



Stress-Busting Program

An Evidence-Based Program for Family Caregivers





Presenters

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Objectives

- 1. Describe the Stress-Busting Program (SBP) for Family Caregivers.**
- 2. Discuss the effectiveness of the SBP.**
- 3. Describe the adaptations of the SBP for various caregiver populations.**



Other Half of Alzheimer's Disease and Dementia



The Family Caregiver



Costs of Caregiving

- **Family caregivers perform an incredibly valuable service**
- **Done at tremendous personal costs**
 - **Emotional**
 - **Physical**
 - **Social**
 - **Financial**





What are Family Caregivers Expressing?

- **“What happens when she needs more care than I can provide?”**





What are Family Caregivers Expressing?

- **“If she asks that question one more time, I’ll scream!”**





What are Family Caregivers Expressing?

- “I can’t remember the last time I felt good.”





What are Family Caregivers Expressing?

- **“I don’t care about getting together with my friends anymore.”**





What are Family Caregivers Expressing?

- **“What if he wanders out of the house and falls and hurts himself?”**





What Happens When Needs of Caregivers Are Not Met?

Burnout

**Caused by excessive
and prolonged stress**





Why Don't Caregivers Ask for Help?

- They may not know how to ask for help
- They may be afraid of being rejected
- They may not want help
- Families may be in a state of denial





Stress-Busting Program for Family Caregivers

- **Multi-component program in a support group setting**
- **9 weeks**
- **1 ½ hours/week**
- **Led by 2 group facilitators**





Multi-Component Focus Stress-Busting Program

Support



Problem-Solving



Education



Stress Management





Stress-Busting Program for Family CaregiversTM

*FOR FAMILY CAREGIVERS
OF PEOPLE WITH DEMENTIA*

3rd Edition

Stress-Busting Program for Family Caregivers

Relaxation Strategies

DVD
VIDEO
07-351

Developed at
WE MAKE LIVES BETTER

UT HEALTH SCIENCE CENTER
SAN ANTONIO

Stress-Busting Program for Family Caregivers

Journey of Caregiving

DVD
VIDEO
07-351

Developed at
WE MAKE LIVES BETTER

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Session 1

Getting Started

- **Introductions to the program**
- **Hearing the caregivers' stories and building support**

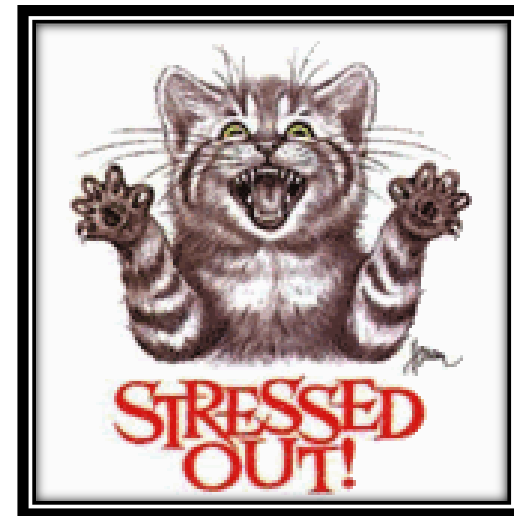




Session 2

Stress: Effects on Mind, Body, and Spirit

- General concepts of stress
- Negative effects on physical and emotional health





Principle Underlying Stress Management

- You may not be able to change the stressors in your life
- But *you can choose* how you react or respond to them





Session 3

Caregiver Stress and Relaxation

- **Stress related to being a caregiver**
- **Creating a relaxation environment**





Session 4

Challenging Behaviors of People with Dementia

- **Common behavioral problems of patient with dementia and ways to deal with them**





Session 5

Grief, Loss, and Depression

- Losses related to Alzheimer's disease
- Ongoing grief
- Resulting depression





Session 6

Coping with Stress

- **Changing family relationships**
- **Using coping strategies**
- **Humor**

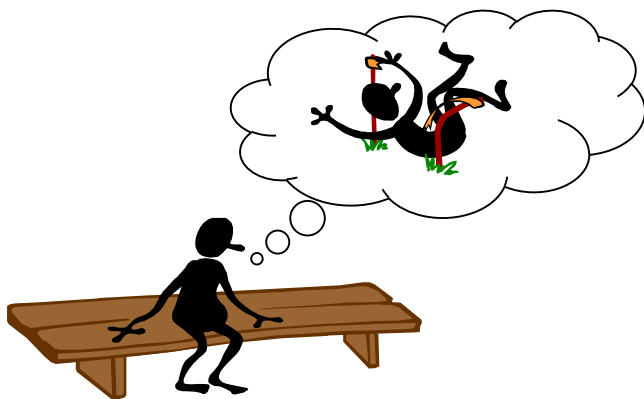




Session 7

Positive Thinking

- For some caregivers just thinking about the positive aspects can “reframe” their role and help it seem more manageable





Session 8

Taking Care of Yourself: Healthy Living

- **Caregivers frequently devote themselves totally to their loved one**
- **In the process, neglect their own needs**





Session 8

Taking Care of Yourself: Healthy Living

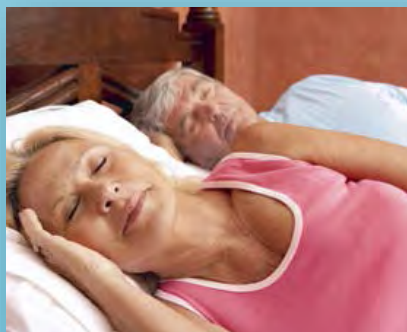
Exercise



Nutrition



Sleep



Hobbies





Principle Underlying Stress Management

Key to being an effective caregiver

- *You can't always **choose** your destiny in life.....*

*but you **can choose** how you cope with it*





Session 9

Choosing a Path of Wellness

- Putting it all together
- Setting goals





Stress Management Technique

Relaxation Breathing

- A simple and most effective way to stop the stress response:

Relaxation (abdominal) breathing





Stress Management Technique

Meditation

- A state of
 - Thoughtless awareness
 - Profound, deep peace that occurs when the mind is calm and silent, yet completely alert





Stress Management Technique

Imagery

- Use of one's mind to generate images that have a calming effect on the body





Stress Management Technique

Journaling

- **Allows an individual to express self in writing**
- **Ask caregivers to write about the positive aspects of caregiving**





Stress Management Technique

Massage

- Works well for relaxation of caregiver
- Hand massage also helps dementia patients who are agitated

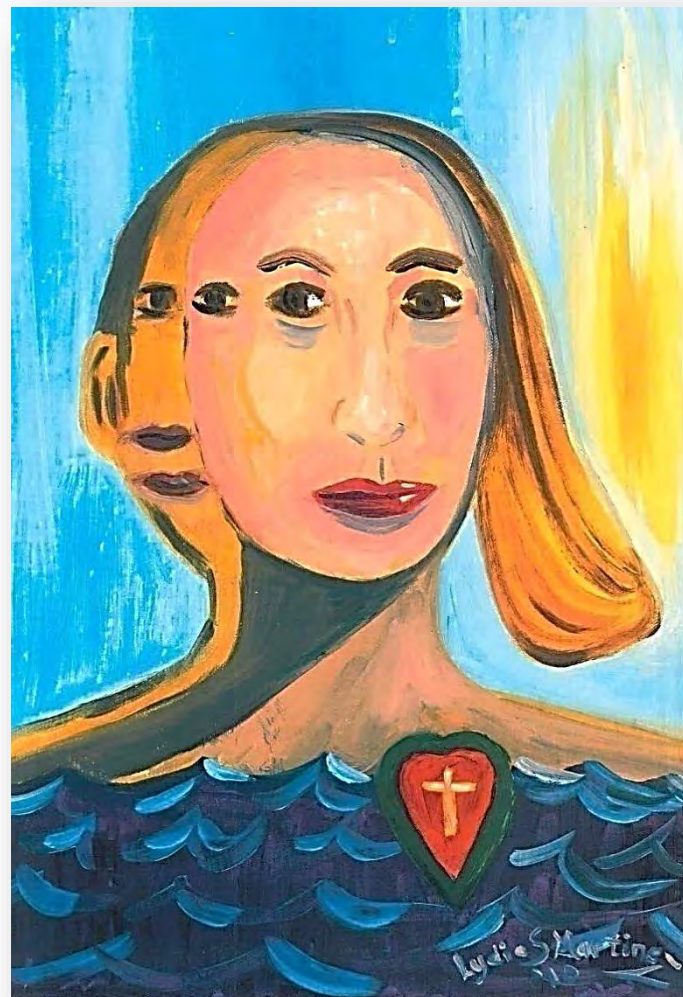




Stress Management Technique

Art

- Allows a person to nonverbally express and communicate feelings, emotions, and thoughts





