



CAREGIVER STRESS-BUSTING PROGRAMS

PROGRAM OVERVIEW

The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support for family caregivers of persons with chronic disease or illness. It is designed to:

- improve the quality of life of family caregivers who provide care for persons with a chronic disease(s) or illness(es)
- help caregivers manage their stress and cope better with their lives

FACTS ABOUT CAREGIVER STRESS-BUSTING PROGRAMS

The nine-week program consists of weekly, 90-minute sessions with a small group of caregivers. Caregivers learn many new skills including information about the disease process, stress management techniques, and a variety of other content.

