

Finding common ground

Group therapy can help seniors with brain issues

ANCHOR LEDE

Do you have an older adult in your life suffering from something like Parkinson's or short term memory loss? Small group therapy may be what they need.

TAKE VO

Kren Harmon is a social worker at OSF HealthCare who runs one of those support groups. She says the sessions get seniors out of the house and help them with socialization, memory and special topics like grief.

SOT

Kren Harmon

OSF HealthCare

"We all have these same issues, but there's hope. We can learn coping skills and accept what's going on. We can support each other. Individual psychotherapy is great, but in group they get the benefit of having each other to lean on. They say 'This worked for me. You might want to try this at home.'" (:25)

VO TAG

Harmon says if your loved one is skeptical of small group therapy, try having their doctor suggest it. She says sometimes it means more coming from a white coat.