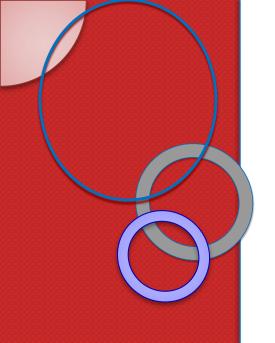
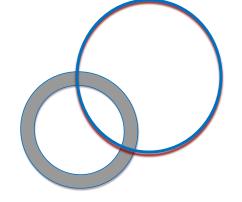


Community Stress-Busting Program for Family Caregivers of Patients with Dementia





Sharon Lewis, RN, PhD, FAAN Denise Miner-Williams, RN, PhD, CHPN

University of Texas Health Science Center at San Antonio

Objectives

 Describe the purpose, adaptation, and dissemination of the Community
 Stress-Busting Program for Family
 Caregivers of Patients with Dementia.

 Discuss the effectiveness of the dissemination of the Community Stress-Busting Program.

Costs of Caregiving

- Family caregivers perform incredibly valuable service
- At tremendous personal costs
 - Emotional
 - Physical
 - Social
 - Financial



Costs of Caregiving Burnout

- Caused by excessive and prolonged stress
- Occurs when you feel overwhelmed and unable to meet demands



2002 Stress-Busting Program for Family Caregivers











- Psychoeducational support group
- 9 weeks
- 1 ½ hours/week



Multicomponent Focus Stress-Busting Program

Support



Problem-Solving



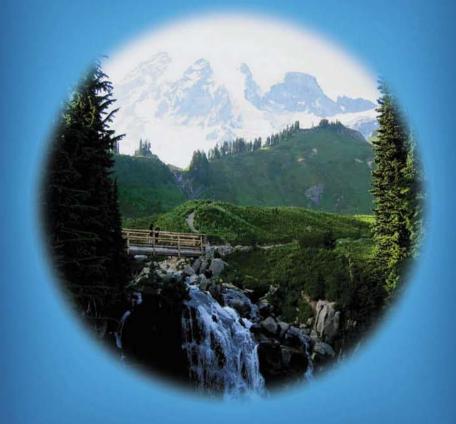
Education



Stress Management



Stress-Busting Program for Family Caregivers



A Path to Wellness

Stress-Busting for Caregivers Journey of Caregiving

Part 1



WE MAKE LIVES BETTER

UT HEALTH SCIENCE CENTER

SAN ANTONIO

Stress-Busting for Caregivers
Relaxation Strategies

Part 2





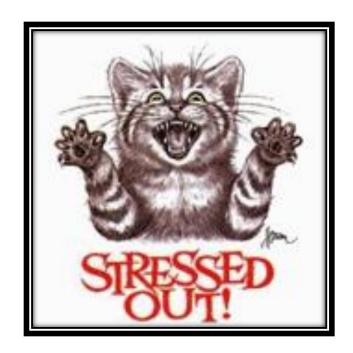


- Introductions to the program
- Hearing the caregivers' stories and building support





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





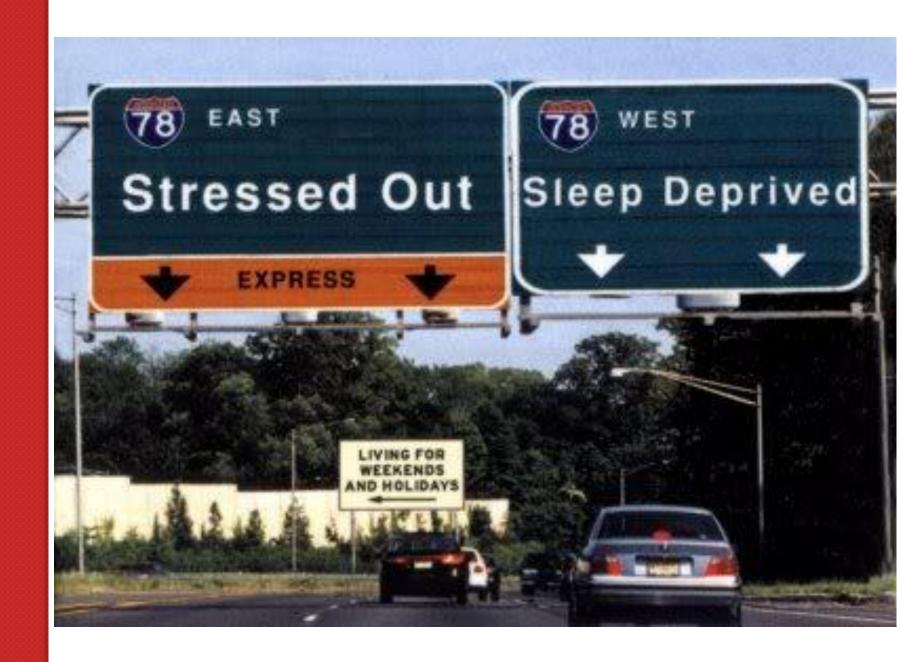
- You may not be able to change the stressors in your life
- But you can choose how you react or respond to them





