



## CAREGIVER STRESS MANAGEMENT CRUISES

### “THE WAVE OF THE FUTURE”

“Research statistics show that people who care for a family member or friend fulfill an important role not only for the people they assist, but for society as a whole. While this care is often unpaid, its value has been estimated at 257 billion dollars annually. The demands on caregivers can range from a few hours a week to constant care.”

But, who cares for the caregiver? Who makes certain that the full-time caregiver is given the respite they need to perform at the optimal level? That’s where [OPENSEAS TRAVEL](#) comes in...

### WHAT IS A CAREGIVER CRUISE?

A “Caregiver Cruise” is a travel package designed to offer both respite and educational support for family caregivers.

### WHY OFFER ONBOARD WORKSHOPS?

- When caregivers are offered routine respite, they return home re-energized with a wealth of new caregiver knowledge.
- Cruising is worry free travel because almost everything is included
- It ‘s a chance to problem solve in a group setting and perhaps get a new perspective on an old problem.
- Participants enjoy all the amenities of a large cruise ship combined with the security of being part of a smaller group.

*The seminars are short, but you do have lots and lots of "homework" that starts the day of the cruise!*

#### Homework: Day 1 (sample) 😊

1. Get a massage
2. Do something totally self indulgent

**NOTE:** Some specialty cruises are also designed for professionals and para-professionals and offer continuing education credits. If your Home Health Care Agency or caregiving organization would like to reward your top performing Nurse or CNA, this is a great way to do it!

#### WHAT ELSE IS OFFERED DURING THE CRUISE?

- Onboard Meet and Greets
- Group Activities
- Onboard Support Group Meetings
- Group Shore Excursions (optional)

#### ABOUT CSM CRUISES

Caregiver Stress Management Cruises© are not just for Alzheimer's Caregivers. They can be designed for **any type of caregiver group**. If our 2008 dates and itineraries do not work for your specific group, please call us and we'll design a cruise to your group's specifications. Townsend, Toal & Taft, LLC is a member of the Society for Accessible Travel and offers travel planning for wheelchair users and differently-abled persons.

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**Call Us Today To Learn More About Just  
How Relaxing A CSM Cruise Can Be!**

**(919 ) 402-8900**

**EMAIL: [info@openseastravel.com](mailto:info@openseastravel.com)**

***www.openseastravel.com***

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