against memory loss. It is a community open to both those struggling with dementia and memory impairment, and those who know them.

2. Dementia Caregivers Support Group

<https://www.facebook.com/groups/672984902717938>

This group also supports caregivers of those affected by dementia and Alzheimer's. They pride themselves on being a safe space for anyone, and membership in the group guarantees a judgment-free place for learning and comfort. With over 15,000 members, the discussions stay lively and the topics timely.

3. Dementia Caregivers Support

<https://www.facebook.com/groups/1516449868588963>

This support group was created by a woman who was caring for her mother-in-law with dementia. While her loved one has passed on since then, the group has gained traction as a loving and encouraging destination for over 41,000 caregivers to learn and listen. The group also has over 100 new posts a day from members, making it a place to get answers to your caregiving questions quickly.

4. Caregivers Hub Support Group

<https://www.facebook.com/groups/CaregiversHubSupportGroup>

While not as large as some of the other Facebook groups, the Caregivers Hub has one purpose: to help new caregivers learn. Because it has such a welcoming mission, participants will find that there are many veteran caregivers available to answer questions and help them learn the basics quickly. With nearly 7,000 members, it is sure to grow as many new family members find themselves in the role.

5. Caregivers Connect

<https://www.facebook.com/groups/CaregiversConnect>

This active group of over 5,200 members is a network sponsored by GreatCall. They aim to inspire, motivate, educate and bring hope to the parent, spouse or loved one of someone receiving care. The group doesn't focus on any one type of caregiving situation.

6. Caregiver Support Community

<https://www.facebook.com/groups/caregiversupportcommunity>

Family Caregivers describes itself as a "welcoming, supportive community intended for family members taking care of family." They do not currently admit professional caregivers, nursing home workers, former caregivers or anyone selling products or services. All new members must share their story within 24 hours of joining so that they can get to know the rest of the group. With over 2,000 active members, it's a smaller group that feels like family to many.

7. Alzheimer's and Dementia Caregivers Support Chat Group

<https://www.facebook.com/groups/703409729808429>

Over 9,700 loved ones of those with memory-related illnesses are in this Facebook group. It's growing rapidly, in part due to the welcoming atmosphere for those with dementia-related questions. If you are struggling with the weight of care, this might be the group for you.

8. Caregivers Assist Support Group

<https://www.facebook.com/groups/113354218750970>

Sponsored by one of the leading resources for caregivers, the CaregiversAssist.com group unites those interested in providing the best care possible and is led by geriatric care manager Aileen Ruess. Along with her 25 years of caregiving experience, she aims to provide

a support system for both old and new caregivers. The group has over 2,000 members and is part of a comprehensive resource for caregivers that includes videos, workshops and more.

9. Caring for Elderly Parents

<https://www.facebook.com/groups/113354218750970>

This group of over 16,000 sons and daughters charged with caregiving for their parents is a frequently updated resource. Join it and learn from others while you ask questions, vent or just listen. After all, the organizers acknowledge, “helping our elderly loved ones negotiate the world is the hardest job we’ve ever undertaken.

10. The Purple Sherpa Basecamp

<https://www.facebook.com/groups/ThePurpleSherpaBasecamp>

This group is designed for care-partners for loved ones with Alzheimer’s Disease and other forms of dementia. Started by Julie Fleming (a caregiver to her father with Alzheimer’s), it is an active group of more than 5,700 members who choose to break the silence surrounding these devastating diseases. As part of the Option B Group Directly, the group follows strict rules to keep bullying and other abusive behaviors to a minimum.

11. Caring For The Caregiver Support Group

Designed to be a support group for any caregiver to express feelings or thoughts, it has recently expanded to include the option to post caregiving opportunities or look for help. With 3,900 members, it is an active community for those who need it.

12. Working Daughter

<https://www.facebook.com/groups/workingdaughter>

With nearly 4,000 members, this group is specially designed for women with careers who are also balancing the demands of caring for a relative. Whether you are helping an older family member or someone younger with special needs, the community here is unique in that it understands the roles of work and care. This group is a project of the WorkingDaughter.com website.