

Maria Ortiz Quijano

Dr. DeVonne Allen

SWK354/554 NO

31 March 2021

Reflection #10

1. The benefits of support groups for caregivers led by social workers are 1) taking a small but essential break from caregiving, 2) mitigating their feeling of solitude, 3) expressing any repressed emotions and feelings without being criticized, 4) providing a sense of hope and motivation, 5) being educated in different disabilities that are considered chronic and other resources available, 6) creating an atmosphere where information about effective coping strategies and well-being can be mutually shared, and 7) assisting them to develop effective problem-solving skills and strategies that will help them be less stressed. Analyzing and putting it all together, it would be appropriate to mention that support groups are needed and quite helpful for many individuals and groups that experience or even constantly live in situations that are not quite easy to handle by themselves. In this case, being a caregiver, as its name says, requires a person to fully take care of another one (sometimes more than one person at a time), which can cause an unmeasurable cumulation of stress and feelings as they might forget and ignore the importance of taking care of themselves as well.
2. During their middle adulthood stage, women in American society adapt to four major social roles. Marriage, which involves a maintenance of the relationship with her partner, as well as caring for the companionate friends and in-laws; home, which refers to a general maintenance of the house chores, taking care of the children and their father and friends, grand-parents, neighbors, school, and supplying the goods; career as a social role concerns

about her role as a client, her employing company, union or professional group, and people in work-flow line; last, family involves a general maintenance of relationships with the children, partner, suppliers of goods, repair people, and standard setters. Although these social roles might seem quite focused on others rather than the self, it is true that most women are innately caring and thinking of others before doing that for themselves (including myself), which is not a healthy way to handle life's social roles and even end up creating some negative outcomes, such as marital problems.