

**Respond to the questions below based on your review of Chapter 9 Middle Adulthood.**

1-Discuss the benefits of a support group for caregivers.

The benefit of support group for caregivers is to offer a place to restful caregiver, a place to express feelings and thoughts with others who may understand or share the same feeling, to show the strength within the situation, is also helpful and educating caregivers and problem solving and coping skills to help reduce or eliminate stress they may be billing within the moment.

2-Identify and discuss the four major social roles of women in American society.

The four major social roles of women in American Society and the role of a wife, homemaker, mother, and employee. In the role of the wife, you're dealing with marriage and anything that falls under that umbrella in regards to extended family and communication. The role of a homemaker you're taking on the responsibility of children, taking care of your home, and the individual responsibilities for that woman. In the role of the mother, you're taking on the responsibilities of your children again but also of your husband maintaining a home while balancing the individual's life. Another employee in regard to career goals, coworkers, dealing with finance and a work schedule to help bring stability to your family. Women must be well-rounded in all areas cause the possibility of lacking in one area could affect another.