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
• Journal

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

For more information please contact Laura M. Wolfe at lwolfe@nctcog.org or 972-978-1371 or visit http://www.nctcog.org/cs/aging/classes.asp