

## Program Availability

STAR-Caregiver Program is available in Multnomah, Jackson, and Josephine counties.

For more information about the program in Multnomah County, please call our ADRC Helpline at:

**ADRC HELPLINE:**  
**(503) 988-3646**  
**TTY 771**

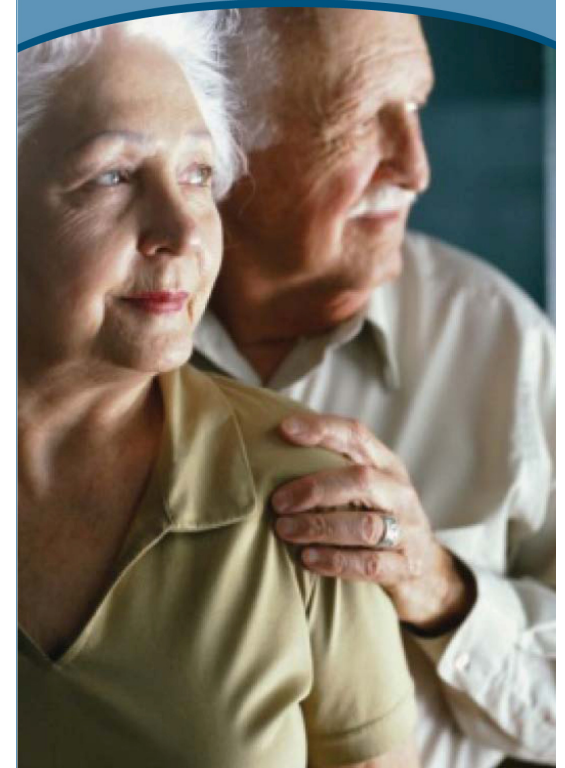


**MULTNOMAH  
COUNTY**

**ADRC**

Aging and Disability  
Resource Connection  
— of OREGON —

Are you  
caring for  
someone with  
Alzheimer's?



The *STAR-Caregiver  
Program*  
can help.



Caring for someone with Alzheimer's disease or other dementia can be challenging and often overwhelming.

## What is the STAR-Caregiver Program?

- This program is designed to help caregivers reduce or eliminate their family member's problem behaviors.
- A trained STAR-Caregiver Consultant makes four home visits and two phone calls to work with the caregiver.
- The consultant follows up with four phone calls after the home visits end.

This evidence-based program, developed at the University of Washington, is clinically tested and proven to lower depression in caregivers and decrease problem behaviors in the person with dementia.

The STAR-Caregiver Program gives caregivers tools to help decrease difficult behaviors and increase pleasant times together.

Examples of problem behaviors include:

- Sadness or depression
- Anxiousness or worry
- Sleep issues
- Resistance to care
- Wandering
- Verbal or physical aggression
- Social isolation.

## The STAR-Caregiver Program can help if you

- Live in Multnomah county
- Are caring for someone with Alzheimer's or a related dementia
- Are dealing with challenging or frustrating behavior
- Are feeling frustrated, depressed or anxious
- Want to keep your loved one at home

