

# MIRAMICHI LODGE

## “Dementia Care Family Support Group”

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*With a person-centered approach,  
our Home strives for excellence.*

Caring for a loved one with dementia can be very difficult. It can affect every aspect of your life, including family relationships, work, financial status, social life, and physical and mental health. You may feel unable to cope with the demands of caring for a dependent relative. It is not uncommon for the caregivers to experience profound feelings of sadness and frustration. Feelings of powerlessness, resentment and anger may also be felt.

Each caregiver has a different tolerance threshold for meeting these challenges.



For many caregivers, talking about the frustrations of care giving can be very helpful. Others need more but may feel uneasy about asking for the help they need. In the absence of an available support system, the caregiver is susceptible to burn out or development of mental and physical problems of their own, becoming less able to care for the person with dementia.

Support groups are an important resource for individuals faced with the challenges associated with dementia care. These groups consist of people who have lived through the same set of difficult experiences and want to help themselves and others by sharing coping strategies.

The “Miramichi Lodge Dementia Care Family Support Group” meet the last Monday of every month from 1:30 p.m. until 3:30 p.m. in the Miramichi Lodge boardroom.

**NOTE: No meeting in December**

Two volunteers who have experienced similar care giving challenges will coordinate the sessions with assistance from the Alzheimer’s Society.

Your attendance is most welcome, the format is casual and refreshments will be provided. Please contact Mike Blackmore, Director of Care, Miramichi Lodge at 613-735-0175 ext. 216 for further information.

