

HBSE II

Reflection # 10

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Discuss the benefits of a support group for caregivers.

I can attest that it is stressful being a caregiver, having two children I understand the strain that it puts on individuals. I can only imagine what its like for single parents. I am blessed that I share the responsibility with my wife in raising our children. The text shed light on another perspective that I didn't consider. Those adult that are not only caregivers to their children but to their aging parents as well. I can understand why support groups are needed as they can provide a respite from caregiving, reduce loneliness (especially for single parents), provide a space to share experiences with those who can relate, educate these caregivers about new information and resources available, and help caregivers to by giving them the tools needed to cope with the stressors that they experience.

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

According to the text the four major social roles of women in our society are wife, homemaker, mother and employee. I think that these can be aspects of women roles and that a many women can fit this criteria. There can also be variations to these roles, as many women more recently have become entrepreneurs and are their own bosses, or some women don't have a more traditional homemaker role in their relationships and often times then not share that homemaker role with their partner. I think that the roles can be contextual.