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FOR IMMEDIATE RELEASE

Duet: Partners In Health & Aging Launches New Caregiver Support Groups for the Fall

(Phoenix, Ariz.) – More than 65 million people in the U.S. provide care for friends or family members who are chronically ill, disabled or experiencing age-related health complications, according to the National Alliance for Caregiving, in collaboration with AARP. Local nonprofit **Duet: Partners In Health & Aging** provides support services for family caregivers in a variety of ways, including support groups across the Valley. This fall, Duet is launching new caregiver support groups to better reach more local caregivers and provide them with valuable resources and support.

These new support groups cater to often underserved communities of caregivers, including Spanish speakers and a men’s only group. Duet provides coordination for these new groups thanks to a grant from Virginia G. Piper Charitable Trust and new partnerships with Iora Primary Care and Suntree Adult Day Health.

“The need to provide care for a family member or friend is not exclusive to any one demographic or cultural group. But the barriers that some caregivers in underserved communities experience, such as language accessibility and reliable transportation, continue to be an issue for many in need of support,” says Daniela Saylor, Duet Caregiver Services Program Manager. “With these new groups, we are looking forward to making our services more accessible to all caregivers in Maricopa County.”

New Support Groups at Duet

About Duet support groups: Support groups give people an opportunity to share openly about their caregiving experiences in a confidential and understanding setting with others who are in similar situations. Group attendees can ask questions and get answers from people who have been there and are able to provide support. Group attendees also are given the opportunity to learn creative problem-solving techniques and obtain care-related ideas. If you are interested in attending a group, please call (602) 274-5022 before your first meeting.

General Caregiver Support Group – in Spanish

First and third Wednesdays of the month; 10 a.m. – noon

Iora Primary Care, 3137 West Indian School Road, Phoenix

Alzheimer's & Dementia Caregiver Support Group

First and third Thursdays of the month; 10 a.m. to noon

Duet (on the property of Church of the Beatitudes), 555 W. Glendale Avenue, Phoenix

General Caregiver Support Group

Second and fourth Thursdays of the month; 3:30 to 5:30 p.m.

Iora Primary Care (Greenway Park Plaza), 3202 E. Greenway Road, Phoenix

Men's Support Group at Suntree

Second and fourth Thursdays of the month; noon to 1:30 p.m.

Suntree Adult Day Health, 4120 N 20th St., Phoenix

In addition to these support groups, Duet offers eight support groups a month throughout the Valley. To learn more about these and other caregiver services, visit www.duetaz.org/index.php/services/caregivers.

Interviews with Duet staff or family caregivers and high resolution images are available upon request.

About Duet: Partners In Health & Aging: Duet is a nonprofit, interfaith organization that promotes health and well-being through a broad range of services to homebound adults, family caregivers, faith communities and grandparents raising grandchildren. Duet's free-of-charge services are available in the greater Phoenix area. To volunteer, donate or ask for help, go to www.duetaz.org or call (602) 274-5022.