Past Telephone Caregiver Support Group Member Testimonials

"I really enjoyed our telephone support calls, I was sorry when they ended." D.R. Albany County

"… added much to the feeling of being a part of a larger group out there." E.G. Greene County

"The sharing of caretaker problems seemed to lessen the seriousness of them." E.G. Greene County

"It was an invaluable tool that allowed me to see my strengths and learn from others." H.K. Albany County

"The group gives you the strength to understand better." D.M. Albany County

"The awareness of resources was very helpful." E.G. Greene County

"The Telephone Support Group helped me to get through the times I never thought were possible, gave me ideas for different strategies to use in the most stressful and frustrating situations, and the help and support I received did not end there. There was always someone I could call at just about any time, even if it was just to talk." S.A. Schenectady County

"This was a great opportunity to share and learn from other caregivers." T.W. Schenectady County

"The support was wonderful." T.W. Schenectady County

"I learned many coping skills and gained a new friend." M.P. Warren County

"The time set for Fridays was very important for us to look forward to and make time for ourselves as caregivers." R.T. Warren County

"The Telephone Support Group was a great way to communicate with other people in similar circumstances: -There was no travel time –For those who are essentially housebound it probably is the only way to participate in a support group –It certainly fills a need in a creative way." A.F. Saratoga County

"Caregiver is a word I never gave much thought to until I became one. At times it is an overwhelming task and a lonely job. A job even those closest to you don't understand fully. To have a support group is like being thrown a rescue line. That solitary task of being a caregiver is shared with others who have similar concerns. Each week we problem-solved and supported each other. The greatest realization is I am not the only one having to cope. There are others with the same or similar problems, even some with more difficulties than I have. The relaxation techniques taught were helpful. Ideas to try and services to explore were offered. It was a very positive experience." C.S. Rensselaer County

"I address those who value their privacy and are accustomed to solving their problems themselves: join the group. You will benefit by learning how to cope better by yourself. Afterward, you will also be psychologically stronger." K.C. Columbia County