Contents

Foreword			
Preface		3	
1	Demands, Burden, and Health Impact of Caregiving	5	
1.1	Introduction	Ę	
1.2	Overview of Specific Caregiver Burden in Dementia	5	
1.3	Models and Predictors for Burden and Coping With Caregiving	7	
1.4	Family Caregivers' Coping Strategies	g	
1.5	Positive Aspects of Caregiving	9	
2	Need for and Effectiveness of Psychosocial Interventions	11	
2.1	Need for Helpful Family Caregiver Interventions	11	
2.2	Demands for Helpful Family Caregiver Interventions	12	
2.3	CBT-Based Caregiver Interventions: Content, Evaluation, and Recommendations	12	
2.4	Concept and Evaluation of the Tele.TAnDem Intervention	15	
3	Helpful Information on Dementia and Caregiving-Specific Issues for Family Caregivers	19	
3.1	Illness-Specific Topics	19	
3.2	Medical Questions	22	
3.3	Care-Related Questions	22	
3.4	Legal Questions	23	
3.5	Financial Questions	23	
4	Diagnostic Tools for Caregiving of People With Dementia	25	
4.1	Questionnaires for Family Caregivers	25	
4.2	Questionnaires for the Subjective Assessment of Behavioral Problems in Dementia Patients	27	
4.3	Assessment of the Severity of Dementia	27	
5	Therapist Attitude and Relationship Building	29	
5.1	The Caregivers Are Caregiving Experts	30	
5.2	Normalizing and Depathologizing Counseling	30	
5.3	Family Caregivers Are Doing Their Best: Appreciation and Validation of Their Efforts	30	
5.4	Isolation and Severe Suffering: Empathy and Patience	32	
5.5	Unchangeable Burdens and Loss of Control: Confrontation and Acceptance	33	



6	Therapy Topics, Intervention Methods, and Framework	35
6.1	Individualized Therapy	35
6.2	Setting	36
6.3	Therapy Process and Structure of the Sessions	36
6.4		
0.4	Work Between Sessions: Therapeutic Homework	37
7	First Session and Relationship Building	39
7.1	Goals of the Module	39
7.2	Therapeutic Approach	
7.2	тнегаревию Арргоаст	39
8	"I Grew Up in the Countryside, and That Was a Given There": Changing Dysfunctional	
	Thoughts and Appraisals	47
8.1	Goals of the Module	48
8.2	Therapeutic Approach	48
0.2	merapeatic Approach	40
9	"You Are Still at Home Here!" – Dealing With Challenging Behavior	59
9.1	Goals of the Module	Γ0.
		59
9.2	Therapeutic Approach	61
10	"Anger Is Completely Normal" – Stress Management and Emotion Regulation	77
10.1		77
	Goals of the Module	77
10.2	Therapeutic Approach	78
11	"And What About Me?" – Self-Care and Value-Based Activities	87
11.1	Goals of the Module	87
11.2	Therapeutic Approach	88
40		
12	"From the Diagnosis Until Death" – Dealing With Change, Loss, and Grief	99
12.1	Goals of the Module	99
12.2	Therapeutic Approach	100
12.3	The Time After the Death of the Person With Dementia	113
13	"I Need to Do It on My Own" – Support Options for Family Caregivers of Persons With Dementia	117
13.1	Goals of the Module	117
13.2	Identifying the Need for Assistance	118
13.3	Overcoming Barriers to Utilizing Support	119
13.4	Finding the Right Time for Support	120
13.5	Searching for Support Options	123
13.6	Difficulties Regarding Utilization of Support	125
14	Nursing-Home Placement – When the Limits of Home Care Have Been Reached	131
14.1	Goals of the Module	131
14.1	Decision-Making Factors	131
14.3	Support in Decision Making	135
14.4	- · · · · · · · · · · · · · · · · · · ·	138
14.4	Care in an Emergency	
	Dealing With the Decision	139
14.6	Therapeutic Procedure for Intolerable Caregiving Situations	142

		Contents	VII
15	Completion of Therapy	147	
15.1	Goals of the Module	147	
15.2	Therapeutic Approach	147	
Refere	ences	151	
Appen	dix	159	