

Male Caregiver Support Network Directory



Male-Specific Caregiver Support Groups

Men's Caregiving Connections - Weekly virtual meetings specifically for men caring for loved ones with dementia. Their "No Pressure Conversations" format allows you to participate as much or as little as feels comfortable. <https://mensgroup.com/caregiver-support-group/>

Husbands as Caregivers - In-person groups in major cities with monthly meetings focused on practical problem-solving rather than just emotional sharing.

<https://wellspouse.org/#:~:text=Well%20Spouse%20Association%20provides%20support,like%20a%20caregiver%20or%20not.>

Men's Shed Caregivers - Based on the popular Men's Shed movement, these groups combine woodworking or hobby projects with caregiver support, creating a more natural environment for men to open up.

<https://www.usmenssheds.org/>

Veterans Caregiving Alliance - Support groups specifically for veteran caregivers, addressing both military experience and caregiving challenges. <https://www.caregiver.va.gov/>

Professional Counselors for Male Caregivers

Licensed Professional Counselors (LPCs) or Licensed Clinical Social Workers (LCSWs)

Specialties to Look For:

- Caregiver stress and burnout
- Grief and anticipatory loss

- Family systems therapy
- Adjustment disorders

Men's Mental Health Specialists

Why They're Valuable:

- Trained in addressing emotional suppression, role strain, and identity shifts often experienced by male caregivers.
- Offer therapy styles that align with task-oriented, solution-focused mindsets many male clients prefer.

Geriatric Counselors or Gerontological Therapists

Support Offered:

- Help caregivers understand dementia progression
- Coping strategies for common behavioral issues
- Family mediation when caregiving roles conflict

Faith-Based or Pastoral Counselors (if aligned with the caregiver's beliefs)

What They Provide:

- Emotional comfort and spiritual guidance
- Counseling rooted in values and meaning-making
- Can be less stigmatizing for men hesitant to seek therapy

Supportive Services with Male-Caregiver Focus

Examples:

- Area Agencies on Aging may have group counseling or male caregiver peer groups.
- Veterans Affairs (VA) for former service members providing care
- Employee Assistance Programs (EAPs) through work

Online Counseling Platforms

Best For Flexibility and Privacy:

- BetterHelp, Talkspace, and Online-Therapy.com allow male caregivers to get support on their schedule.
- Some platforms allow for text-only or video-based counseling, ideal for busy caregivers.

Respite Care Services (Rated by Male Caregivers)

Hidden Heroes Respite Services - Highly rated for their "no fuss" approach and straightforward communication style. <https://hiddenheroes.org/resources-online-education/respite/>

Eldercare - Find help in your community by entering your zip code OR city and state.

<https://eldercare.acl.gov/Public/Index.aspx>

Veterans Respite Program - Additional support options for those who have served, with understanding of both military and caregiving experiences. https://www.va.gov/geriatrics/pages/Respite_Care.asp

Weekend Warriors Respite - Specialized in providing weekend coverage to allow for regular breaks and personal time. <https://wwfs.org/caregiver-respite/>

Household Management Services

Meal Prep for Beginners - Practical cooking services combined with simple cooking lessons to help you develop skills. <https://www.budgetbytes.com/meal-prep-101-a-beginners-guide/>

Home Systems Solutions - Helps set up organizational systems for medication management, appointment tracking, and household maintenance. <https://yourorganizedlife.biz/blog/>

Laundry & Household 101 - Services that not only handle tasks but teach you the basics so you can gradually take on more yourself. <https://www.household-management-101.com/>

Caregiver's Personal Assistant - Virtual assistance with paperwork, insurance claims, and appointment scheduling.

<https://www.laservices.ca/blog/caregiver-personal-assistant#:~:text=This%20is%20very%20common.,you%20and%20the%20entire%20family.>

Home Maintenance Buddy System - Pairs you with a handyman who can handle repairs.

<https://www.handybuddy.com/handyman-services/>