

www.eswa.org

CAREGIVER SUPPORT GROUPS & RESOURCES

Auburn Senior Center- 4 Goddard Drive, Auburn, MA 01501. Caregiver Support group meetings are held in person, on the 2nd Monday of each month(1:00-2:30pm). Contact Usha Verma via phone at 508-832-7799 or email Usha at uverma@town.auburn.ma.us.

Dodge Park and Oasis Caregiver Support Group - 101 Randolph Road, Worcester MA 01606

This caregiver's support group is open to families of Dodge Park and Oasis residents as well as the public caring for someone with dementia. The caregivers support group meets in-person on the 3rd Wednesday of each month. (3:00-5:00pm) Contact Micha (Mike) Shalev at m.shalev@dodgepark.com or call 508-853-8180.

Grandparents Raising grandchildren Support Group- 20 Cedar Street Worcester MA 01609 Join other grandparents and kinship caregivers of children at the Worcester Family Resource Center. Meetings are held on the 3rd Friday of every month (9:30-11:00am). Contact yiwfrcyuinc@sevenhills.org or call 508-796-1411 to register.

Holden Senior Center- 1130 Main St Holden, MA 01520. Caregiver support group for anyone in the community currently caregiving for a loved one. Come to share your experiences while connecting with others. Meetings are held on the 1st Wednesday of each month from (1:00-2:30pm). Call 508-210-5570.

St. Francis Rehabilitation and Nursing Center Adult Day Health, 37 Thorne Street, Worcester, MA 01604

Dementia Caregivers Support Group meeting are held on the 3rd Thursday of the month at (3:00 pm). Held in the Sisters Dining Room. Open to the public. Contact Lauren Gaffney 508-471-2272

Summit Elder Care 288 Grove Street, Worcester, MA 01606 Meetings are held on the 2nd Thursday of each month (3:30-4:30pm). Open to the public in person or virtually. Contact Nicky Alves at 508-852-2026 or by email: Nicolette.Alves@Fallonhealth.org

Tatnuck Park at Worcester 340 May Street, Worcester MA 01602. **Alzheimer's Support Group** held for caregivers, Meeting are virtual only and held on 1st Wednesday of the month (6:00 pm). Contact Angela Rosado at 508-755-7277 or by email: ARosado@benchquality.com

Worcester Senior Center- 128 Providence Street, Worcester, MA 01604

Caregiver support group meets every third Wednesday of every month from 10:15am- 11:30am. Contact Anna Christina at OliveiraAC@worcesterma.gov or 508-799-1232 to learn more.

Virtual Groups

Caregiver Support Project – Free virtual “Lunch and Learns” held on the 3rd Wednesday (12:00-1:00pm) every month. Sponsored by CMK Home Care, Arlington MA. Open to all caregivers. Zoom links will be sent upon sign up at <https://cmkhomecare.net/caregiver-support-project/> (781-266-8985).

Patient & Family Cancer Virtual Support Group - UMASS Memorial Medical Center 33 Kendall Street Worcester, MA 01605 The group is open to anyone with a past or present **cancer diagnosis**. Patients, family, friends, and significant others are invited. Meetings are virtual only held 3rd Monday of month from 6:30 pm – 8 pm. Contact Dianne Bowes-Hudson at 774-441-6081 or email Dianne.bowes-hudson@umassmemorial.org.

Caregiver Support Helplines

Dept. of Veterans Affairs Caregiver Support Line -1-855-260-3274 Mon-Fri (8:00am-10:00pm, Sat.8:00-5:00) or visit www.caregiver.va.org for more information and/or to locate local support coordinator.

Alzheimer’s Association 24/7 Helpline 1-800-272-3900 <https://alz.org>. Live Chat option. The Alzheimer’s Association also hosts ALZConnected, <https://alzconnected.org/> - free online community/message boards including a Caregivers Forum.

Parkinson’s Foundation Helpline 1-800-473-4636 Mon-Fri 9 am-7 pm ET Email: Helpline@Parkinson.org
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>

Online Resources

14 Caregiver Support Groups allow you to get support, vent, or ask questions anytime – day or night.
<https://dailycaring.com/support-groups-for-caregivers-on-facebook/>

22 Popular Caregiver Support Groups

The opportunity to ask questions for the best ways to handle daily difficulties, but you’ll also know that there are thousands of people in the same situation ready to give you a listening ear.

<https://www.care.com/c/caregiver-support-groups/>

Community Resource Finder- Get access to community resources, services, and programs.

<https://www.communityresourcefinder.org/>

Dementia /Alzheimer’s Family Caregiver Support

Mass.gov website – Information for People Living with Dementia and Their Caregivers

<https://www.mass.gov/handbook/information-for-people-living-with-dementia-and-their-caregivers>

Lists information on services, caregiver support, social engagement, home safety and housing options,

resources on Alzheimer’s disease and related dementias, dementia studies, advocacy, and volunteering.

Disclaimer: This resource comes as a courtesy from Elder Services of Worcester. You are hereby notified that Elder Services of Worcester does not recommend, guarantee, or assume liability for the performance or lack thereof, for any of the resources listed Compiled by the Information & Referral Dept. of Elder Services of Worcester Area Updated annually in 04/24 Revised 02/13/25