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

The benefits of support groups for caregivers will benefit them in their ability to have effective coping skills as well as have a better sense of well-being. The benefits of caregiving support groups are that they support a much needed break from the constant demand of caregiving, they reduce isolation and loneliness and provide an opportunity to share feelings and experiences in a supportive atmosphere. These groups are also able to affirm and validate feelings and thoughts about the caregiving situation as well as instilling hope in the clients. When working with these populations, there can be a plethora of emotions that when not dealt with can lead to problems in other areas of life. The ability to learn coping skills and a sense of well-being can also then transfer into other parts of life.

The benefits of support groups for caregivers also include that they can educate the caregivers about the effects of chronic disabilities and available resources in the community as well as encourage a mutual sharing of information about effective coping mechanisms in order to have a mutually beneficial relationship with the group and the members in it. Finally, support groups for caregivers can help caregivers to become more motivated to use systematic problem-solving procedures and coping strategies to reduce or eliminate the stress they are experiencing. With any support group, realizing that the client is not the only one struggling as well as not going through this process alone is beneficial in itself.

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

The four major social roles of women in American society are wife, home-maker, mother and employee. In today's society, women are expected to give one-hundred percent to each of these roles and often feel guilt when one of these is not fulfilled in the way they anticipated.