Art





Stress Management Technique

Music

- **Music can help achieve a relaxed state**





Stress Management Technique

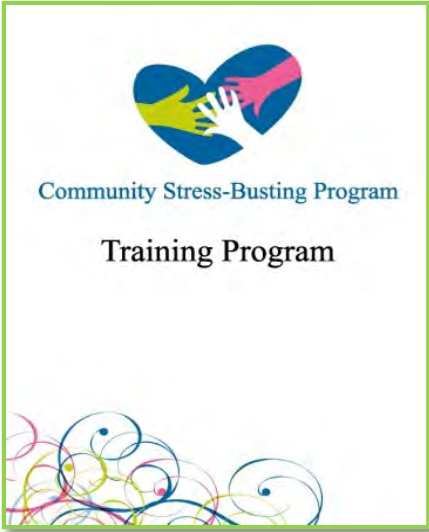
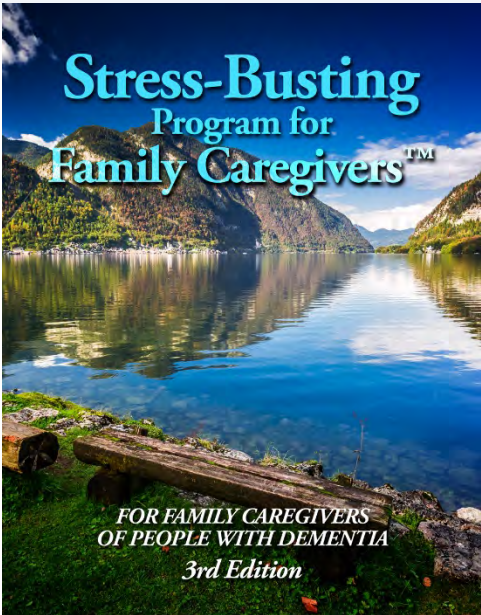
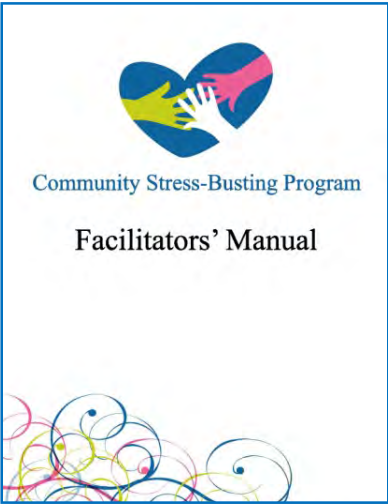
Aromatherapy

- Use of essential oils for the beneficial effects on the mind, body, and spirit





Toolkit





Stress-Busting Program

Why is it Effective?

Cornerstones

- **Facilitators**
- **Nurturing of caregivers**
- **Program content**



Stress-Busting Program for Family Caregivers

- **Evidenced-based program at the highest level of criteria**





Phases of Stress-Busting Program

Phase	Time Period	Description
1	1996 -2010	Original SBP was developed at the UTHSC at San Antonio through research funding from the NIH and Veterans Affairs
2	2010-2013	SBP was adapted to a master trainer/lay leader model and disseminated with funding from AoA
3	2013-2014	Disseminated across Texas with funding from DADS
4	2013-2016	Disseminated nationally

