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 Caregivers™

FOR FAMILY CAREGIVERS OF PEOPLE WITH DEMENTIA

3rd Edition
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
Stressed Out

Sleep Deprived

Living for Weekends and Holidays
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
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
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

Community Stress-Busting Program
Facilitators’ Manual

Stress-Busting Program for Family Caregivers
FOR FAMILY CAREGIVERS OF PEOPLE WITH DEMENTIA
3rd Edition

Community Stress-Busting Program
Training Program

Stress-Busting for Caregivers
Relaxation Strategies
Part 1

Stress-Busting for Caregivers
Journey of Caregiving
Part 2

Meditation CD
Stress-Busting Program for Family Caregivers

Facilitator’s CD
Stress-Busting Program for Family Caregivers
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

<table>
<thead>
<tr>
<th>Phase</th>
<th>Time Period</th>
<th>Description</th>
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<tbody>
<tr>
<td>1</td>
<td>1996-2010</td>
<td>Original SBP was developed at the UTHSC at San Antonio through research funding from the NIH and Veterans Affairs</td>
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<tr>
<td>2</td>
<td>2010-2013</td>
<td>SBP was adapted to a master trainer/lay leader model and disseminated with funding from AoA</td>
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<td>3</td>
<td>2013-2014</td>
<td>Disseminated across Texas with funding from DADS</td>
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<tr>
<td>4</td>
<td>2013-2016</td>
<td>Disseminated nationally</td>
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Stress-Busting Program Results
Stress
All Caregivers

Baseline
End of Intervention

*
Stress
Whites vs. Hispanics

Graph showing stress levels over time for Whites and Hispanics, with lower stress levels observed at the End of Intervention and 2 Month Follow-up compared to Baseline.
Stress
Spouse vs. Adult Child

Baseline End of Intervention 2 Month Follow-up

Spouse
Child
Stress
Male vs. Female

Baseline | End of Intervention | 2 Month Follow-up
--- | --- | ---
15 Male, 29 Female | 21 Male, 25 Female | 17 Male, 23 Female

Depression
All Caregivers

Baseline
End of Intervention

*
Depression
Whites vs. Hispanics

Baseline  End of Intervention  2 Month Follow-up
Depression
Spouse vs. Adult Child

Baseline  End of Intervention  2 Month Follow-up

Spouse  Child
Depression
Male vs. Female
Caregiver Burden - Subjective
Whites vs. Hispanics
Caregiver Burden - Subjective
Spouse vs. Adult Child

Baseline End of Intervention 2 Month Follow-up

Spouse
Child
Caregiver Burden - Subjective
Male vs. Female

Baselines vs. End of Intervention vs. 2 Month Follow-up
### Stress-Busting Program

#### Summary of Results

<table>
<thead>
<tr>
<th>Decreases in</th>
<th>Improvements in</th>
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<tbody>
<tr>
<td>• Stress</td>
<td>• Quality of life</td>
</tr>
<tr>
<td>• Depression</td>
<td>• Sense of control</td>
</tr>
<tr>
<td>• Caregiver burden</td>
<td></td>
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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.”
“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
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
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

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FOR FAMILY CAREGIVERS OF
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Facilitator’s CD
Stress-Busting Program for family Caregivers
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
“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.
Contact Information

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- 1-866-390-6491

www.caregiverstressbusters.org
One person caring about another represents life’s greatest value.

John Rohn
What questions do you have?