News Release

Contact: Katie Schmidt

(918) 706-3415

schmidt@pricelang.com

**Caregiver Support Groups at Daily Living Centers**

EDMOND, Okla. Dec. 5, 2019 – Daily Living Centers will host a support group for caregivers at 5:30 p.m. on December 9 at 3413 Wynn Dr. in Edmond.

“The role of a caretaker is demanding. Providing a safe place caregivers can bring their loved ones during the day is a large part of what we do,” said Daily Living Centers Social Services Coordinator, Amanda Dirmeyer. “With our support groups, we are able to create a space just for caregivers where they can interact with others who share similar experiences.”

All caregivers in the community are welcome, and respite care for adults who need it is provided by Daily Living Centers staff. To RSVP, call Dirmeyer at (405) 233-3531.

“To me, the purpose of the support group is to learn and share with others about our caregiving experiences,” said support group member Robert Gadberry. “Caregiving is a difficult journey and it feels good to be heard.”

Support groups are held at 5:30 p.m. the second Monday of every month at 3413 Wynn Dr. in Edmond; 5:30 p.m. every third Thursday at 1681 SW 86th St., Oklahoma City, and at 6:30 p.m. on the last Tuesday of each month at 3000 N Rockwell Ave., Bethany.

According to Caring People Inc., caregivers have a higher mortality rate, and one third of caregivers feel depressed. Support groups like the ones at Daily Living Centers give caregivers the outlet they need to be heard.

Daily Living Centers of Oklahoma is a non-profit organization offering affordable, non-residential facilities that support the health, nutritional and social needs of disabled or elderly adults in a professionally staffed group setting. With four locations, DLC provides an alternative to nursing homes and other long term care options. For more information, please visit [www.dailylivingcenters.org](http://www.dailylivingcenters.org/).

-30-

**Monthly Caregiver Support Group at Daily Living Centers in Edmond. All caregivers in the community are welcome, and respite care for adults who need it is provided by Daily Living Centers staff. To RSVP, call Dirmeyer at (405) 233-3531.**

**Daily Living Centers of Oklahoma is a non-profit organization offering affordable, non-residential facilities that support the health, nutritional and social needs of disabled or elderly adults in a professionally staffed group setting. With four locations, DLC provides an alternative to nursing homes and other long term care options. For more information, please visit** [**www.dailylivingcenters.org**](http://www.dailylivingcenters.org/)**.**