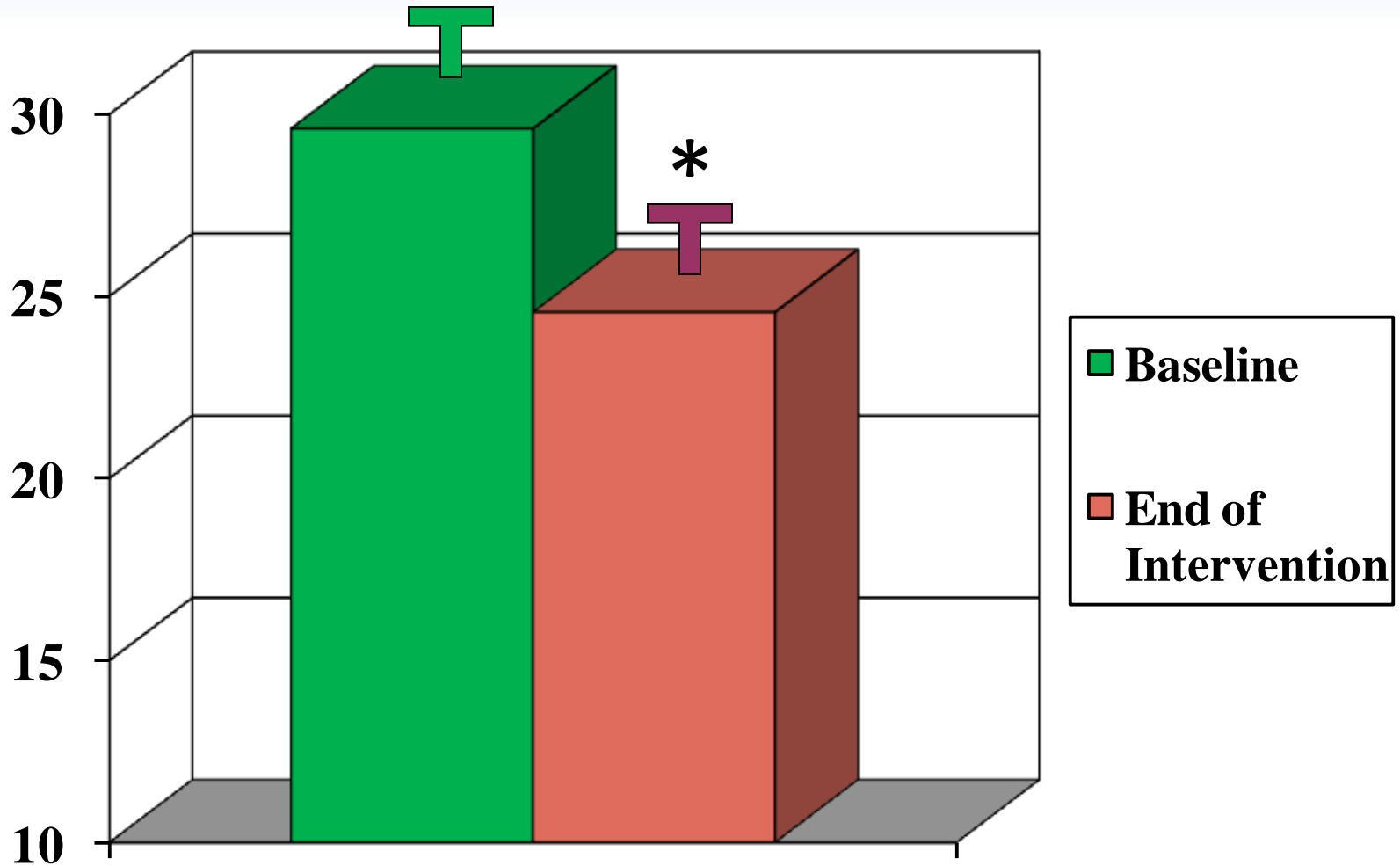


Stress-Busting Program Results



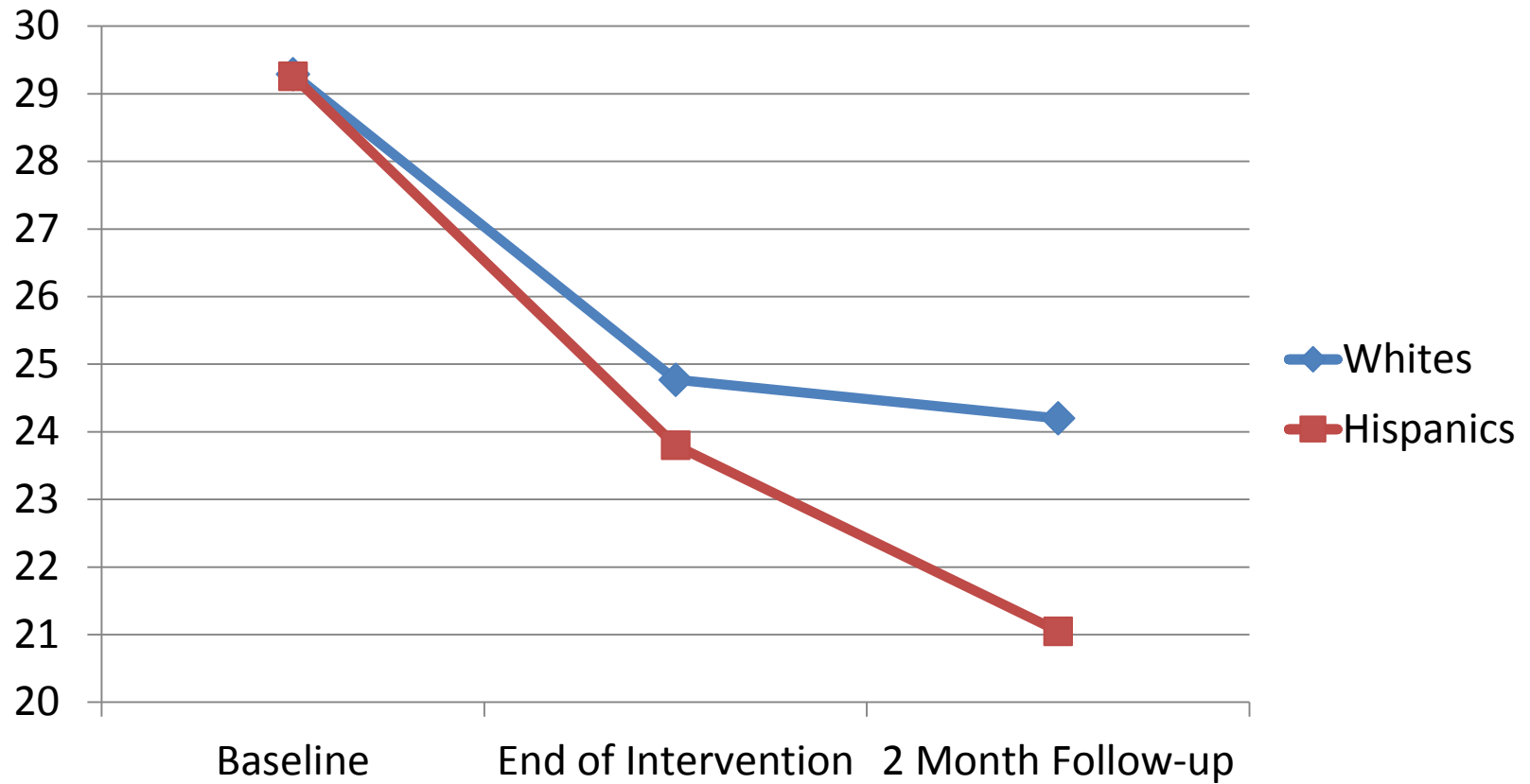
Stress

All Caregivers



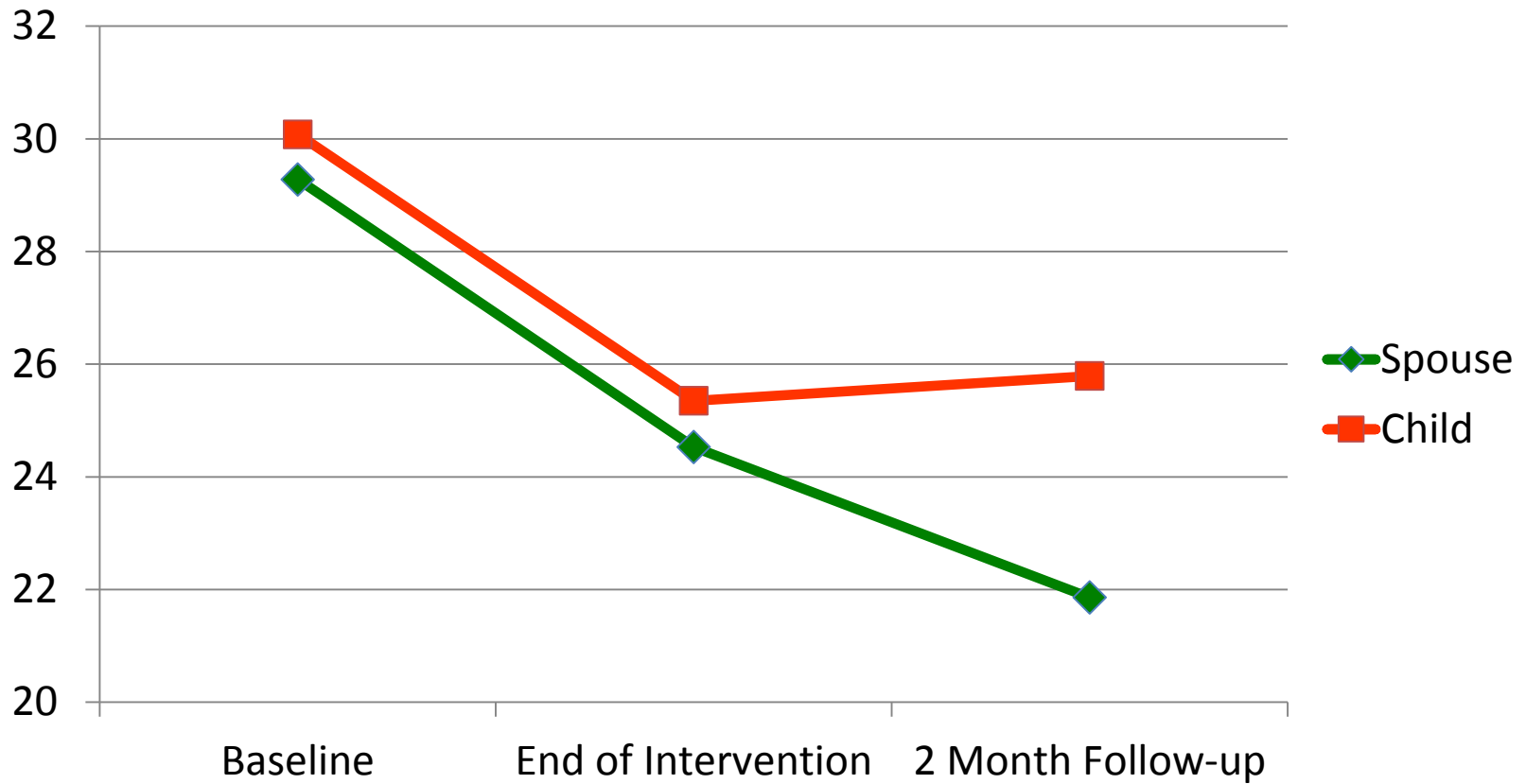
Stress

Whites vs. Hispanics



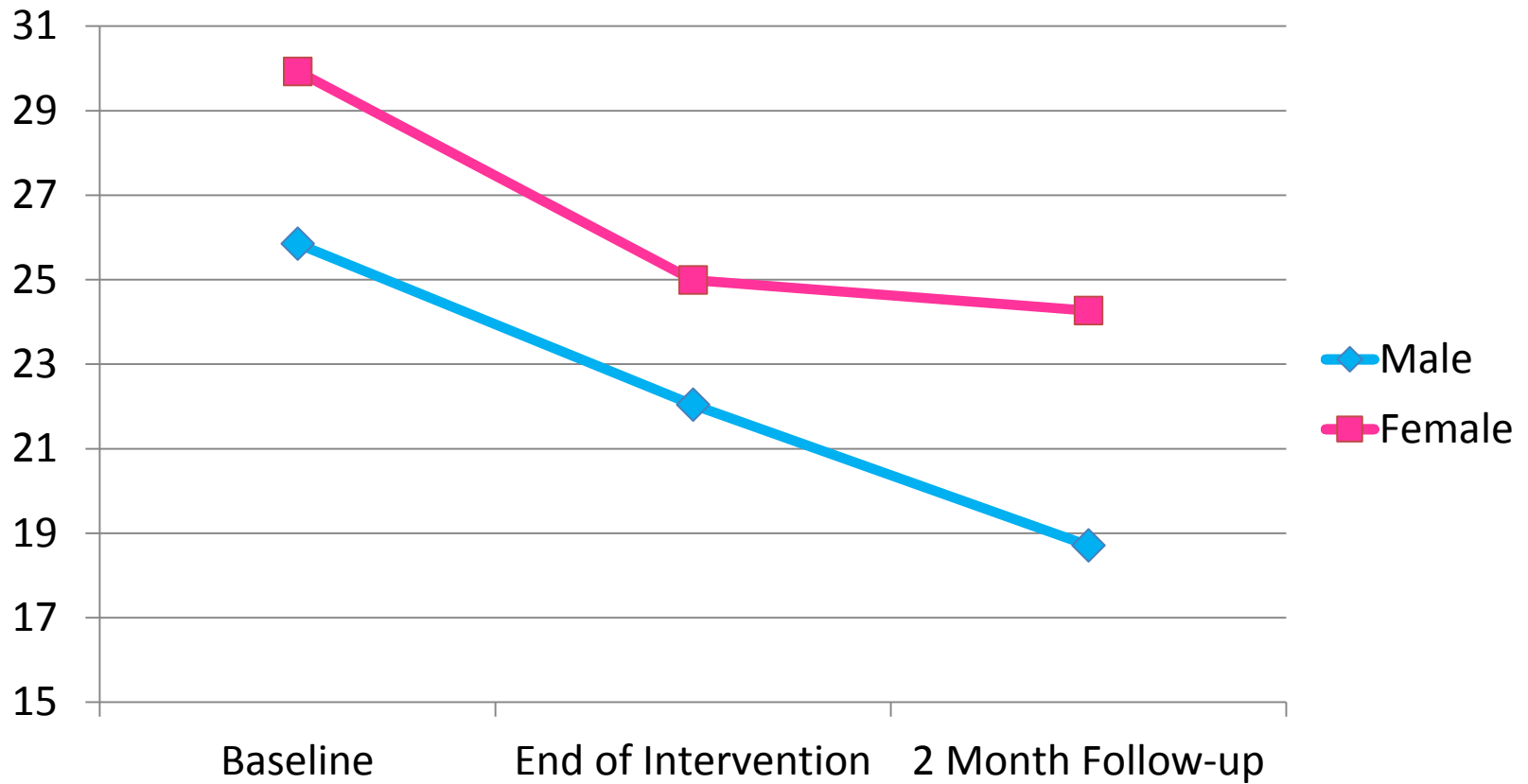
Stress

Spouse vs. Adult Child



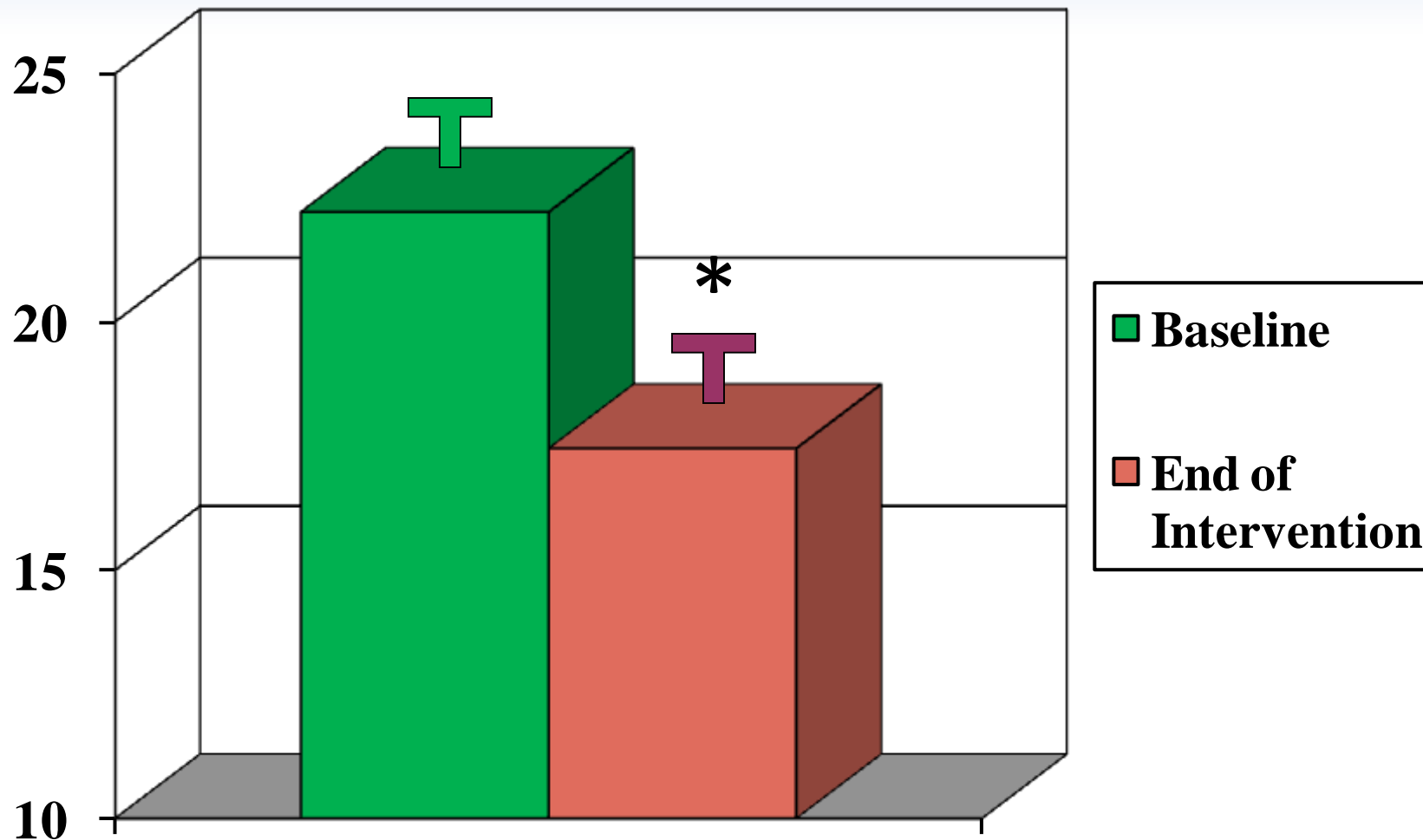