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







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





- Changing family relationships
- Humor
- Using coping strategies





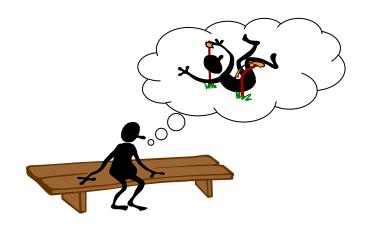


 Common behavioral problems of patient with dementia and ways to deal with them



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





 One of the simplest and most effective ways to stop the stress response is to practice relaxation or abdominal breathing





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







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





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



Stress Management Technique Art

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





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





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







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."



2010

Community Stress-Busting Program for Family Caregivers

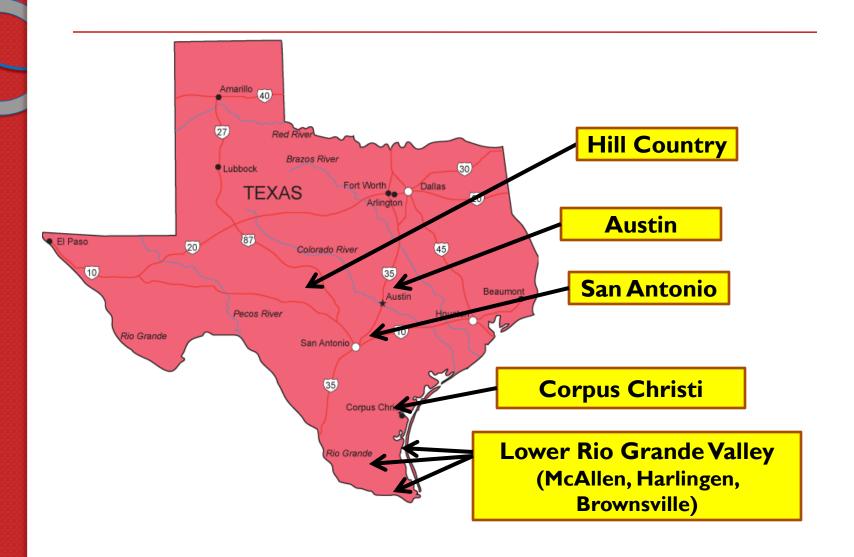
- To disseminate program
- Adapt the Stress-Busting Program (SBP) to a "lay leader" model delivered in community settings
- Funded by the Administration on Aging





- University of Texas Health Science Center- San Antonio
- WellMed Charitable Foundation
- Alzheimer's Association
- Area Agencies on Aging in the Coastal Bend and Capital Area
- South Texas Veterans Health Care System
- Texas Department of Aging and Disability Services (DADS)

Program Sites for CSBP





- Training (2 ½ days)
- Responsibilities
 - Recruit caregiver participants
 - Lead groups
 - Train "lay leader" group facilitators
 - Help to manage the project





- Training (2 days)
- Responsibilities
 - Lead groups
 - Assist in recruiting caregiver participants





