

# Stress-Busting Program for Family Caregivers™



Program for Family Caregivers of Persons with Alzheimer's Disease and Dementia

*Also available in Spanish*

## OVERVIEW

The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia. It is proven to:

- Reduce caregiver stress
- Reduce anxiety
- Reduce anger/hostility
- Improve quality of life

## THE PROGRAM

The SBP is a train-the-trainer program where two certified facilitators meet with a small group (up to 8 people) of caregivers. The program is focused on education, support, problem-solving, and stress management. It takes a holistic approach addressing emotional, physical, spiritual, and cognitive needs of the caregivers. Participants meet for nine weeks for 90 minutes per week.

Week	Title and Content	Stress Management Technique
1	<b>Getting Started:</b> Group introductions, purpose, and expectations of program.	Relaxation Breathing
2	<b>Stress: Effects on Mind, Body, and Spirit:</b> Causes of stress, mind-body-spirit connections to stress.	Meditation
3	<b>Caregiver Stress and Relaxation:</b> Effects of stress, relaxation response, creating a relaxation environment.	Imagery
4	<b>Challenging Behaviors of People with Dementia:</b> Understanding and managing difficult and challenging behaviors commonly exhibited by people with dementia. Strategies to manage these behaviors are discussed.	Hand massage
5	<b>Grief, Loss, and Depression:</b> Grieving process and losses related to dementia. Understanding the relationships among loss, grief, and depression.	Art therapy
6	<b>Coping with Stress:</b> Discussion of changeable and unchangeable stressors. Changing roles and relationships. Use of coping strategies.	Aromatherapy
7	<b>Positive Thinking:</b> Changing the way one can think (cognitive restructuring) and how to view situations in a more positive framework. Twisted thinking is discussed.	Journaling
8	<b>Taking Care of Yourself: Healthy Living:</b> Integrating the strategies learned in earlier sessions to help develop a healthier lifestyle. Emphasis on incorporating good nutrition and sleep habits, exercise, and hobbies into daily routines.	Music therapy
9	<b>Choosing a Path to Wellness:</b> Final integration of first 8 sessions and applying it so caregivers will be empowered to take care of themselves. Caregivers create a plan to do this and focus on healthy living. Discuss assertiveness skills.	

Visit our website: [www.caregiverstressbusters.org](http://www.caregiverstressbusters.org)  
For more information email us at [stressbusters@wellmed.net](mailto:stressbusters@wellmed.net) or call us toll free at 866-390-6491



# Stress-Busting Program for Family Caregivers™

## TRAINING AVAILABILITY

The program is delivered using a Master Trainer/group facilitator model. Master Training is available to organizations that purchase a license and pay Master Training fees. Master Training sessions are conducted in San Antonio, Texas over a two-day period. Training can also be conducted outside of San Antonio for groups of 8-10, but arrangements must be made separately.

Program materials for caregivers to participate in the program (handbooks, CD, and DVD) are available for purchase separately. Detailed cost information is available on the website.

## COST INFORMATION

License fee - single entity license (3 years) is \$500.

Master Training costs - Special price of \$1,200 for each participant for 2016 Master Training dates. A minimum of two Master Trainers from each sponsoring agency/organization required to participate in training.

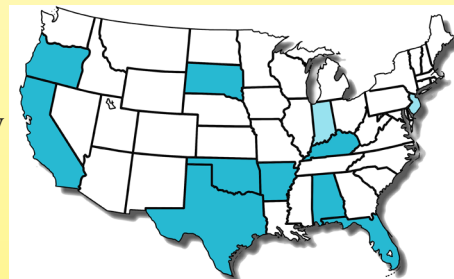
**Program Evaluation Support:** Support for program evaluation can be provided for grant reporting purposes. The level of support and any materials are negotiated on an individual basis, as needed by the licensed organization. Please contact us to discuss further.

## PROGRAM CREDIBILITY

1. From 1996-2010 the SBP was developed through research from the National Institutes of Health. From 2010-2012 the SBP was disseminated (with funding from the Administration on Aging in partnership with the WellMed Charitable Foundation) into the community in central and south Texas using a “master trainer-group facilitator” model.
2. **The SBP is currently recognized by the Administration on Aging as the highest-level criteria for an evidenced-based program and by the VA as an evidence-supported program.**
3. The SBP has demonstrated statistically significant reductions in caregiver stress, depression, anger/hostility, and anxiety, as well as improvements in sense of control and perceived quality of life.

## 2016 MASTER TRAINING DATES

Date	Location
April 27-28	San Antonio, TX
May 25-26	San Antonio, TX
June 29-30	San Antonio, TX
July 27-28	San Antonio, TX
August 24-25	San Antonio, TX
September 28 -29	San Antonio, TX
October 26-27	San Antonio, TX



States offering the Stress-Busting Program™ in blue.

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