Stress

Male vs. Female



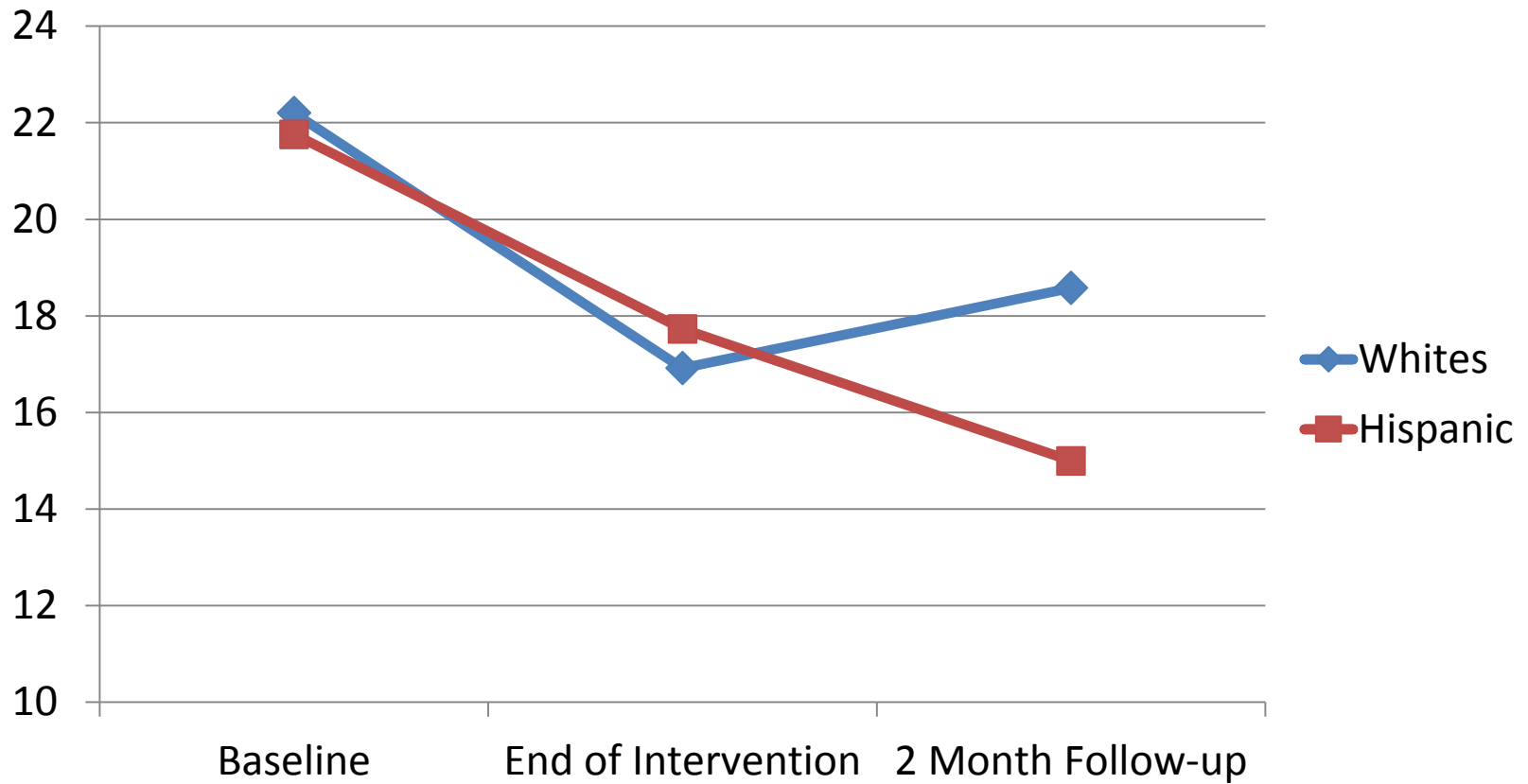
Depression

All Caregivers



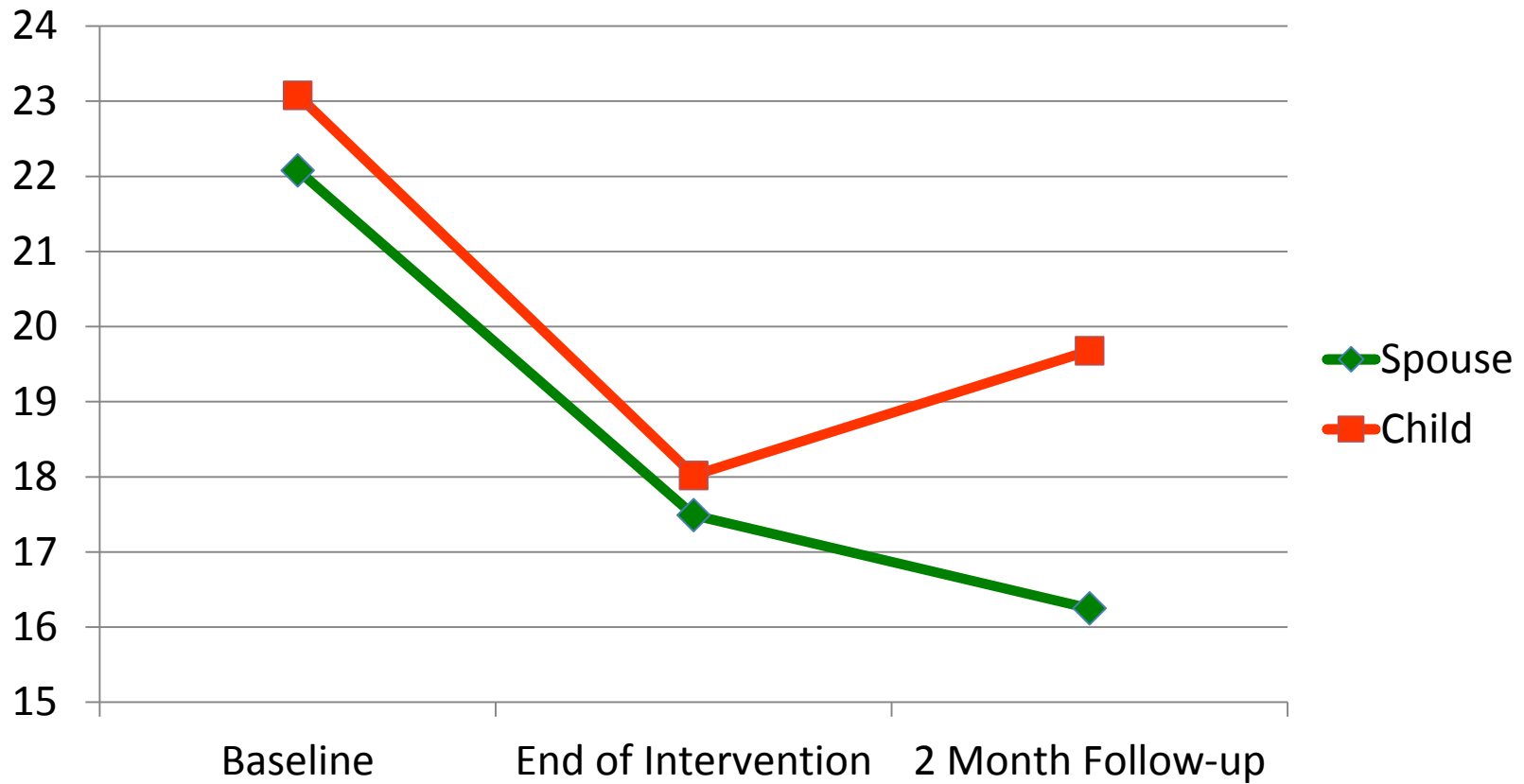
Depression

Whites vs. Hispanics



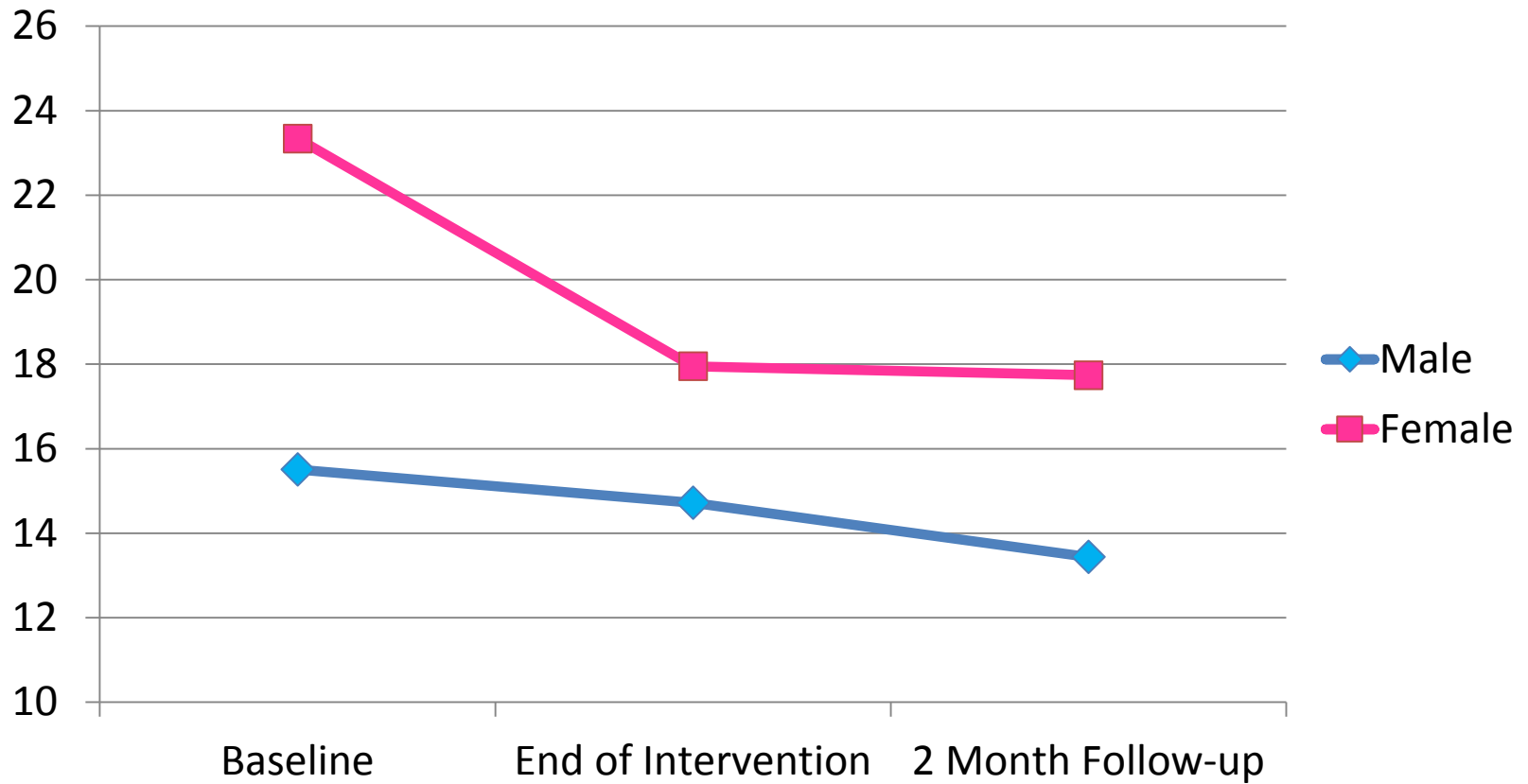
Depression

Spouse vs. Adult Child



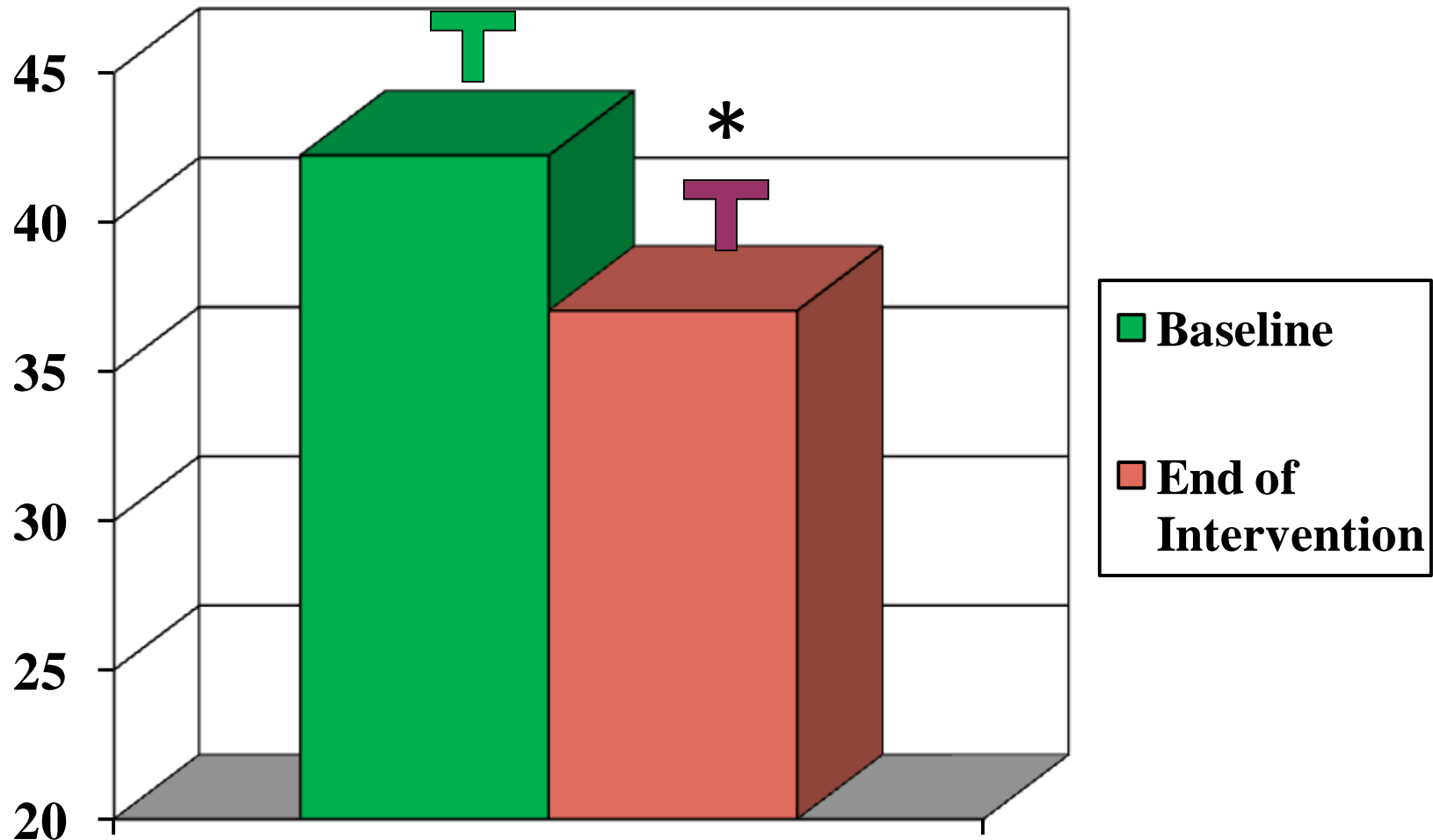
Depression

