



# **iCare Handbook: The Companion Workbook for iCare Stress Management Training for Dementia Caregivers**

*Inc. Photozig*

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## **iCare Handbook: The Companion Workbook for iCare Stress Management Training for Dementia Caregivers Inc. Photozig**

Handbook for the iCare educational program for helping caregivers of individuals with dementia or memory loss to overcome stressful situations in their caregiver role.

The iCare training was specifically created for caregivers of individuals with dementia or memory loss. This comprehensive program demonstrates the skills on how to cope with caregiving, reduce related distress, and improve the quality of life of caregivers and loved ones.

This informative program was developed by Photozig, Inc. in collaboration with Stanford University, Alzheimer's Association, and other organizations. The iCare project was funded by the National Institute on Aging (part of the National Institutes of Health).

### **iCare Handbook Content:**

- Introduction
- About Dementia
- Dealing with Stress
- How to Relax
- Pleasant Activities
- Communication
- Difficult Behaviors
- Healthy Habits
- Caregiver Resources and Planning for the Future

For additional information, please see the iCare DVD, and go to the iCare web site at:  
**[www.icarefamily.com](http://www.icarefamily.com)**

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