

STAR-Caregiver Program Referral Information 2017

The STAR-Caregiver program was designed to help caregivers who are caring for someone with Alzheimer's disease or a related dementia. The program uses an evidence-based model that was clinically tested and proven to lower depression in caregivers and decrease problem behaviors in the person with dementia. There is no cost to participate in this program.

This program is available to unpaid family caregivers who are residents of Multnomah County.

The person with dementia needs to have one of the following diagnoses:

- Alzheimer's disease
- Vascular dementia
- Lewy Body dementia
- Dementia NOS (not otherwise specified).

The person with dementia also needs to have some behaviors that are causing the caregiver stress. Examples of problem behaviors include, but are not limited to:

- sadness/depression
- anxiousness/worry
- sleep issues
- resistance to care
- wandering
- verbal/physical aggression
- social isolation

Additional participant requirements include:

- the caregiver needs to live with the person who has dementia
- the caregiver needs to spend at least 4 hours a day with the person with dementia
- the current housing situation is expected to be stable for the next 6 months.

Program Details:

- A telephone screening with the family caregiver
- four 1 hour in-home visits and 2 phone calls over 6 weeks provided by a certified Star Caregiver Consultant
- Four follow-up phone calls by the Star Caregiver Consultant

To refer clients call the Multnomah County Aging and Disability Services HELPLINE at 503-988-3646 or Loriann McNeill, Family Caregiver Support Program Coordinator at 503-988-8210.