Male vs. Female



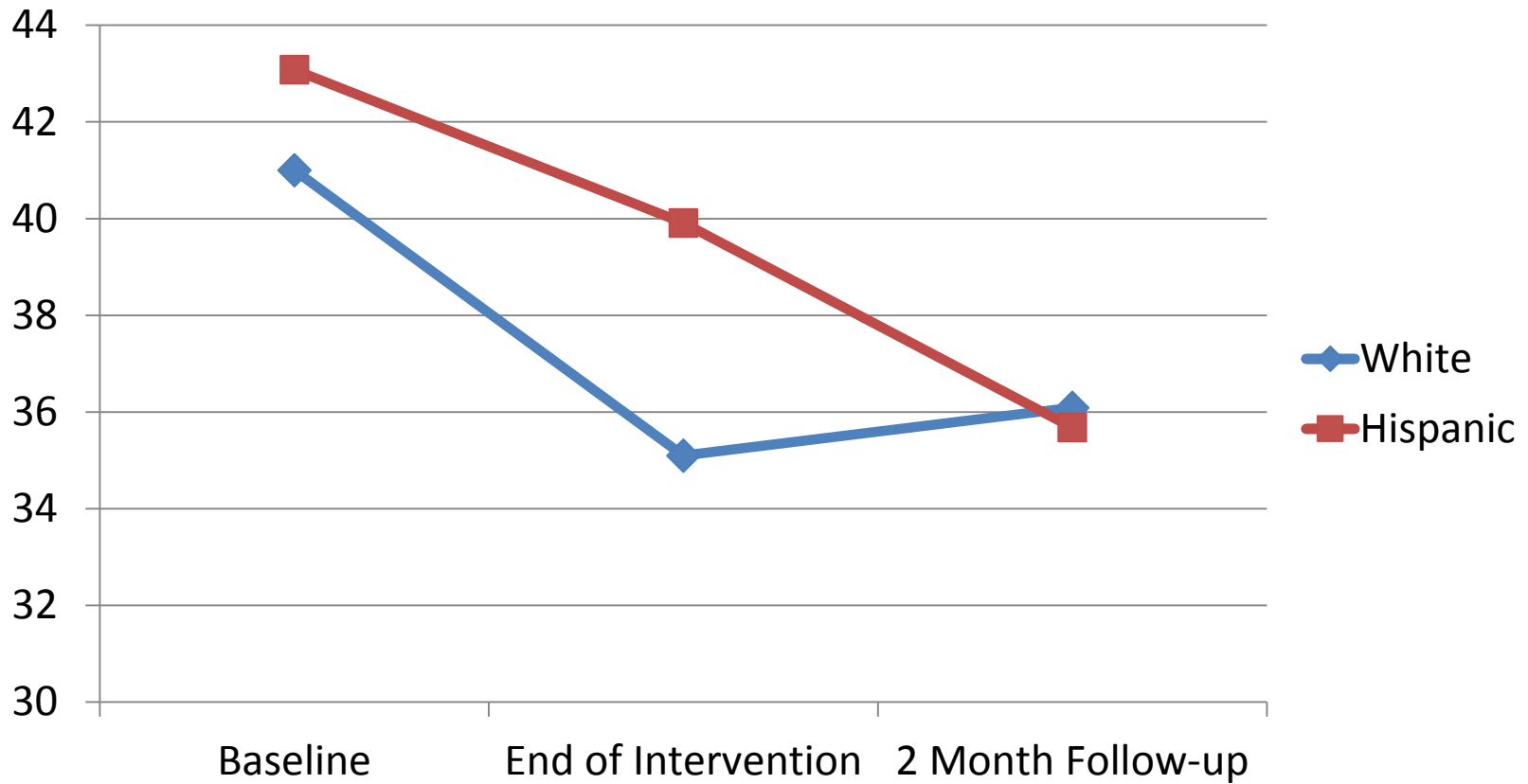
Caregiver Burden - Subjective

All Caregivers



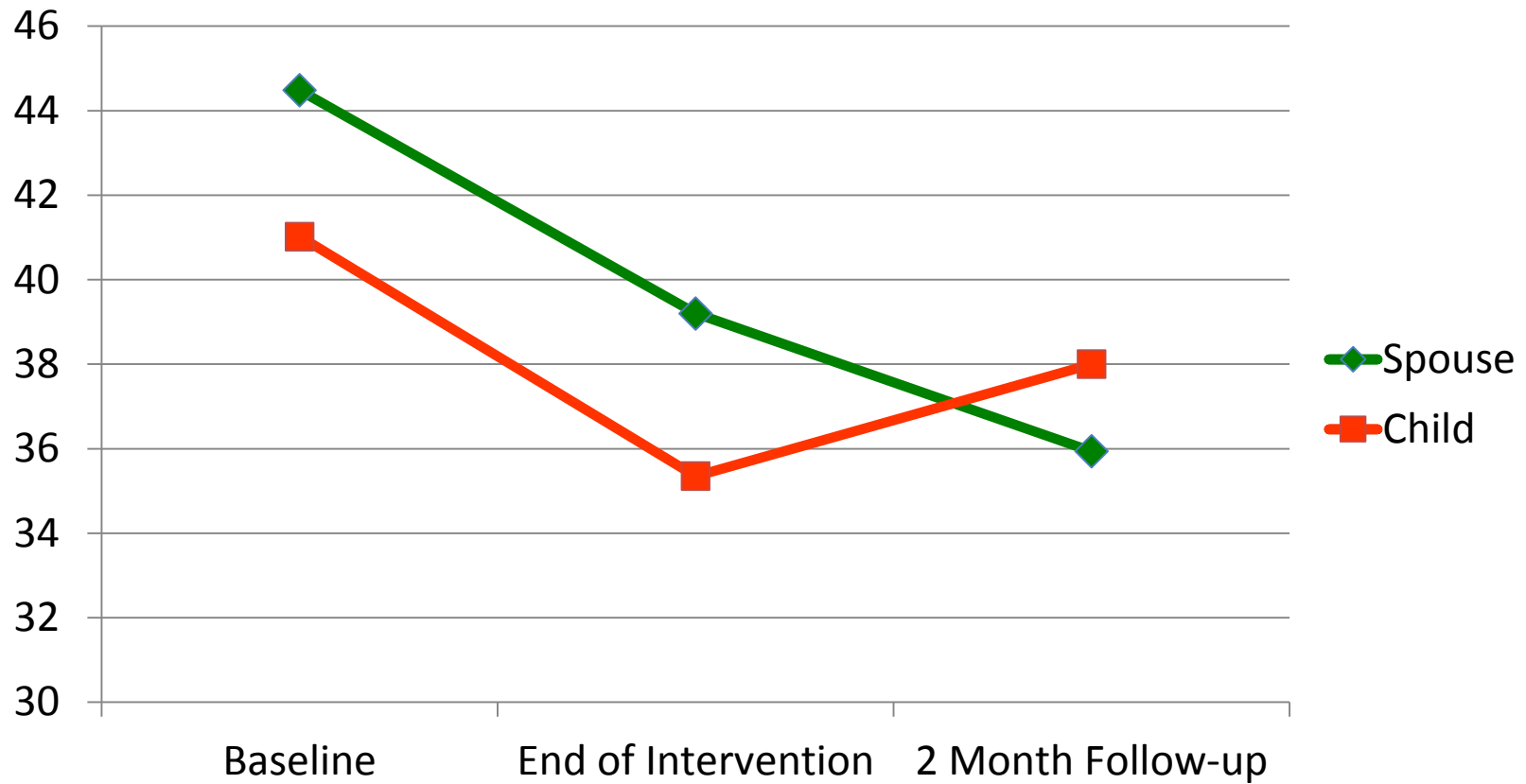
Caregiver Burden - Subjective

Whites vs. Hispanics



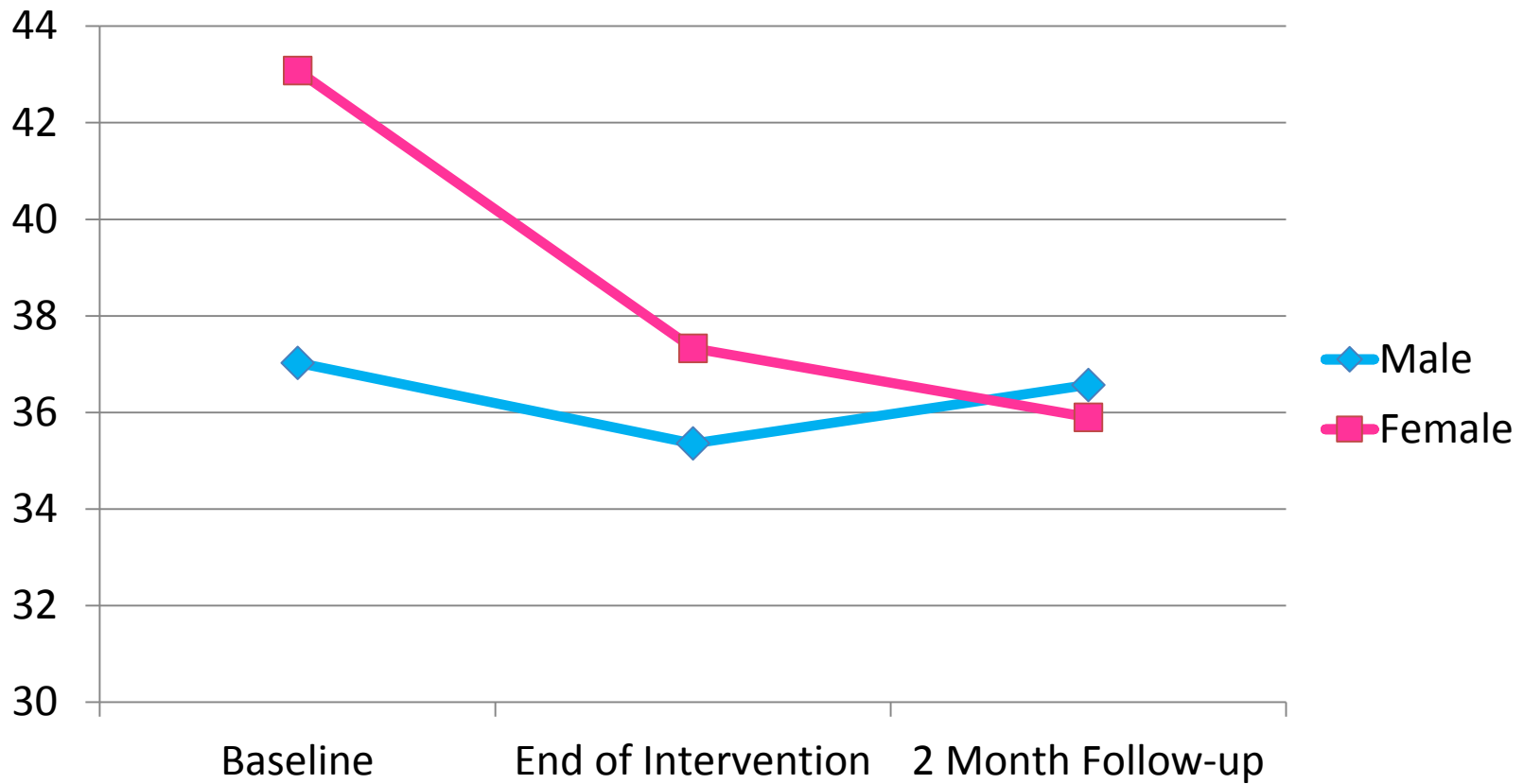
Caregiver Burden - Subjective

Spouse vs. Adult Child



Caregiver Burden - Subjective

