



Recommended Resources for Video: What is a Meetup?

Overview: A Meetup is a group of local community members who gather in a casual atmosphere to discuss topics of common interest. Meetup's are peer-to-peer groups run locally in an area and each group has a specific interest (caregiving, guitar, running, etc.). When looking to share with others and take some "me" time as a caregiver, attending a Meetup in your area may be beneficial.

Resources:

<http://www.meetup.com/>

<http://www.brainline.org/content/2009/09/choosing-the-right-caregiver-support-group.html>

<http://www.aarp.org/home-family/caregiving/info-06-2013/caregiving-support-senior-care-jacobs.html>

<http://www.pbs.org/wgbh/caringforyourparents/handbook/caringcaregiver/supportgroups.html>

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/support-groups/art-20044655>

<http://www.helpguide.org/articles/caregiving/caregiving-support-and-help.htm>

<http://www.geronguide.com/gg/The+Benefits+of+a+Caregiver+Support+Group>

Videos:

<https://www.youtube.com/watch?v=pnBpj9oMDDk>

<https://www.youtube.com/watch?v=qzRSwspERVk>

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