

The role of support groups in dementia care: building a strong community

There is a large community of Australians either living with dementia or supporting a loved one who is living with dementia. If you need help through your journey, there are a number of dementia support groups that provide a range of benefits. From sharing resources to providing a safe place to share experiences, support groups can be invaluable.

What are dementia support groups?

Dementia support groups come in all shapes and sizes. Some groups are exclusively for people living with dementia, while others are for families and carers or support partners. There are even support groups that families and people living with dementia can attend together. Ultimately, they are designed as a way to share information, connect with other people on a similar path, and get valuable support such as practical advice, emotional support and know you are not alone.

Support groups can be operated by dementia care providers, medical institutions, community groups and more. They can also be created privately by people in a local area. If you'd like to know more about support groups in your area, contact us at Group Homes Australia.

The benefits for people living with dementia

People living with dementia need considerable support in both understanding their condition and navigating changes as dementia progresses. Support groups can offer support in a number of valuable ways:

A source of emotional support

A key role of dementia support groups is to provide people with a safe space to share their experiences and feelings. By sharing and connecting with other people living with dementia, a person can reduce feelings of loneliness and isolation that are common following a diagnosis.

Social interaction

Making social connections is a good way to help maintain cognitive function. Support groups are a great place to make connections and friendships with other people are experiencing a similar situation. Again, people living with dementia can feel isolated and lonely, and support groups can help to counter those feelings.

A sense of belonging

Dementia support groups also offer a sense of belonging and community for those living with dementia. They have the opportunity to see that everybody's path is different, which is a really important part of understanding dementia. Still, while no two people are the same, they will likely have many shared experiences.



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Valuable education

Knowledge is power, especially when it comes to living with dementia. Nobody can predict exactly what you will experience as your dementia progresses, but support groups can help you to learn more about what you might expect. Not only that, but other people with similar journeys can share valuable tips for managing everyday life with dementia. Another support group member may have mastered the art of labelling household items, for example. Or they may have used a therapy technique you haven't considered yet. Practical tips like these can make your life easier, while also fostering a sense of community.

The benefits for families, friends and support partners

Families and loved ones of those living with dementia also need support. Dementia support groups are a great way to share stories, resources and information that can help you provide the best care possible.

A source of practical advice

Many family members and loved ones feel helpless following a dementia diagnosis. Support groups are a great source of practical tips on how to support for a family member who is living with dementia. Whether it's advice on therapy methods or just some tips to help around the house, all information is valuable.

Learn tools and strategies to support your wellbeing

Dementia can be difficult for family members, too, and they will experience a range of emotions as the condition progresses. Dementia support groups are a good source of learning new tools and strategies to help support your own wellbeing. While not every suggestion will work for you, it's a great place to start. The more strategies and tips you have for looking after yourself, the better equipped you'll be to best support yourself and the person living with dementia.

Build a support network

The Australian Institute of Health and Welfare estimates that over [411,000 Australians](#) are living with dementia in 2024. It's an alarming number, but it also shows the incredible number of families and loved ones also experiencing their own journeys with dementia. You're definitely not alone, and support groups can help you build a network that you can lean on, even in the most challenging times.



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Sharing resources

Education is crucial when you're supporting a loved one living with dementia. The more you know about the condition, the better equipped you are to give your loved one the best care. There are so many resources available, but sometimes it can be hard to know where to start. Especially if you're new to [dementia care](#), support groups are a great place for resources.

Need more information about dementia support groups?

Group Homes Australia offers personalised support for people living with dementia. If you or a loved one requires [permanent care](#), [flexible respite](#) or advice on navigating dementia, we're here to help. As you can see, support groups play a key role in dementia care, both for families and those living with dementia

GHA's philosophy focuses on understanding every person's life story, so that they can cherish life's moments and live well with dementia. Our support services are always guided by a person's unique needs from day to day. If you need further support, [contact our team](#) today.



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