Male vs. Female





Stress-Busting Program

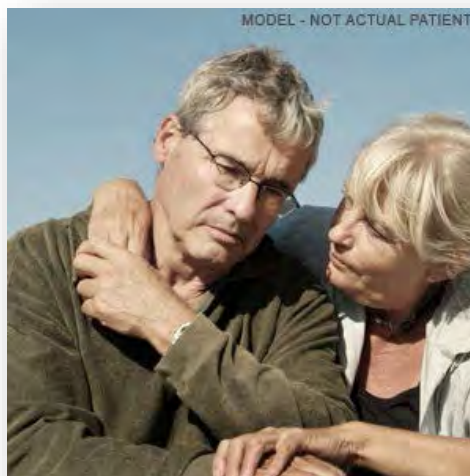
Summary of Results

Decreases in	Improvements in
<ul style="list-style-type: none">• Stress• Depression• Caregiver burden	<ul style="list-style-type: none">• Quality of life• Sense of control



Outcomes of Stress-Busting Program

*“I was at a very low point in my life.
The program saved me from going
into a deep depression....it saved my
life.”*



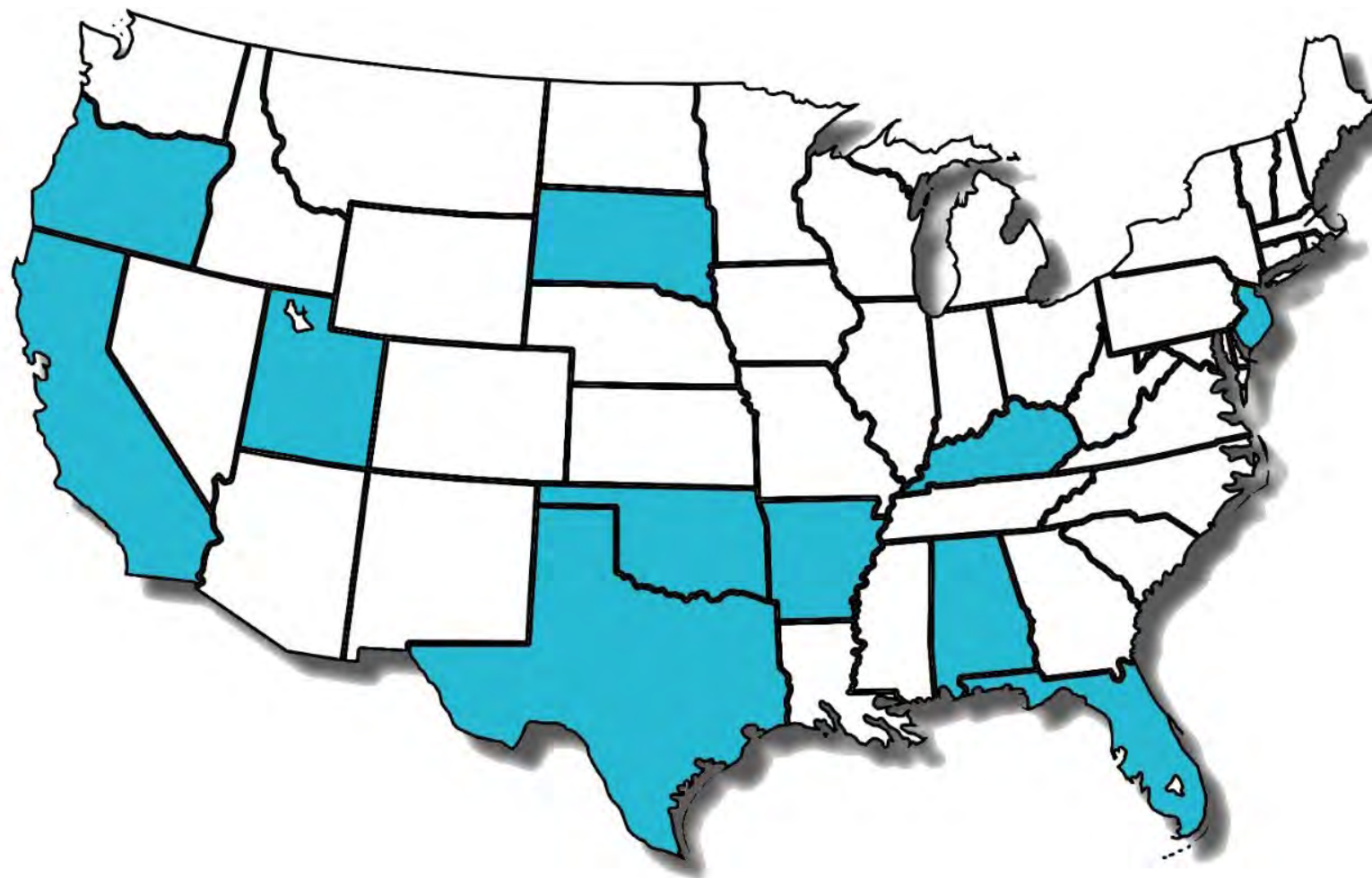
SBP – the Life Preserver

“I was so overwhelmed and unable to cope that I truly felt I were 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.”**





