



# CAREGIVER STRESS-BUSTING PROGRAMS



## OVERVIEW

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

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

## WHY SHOULD YOU BE INTERESTED?

1. Add value to your brand by becoming a trusted community resource.
2. Drive leads to your facility by offering this valued program and positive word-of-mouth marketing.
3. Improve communication between staff and families by building trust and engagement.

## 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.



*States offering the Stress-Busting Program™ in green.*

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

## 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 when adopting one program. Adopting both programs requires an additional 4 hours of training for a total training time of 2 1/2 days. Training can also be conducted outside of San Antonio for groups of 8-10, but arrangements must be made separately.

## 2018-19 MASTER TRAINING DATES

Date	Location
November 7-8	San Antonio, TX
February 27-28	San Antonio, TX
May 29-30	San Antonio, TX
August 28-29	San Antonio, TX

## THREE PROVEN PROGRAM FORMATS

The SBP is a train-the-trainer program where two certified facilitators meet with a small group (up to 8 people) of caregivers. The Stress-Busting Program is available in three formats:

- The Stress-Busting Program for Family Caregivers of Persons with Dementia
- The Stress-Busting Program for Spanish-Speaking Family Caregivers of Persons with Dementia
- The Stress-Busting Program for Family Caregivers of Persons with Chronic Conditions

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>Facing Challenges:</b> Understanding and managing difficult and challenging situations when caring for someone with dementia or a chronic illness.	Hand massage
5	<b>Grief, Loss, and Depression:</b> Grieving process and losses related to caring for someone with dementia or a chronic illness.	Art
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
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.	