- Master trainers 27 active
- Group (lay) leaders 32 trained



Community Stress-Busting Program Results

Groups ongoing or completed – 52

Caregiver participants –206





Community Stress-Busting Program Results

Gender

Females 164

Males 42

Ethnicity

Hispanic 75

Not Hispanic 121

Choose not to answer 10





Relationship to Patient

Spouse 104

Adult child 88

Others 14

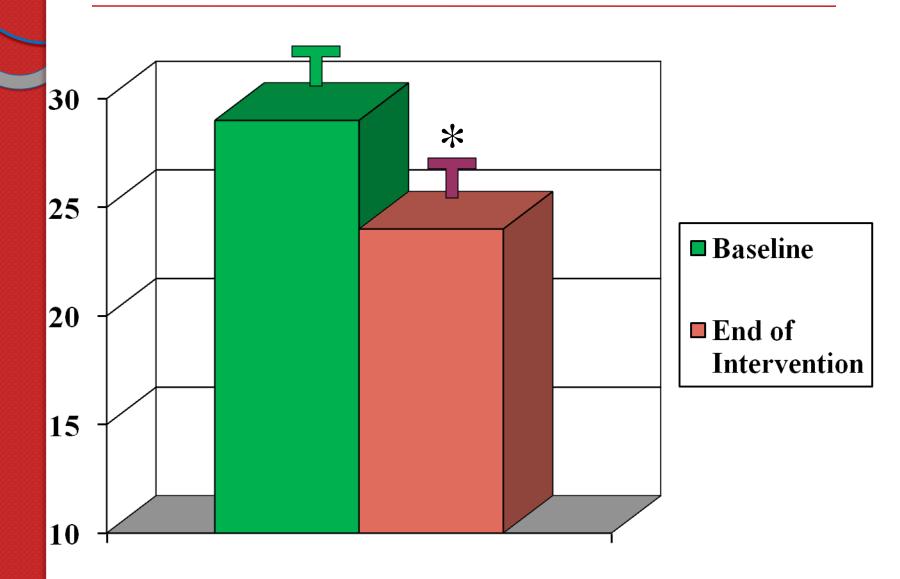




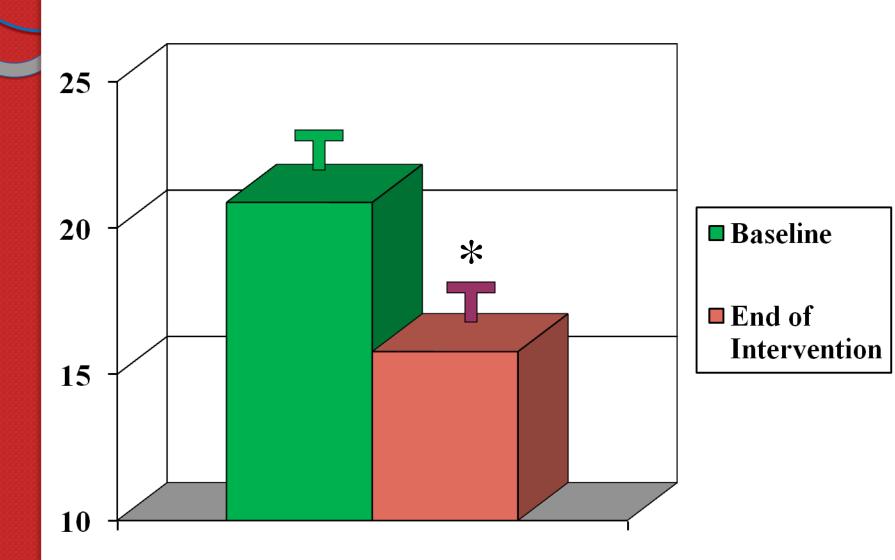
Community Stress-Busting Program Results