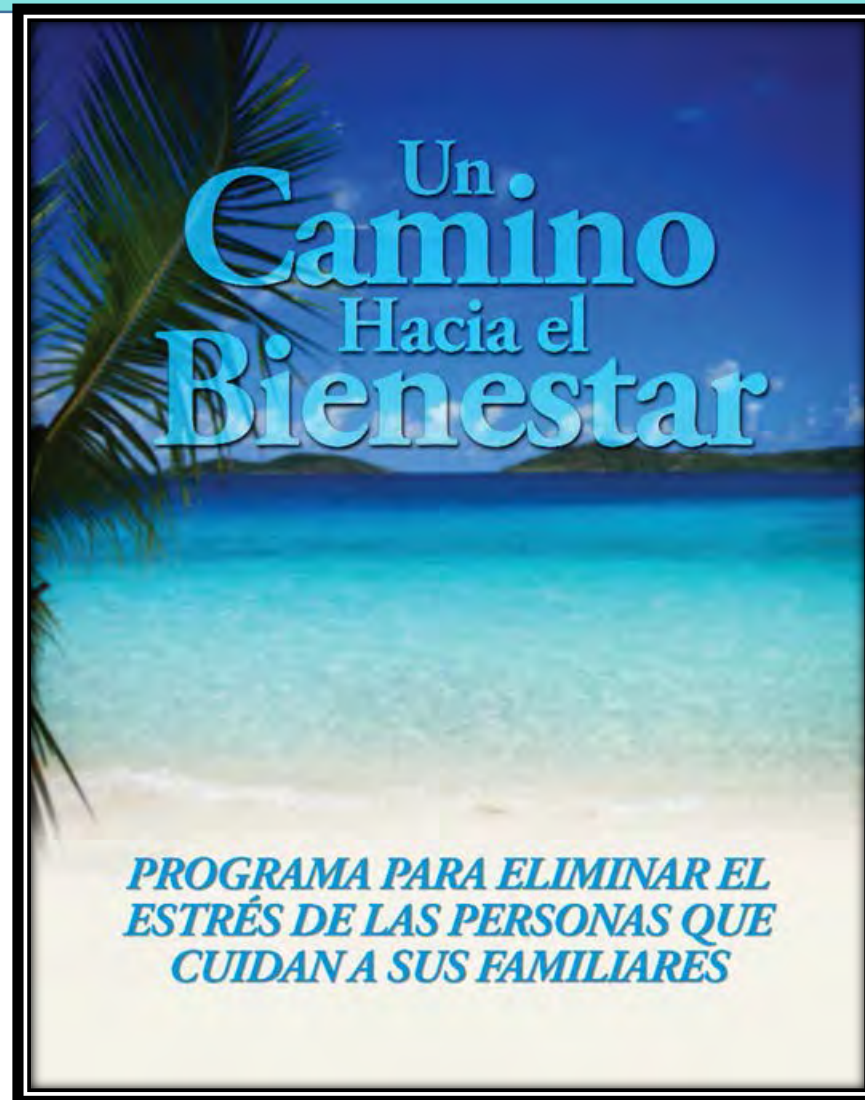


Distribution in the United States

- **SBP has been adopted by organizations in Texas, Florida, Alabama, Arkansas, Oklahoma, Oregon, Utah, Kentucky, New Jersey, South Dakota, and California**
- **The program is currently licensed through the WellMed Charitable Foundation**



Spanish Stress-Busting Program (S-SBP)





Spanish Stress-Busting Program (S-SBP)

- S-SBP for Family Caregivers is an adaptation of the English version of the evidence-based Dementia SBP (D-SBP) for Family Caregivers





Spanish Stress-Busting Program (S-SBP)

- The *overall goal* of S-SBP is to assist Spanish-speaking Hispanic family caregivers of people with dementia to cope more effectively with stress related to caregiving





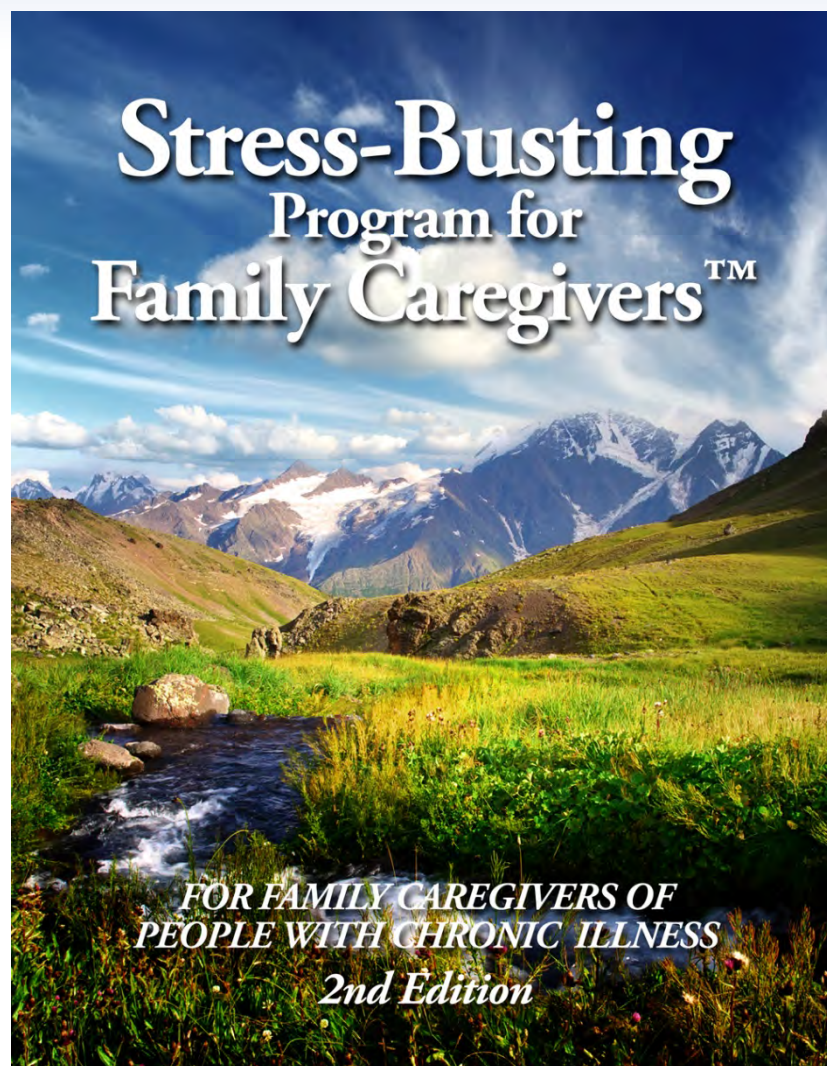
Spanish Stress-Busting Program (S-SBP)

- The adaptation of S-SBP focused on both the linguistic and cultural aspects





General Stress-Busting Program (G-SBP) for Family Caregivers





General Stress-Busting Program (G-SBP)

- **G-SBP for Family Caregivers is an adaptation of the evidenced-based Dementia SBP (D-SBP) for Family Caregivers**





Goal of G-SBP

- To help family caregivers who provide care for persons with **chronic illness** to cope more effectively with stress related to caregiving



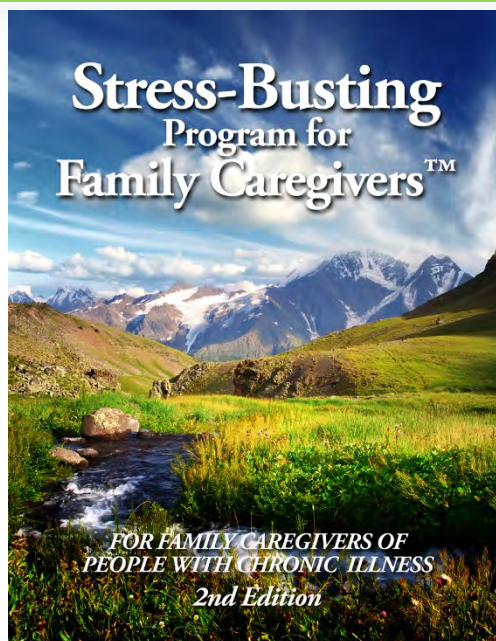
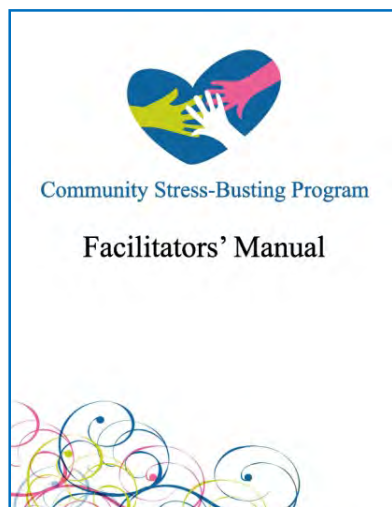


Why a G-SBP?

- **How many family caregivers in the U.S.?**
 - **More than 65 million people, 29% of the U.S. population**
- **Many caregivers are taking care of someone who does not have dementia**
- **The needs of these family caregivers are going unmet**



Toolkit





Stress-Busting Program for Health Care Professionals

Combating Compassion Fatigue and Burnout

- One-day workshop and seminar





Stress-Busting Program for Health Care Professionals

- **Discuss how compassion fatigue and burnout develop in health care professionals**
- **Describe consequences of compassion fatigue and burnout in health care professionals**





Stress-Busting Program for Health Care Professionals

Other topics:

- **Assertive Strategies: Can They Be Effectively Used at Work?**
- **Can Positive Thinking Change Me or My Environment?**
- **What is “Me Time”?**
- **Stress Management Techniques**





Why Should You Be Interested in the Stress-Busting Program?

- 1. It is an evidenced-based program for your agency to expand its outreach to family caregivers**
- 2. The dementia program is available in English and Spanish**
- 3. The general program is available in English**



Why Should You Be Interested in the Stress-Busting Program?

- 4.** SBP has a program structure that is readily reproducible in community settings
- 5.** Ultimately the program can be self-sustaining in your community



How Can I Implement this Program?

- Program is available as a Master Trainer/Facilitator model
- Master Training is available in San Antonio, TX or off-site
- Check the website www.caregiverstressbusters.org for more information



Stress-Busting Program For Family Caregivers™



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"Whenever I feel overwhelmed,
there's someone to help me"

The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support for family caregivers of persons with Alzheimer's disease and related dementias.



Stress-Busting Program

The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support for family caregivers of persons with Alzheimer's disease and related dementias. It is designed to:

- improve the quality of life of family caregivers who provide care for persons with Alzheimer's disease and related dementias

Newsletter Signup

Full Name

Email



Contact Information

Debbie Billa or Jennifer Kretzschmar

- **stressbusters@wellmed.net**
- **1-866-390-6491**

www.caregiverstressbusters.org



***One person caring about another
represents life's greatest value.***

John Rohn





Questions

What questions do you have?

