

VIRTUAL HEALTHCARE NEIGHBORHOOD (VHN)

WEEK 2 SOCIAL SUPPORT



Outline:

Page 2: Are there different types of social support?

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Different types of social support

- **Emotional support:** This is what people often think of when they talk about social support. People are emotionally supportive when they tell you that they care about you. For example, you may have a friend call you once a week after an event in your life that made you upset, to “check on you”.



- **Practical help:** People who care about you might give you practical help such as gifts of money or food, help with cooking or child care, or help moving house. This kind of support helps you complete tasks in your daily life.

- **Support groups** are among the most popular and most prevalent forms of support available to caregivers. They are designed to provide peer support, information , and referrals for caregiver support services.



- **Counseling services** may include, but is not limited to, traditional psychotherapy, individual problem-solving, couples counseling, group counseling, and family treatment. Typically strives to relieve caregiver depression and/or anxiety, resolve pre-existing personal problems which complicate caregiving, modify conflicts between the caregiver and recipient, and/or improve family functioning.



- **Education and training programs** strive to help caregivers by educating them about resources and by teaching specific problem solving and coping techniques.



- **Respite** care programs are designed to offer temporary or periodic relief from the time demands of caregiving.



THOUGHT CHECK:

- a) Have you ever used any of the below forms of support, social, or self-help groups?
- b) Which have helped the most?
- c) Which have been the least helpful?

