

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

A support group is a group of people who share everyday experiences and provides encouragement, comfort, and advice to each other. Being a caregiver is a rewarding and meaningful job. Most caregivers willfully take on the role of a caregiver because they love helping others or someone they love is no longer or cannot care for themselves, and they need to step in and provide personal care. Sadly, my aunt is the caregiver for my grandmother. I, too, have been in caregiver roles. While it is rewarding, being a caregiver can be stressful and, as mentioned in the text, can often produce negative mental and physical consequences (Ashford et al., 2018). This is why caregivers must seek help or enroll in a support group. The benefit of a support group for caregivers are:

- Reduce isolation and loneliness
- Provide an opportunity to share feelings and experiences in a supportive atmosphere.
- Instill hope
- Affirm and validate feelings and thoughts about the caregiving situation.
- Educate caregivers about the effects of chronic disabilities and available community resources.
- Encourage a mutual sharing of information about effective coping strategies.

The benefits mentioned above are essential and would contribute significantly to caregivers' emotional and mental well-being, allowing them to cope better as they support those who need help while functioning in a stressful environment.

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

The four social roles of women in American society are:

- Wife
- Homemaker
- Mother
- Employee

Interestingly, women play more than just four social roles in society; however, like the text outlined, the significant roles women often commit to are those listed above. The woman's wife, homemaker, mother, and employee role is interconnected. As a wife, mother, and homemaker, the woman is expected to be nurturing, assume different responsibilities and wear many hats to meet the needs of her husband, family, and household, along with other systems that interact with them. This is somewhat the same when the woman is in the workplace as an employee. As an employee, the woman has career roles and self-responsibilities, interacts with, and meets the needs of others, including her clients. As social workers, we must understand women's different societal roles to understand better the system that shapes their thought processes.