

Dementia

Dementia is the most common reason that older adults need support for basic day-to-day tasks. Common types of dementia include Alzheimer's disease, vascular dementia, and frontotemporal dementia. Parkinson's disease and strokes also can cause loss of independence.

It's common to forget names and dates as we get older, but dementia causes marked differences in a person's ability to remember and make sense of their surroundings.

Currently, there is no cure for dementia, but there are many ways to express love and support



The Pegasus Health/UCF Caregiver Support Group is coordinated by Daniel Paulson, PhD, and his graduate students in the Orlando Later-Life Developmental Research (OLDeR) Lab.

Dr. Paulson is a faculty member in the Department of Psychology at the University of Central Florida. His research and clinical practice represents the intersection of gerontology, health psychology, and clinical neuropsychology with an emphasis on depression, cognition, and caregiving.

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**Caregiver
Support
Group**
University of Central Florida
Psychology Clinic

Caregiver Support Group

Caring for those who are most dear to us – our parents, spouses, and friends – can be a deeply rewarding experience. Simultaneously, it also can be very challenging. Many caregivers find themselves confronted with difficult situations and at times, feel unsure of themselves. Often, caregivers feel guilty sharing the responsibility with others, or taking the time to address their own needs, including socializing with friends and family. This may lead caregivers to feel trapped, over-burdened, and even depressed.



Caregivers Are Not Alone

About Caregiver Support Groups

A caregiver support group is a tool to help caregivers better manage the stresses, better understand the challenges, and take better care of those they love. Support groups provide an opportunity to speak openly about all aspects of caregiving with both mental health professionals and other caregivers.

Support groups can have many benefits for caregivers. Research shows that caregivers who feel capable, well prepared, and supported are able to provide better care for longer periods of time.

Our Services

Our caregiver support groups meet for 90 minutes per week for 6 weeks. Groups typically include between 4 and 12 caregivers. Each group is lead by a Doctoral or Master's level psychologist. Group meetings include informative discussions about self-care, dementia, available resources, improving communication, and managing dementia symptoms at home.

[New groups start frequently.](#) Please call us at **407-823-4135** or e-mail us at **Olderlab@ucf.edu** for more information.

SELF-CARE IS A PART OF CAREGIVING.



Research collected from Caregiver Support Groups will be used to further elucidate the caregiving experience and inform and facilitate caregiving practices.