

Stress-Busting Program For Family Caregivers™



Program for Family Caregivers of Persons with Alzheimer's Disease and Dementia

The multi-component Stress-Busting Program improves
the lives of family caregivers through:

STRESS MANAGEMENT | PROBLEM-SOLVING | SUPPORT | 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

“The Community Stress-Busting Program for Family Caregivers has been offered through the Area Agency of Aging of the Coastal Bend for the past year. The program has been well received in the community and it has had a powerful effect on the lives of caregivers who we serve.”

Betty Lamb, Director of the Area Agency on Aging of the Coastal Bend



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For More Information, Contact:

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visit our website: www.caregiverstressbusters.org