

# The Value of Telephone Support Groups Among Ethnically Diverse Caregivers of Persons With Dementia

**Author/s:** Bank, Adam L. Argüelles, Soledad Rubert, Mark Eisdorfer, Carl Czaja, Sara J. | **Year:** 2006 | **Publication type:** Journal article | **Peer reviewed:** | **Topic area/s:** Carers who are CALD

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**Key Words:**

CALD carers, support, ICTs

**Research aim:**

This article provides a demonstration of the usefulness of technology for conducting telephone-based support groups in ethnically diverse dementia caregivers.

**Results/Conclusion:**

Eighty-one percent of the participants found the group "valuable," largely because of the social and emotional support and useful information obtained from other group members. The majority of caregivers also reported that their participation had increased their knowledge and skills as caregivers.

**Implications:**

The findings demonstrate that telecommunications technology can overcome the often formidable logistical problems faced by both English- and Spanish-speaking caregivers, and it can provide benefits similar to those obtained in face-to-face support groups.

**Cultural Group(s):**

White Americans, Cuban Americans

**Location of study:**

United States

**Age group:**

**Number included in study:**

41

**Type of participants:**

White and Cuban American dementia caregivers participating in the Resources for Enhancing Alzheimer's Caregiver Health (known as REACH) program

**Research approach:**

Qualitative

**Type of data:**

Primary

**Secondary data sources used:**

Resources for Enhancing Alzheimer's Caregiver Health study (REACH)

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**