

Reflection 10

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

Support group for caregivers allows the caregivers to get psychoeducation and learn about better ways to help the individual. The groups can reduce isolation and loneliness which to me I find extremely important because we want to include the client and their emotional support to better assist them in living healthier. Support groups can discuss effective coping strategies with each other to see what will work best for the client. What I like most about caregiver support groups is they help validate feelings because a caregiver needs to be well to take care of another person which can eliminate the stress they are feeling.

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

Women have four major social roles that include marriage role, Home role, career role, and family role.

The roles include the relationship with their children, friends, clients in the workplace and their relationships with neighbors to name a few. All these roles are interconnected because women on a day-to-day basis deal with a lot of responsibilities. Society has women in these different roles compared to back in the day. I reflect on this how more women want career advancements and how the relationship they build belonging to a professional group.