



Reducing Stress and Preventing Burnout for Idaho's Family Caregivers

With Chelsea Smith and Marilyn Borup Sword, MPA

Thursday, January 28th | 12:00 pm - 1:00 pm (MST) | Online Webinar

[\(Click here to register\)](#)

This training was designed for behavioral health and medical care providers,
but all are welcome to attend.

Webinar Objectives:

- Review information on the current status of caregiving in the U.S. and Idaho, and the typical challenges caregivers face.
- Identify respite options available in Idaho, and the impact they have on caregiver wellbeing.
- Learn about a free, evidence-based resource that aids in stress reduction and helps prevent caregiver burnout.

About the Presenters:



Chelsea Smith

Chelsea Smith is a Communications and Project Coordinator for the Family Caregiver Navigator project, with the Center for the Study of Aging at Boise State University. She has a background in educational nonprofit program management and marketing outreach. She has worked as a producer in video production and digital storytelling before finding her home in Higher Ed. Chelsea has a Bachelor of Arts in Urban Studies from the University of Minnesota and began her career working in social services before moving into education and marketing.



**Marilyn Borup Sword,
MPA**

Marilyn has been a consultant on disability and aging issues in Idaho for more than 40 years. She previously served as Executive Director of the Idaho Council on Developmental Disabilities and has consulted on various long-term care, care coordination, and caregiver issues since 2013. She currently coordinates the Idaho Caregiver Alliance (ICA) and provides consultation to the ICA's Family Caregiver Navigator Project. Marilyn is a graduate of Boise State University and holds a Bachelor's Degree in Political Science and a Masters Degree in Public Administration.

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