



The multi-component Stress-Busting Program improves the lives of family caregivers through stress management, problem solving, support and education

- Recognized by AoA for Title IIID Highest-Level Criteria for Evidence-Based Disease Prevention and Health Promotion Programs
- Meets AoA requirements for Title III E Caregiver Education and Training
- Recognized by the VA as an evidence-supported program
- Offered in community settings with master trainers and group facilitators

Overview

The Stress-Busting Program is designed to improve the quality of life for family caregivers who provide care for persons with Alzheimer's disease or other related dementias by helping them manage their stress and cope better with their lives. The Stress-Busting Program was developed through research conducted by Dr. Sharon Lewis at the University of Texas Health Science Center at San Antonio. Caregivers who have participated in this program have reported significantly lowered stress, depression, and anxiety as well as improved quality of life.

They have also reported improvement in their ability to relax and manage stress and an increase in their self-esteem.

Caregivers also report improved relationships with their loved ones.

The Program

The program consists of 90-minute sessions that occur once per week for 9 weeks in a small group setting with two trained group facilitators. Participants are provided with many resources including a handbook covering class material, a meditation CD, and a relaxation strategies DVD.

To learn more about the Stress Busting programs available, contact Colette Jordan at 630-293-5990 or cjordan@ageguide.org