

OVERVIEW

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

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

4 PROVEN PROGRAMS

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 four formats:

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

Week	Title and Content	Stress Management Technique
1	Getting Started: Group introductions, purpose, and expectations of program.	Relaxation Breathing
2	Stress: Effects on Mind, Body, and Spirit: Causes of stress, mind-body-spirit connections to stress.	Meditation
3	Caregiver Stress and Relaxation: Effects of stress, relaxation response, creating a relaxation environment.	Imagery
4	Facing Challenges: Understanding and managing difficult and challenging situations when caring for someone with dementia or a chronic illness.	Hand massage
5	Grief, Loss, and Depression: Grieving process and losses related to caring for someone with dementia or a chronic illness.	Art
6	Coping with Stress: Discussion of changeable and unchangeable stressors. Changing roles and relationships. Use of coping strategies.	Aromatherapy
7	Positive Thinking: Changing the way one can think (cognitive restructuring) and how to view situations in a more positive framework. Twisted thinking is discussed.	Journaling
8	Taking Care of Yourself: Healthy Living: 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	Choosing a Path to Wellness: 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.	

2021 MASTER TRAINING DATES

Date	Location
August 25-26 September 1-2	Web
November 3-4 November 10- 11	Web

TRAINING AVAILABILITY

The program follows a Master Trainer/Group Facilitator format model. Master Training is available to organizations that purchase a license and pay Master Training fees. Master Training in 2020 will be conducted via Zoom over a four-

day, four hour period. Adopting both programs requires an additional 2 hours of training for a total training time of 18 hours. Training requires a minimum of 4-8 people. Training will also be conducted on the following days if you do not have a group of 4-8 people to train: August 25-26 and September 1-2 | November 3-4 and November 10-11.

COST INFORMATION

License fee - non-profit/government single entity license (3 years) is \$500 for one program and an additional \$100 for each additional program (total for: one program \$500; two programs \$600; three programs \$700). Contact us for information about for-profit entity costs and costs for state/regional implementation.

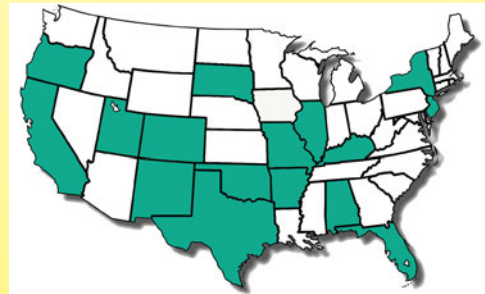
The Master Training cost is \$1,200 for each participant in one of the programs. A minimum of two Master Trainers from each sponsoring agency/organization is required to participate in training. Additional training is available in all programs. The Master Training fees for additional programs is \$150 per Master Trainer participant, per program.

Handbooks for caregivers to participate in the program are available for purchase separately - \$20/each.

MENTION THIS AD FOR A 10% DISCOUNT ON TRAINING COSTS

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 been included in Best Practice Caregiving, a free online database of vetted, proven dementia caregiving programs.



States offering the Stress-Busting Program™ in teal.



Visit our website: www.caregiverstressbusters.org

For more information email us at stressbusters@wellmed.net or call us toll free at 866-390-6491