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## Icare Express: The Companion Express Workbook for Icare Stress Management Training for Dementia Caregivers

By Inc. Photozig

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 34 pages. Dimensions: 10.0in. x 8.0in. x 0.1in. Express workbook for the iCare educational program for helping caregivers of individuals with dementia or memory loss to overcome stressful situations in their caregiver role. This workbook includes the key forms and related instructions of the iCare program. 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, Alzheimers Association, and other organizations. The iCare project was funded by the National Institute on Aging (part of the National Institutes of Health). iCare Express Content: iCare Express: Background Information My Action Plan My Thought Record Pleasant Activities Log The Nuts and Bolts of Pleasant Activities The Nuts and Bolts of Pleasant Activities (For My Loved One and Me) Pleasant Activities Log for My Loved One and Me Communication Check Sheet Medication List for Doctors Appointment Form Doctors Visit Worksheet Trigger Behavior Response (TBR) Record Sheet...



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