

# Stress-Busting Program for Family Caregivers™



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

## 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:

- Improve the quality of life of family caregivers who provide care for persons with Alzheimer's disease or other dementias
- Help caregivers manage their stress and cope better with their lives.

## The Program

The SBP is a multi-component 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 the emotional, physical, spiritual, and cognitive needs of the caregivers. Participants meet for nine weeks, for 90 minutes per week.

### Content includes the topics of:

- Stress and Relaxation
- Coping with Stress
- Grief, Loss, and Depression
- Dealing with Challenging Behaviors
- Positive Thinking
- Taking Time for Yourself
- Choosing a Path of Wellness

### Stress Management techniques will be taught including:

- Relaxation breathing
- Guided imagery
- Meditation
- Art
- Music
- Journaling

## 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, CDs, and DVDs) are available for purchase separately. Detailed cost information is available on the cost sheet.

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The Master Trainer session lasts two days and includes

- Subject matter content
- Role of the facilitators
- How to administer the program
- How to train group facilitators

At the end of the training, persons who successfully demonstrate knowledge and ability to facilitate groups will

- Acquire provisional certification as SBP master trainers
- Be qualified to facilitate SBP groups
- Be qualified to train group facilitators

Master trainer certification will remain with the licensing organization. This means that if a master trainer leaves the licensed organization, he or she will no longer have SBP certification to hold groups or train facilitators.

## Program Credibility

1. From 1996-2010, the SBP was developed through research funding from the National Institutes of Health. From 2010-2012 the SBP was disseminated with funding from the Administration on Aging in partnership with WellMed Charitable Foundation into the community in central and south Texas using a “master trainer-lay leader” model.
2. The SBP is 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 is written into the Texas State Plan on Alzheimer’s Disease under Goal IV. Caregivers will experience enhanced levels of support through improved access to Alzheimer’s disease/dementia care information and services.

## Contact Information

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*“I was so overwhelmed and unable to cope that I truly felt I was swimming against a strong current with no hope of reaching my destination.*

*With SBP I felt I had been tossed a life preserver and could see a glimmer of hope on the horizon.*

*The current where I swim still gets rough sometimes, but I now have tools to handle it and join the flow instead of fight it.”*

*Caregiver from Corpus Christi, Texas*

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