

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

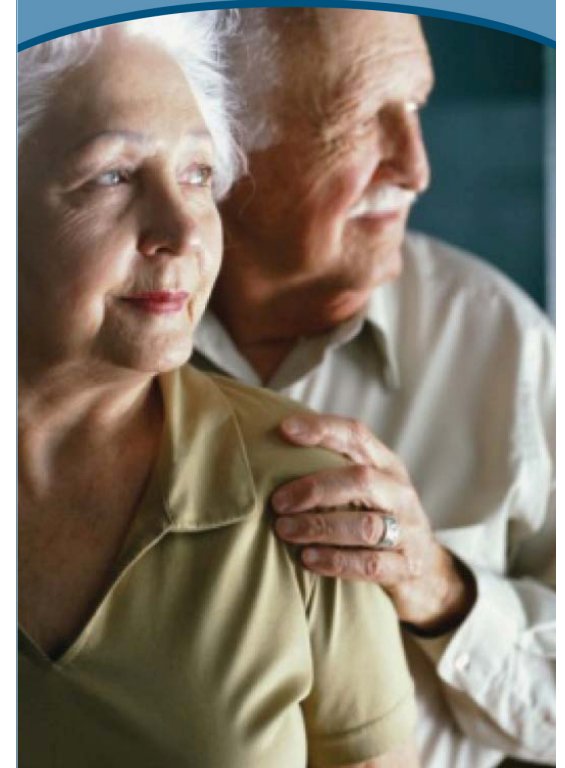


**MULTNOMAH
COUNTY**

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