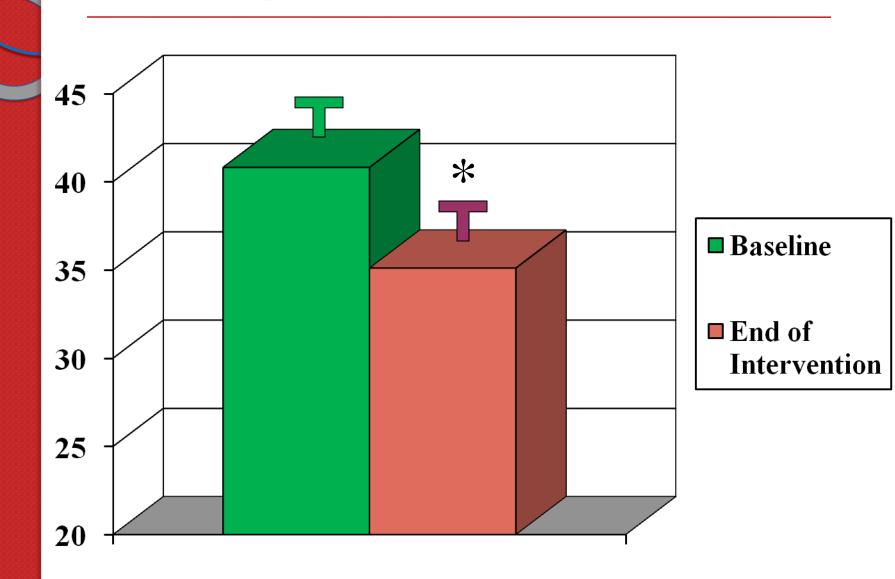
Stress All Caregivers



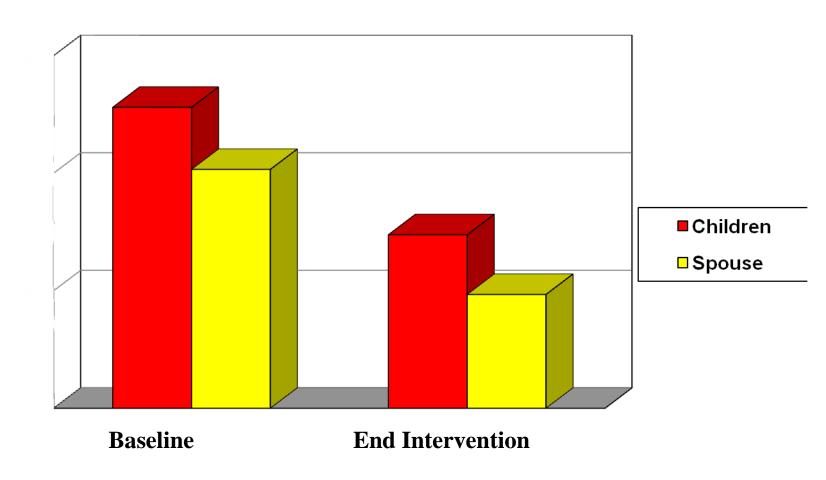
Depression All Caregivers



Caregiver Burden - Subjective All Caregivers



Depression Spouse vs Child Caregiver



Stress-Busting Program Summary of Results

Decreases in	Improvements in
StressDepressionCaregiverburden	Quality of lifeSense of control



- Provides a program for community-based organizations to expand outreach to family caregivers
- Recently certified as the highest level for evidence-based programs



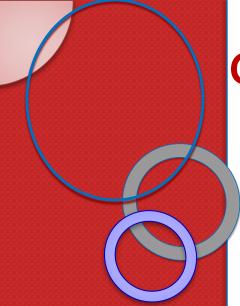


SBP – the Life Preserver

"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.

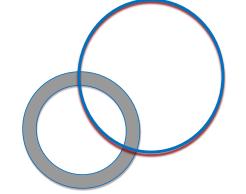
The current where I swim still gets rough sometimes, but I now have tools to handle it and join the flow instead of fight it."

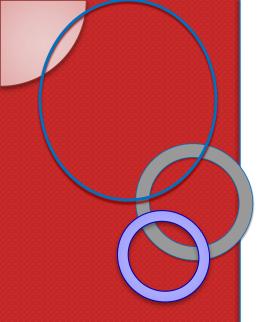


Contact Information

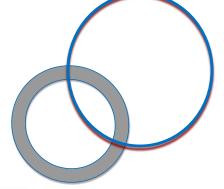


Denise Miner-Williams
 minerwilli@uthscsa.edu





When the health and well-being of caregivers are threatened,





the patient is in jeopardy.