

STAR-C helps people caring for family members with Alzheimer's

Class topics

- ▶ General education about Alzheimer's disease
- ▶ Identifying and reducing behavior problems
- ▶ Communication skills training
- ▶ The relationship between mood and pleasant events
- ▶ Caregiver support

Appropriate referral

- ▶ Anyone in Jackson and Josephine counties caring for a family member at home who has been diagnosed with Alzheimer's disease or a related dementia.

Caring for someone with Alzheimer's disease or a related dementia is a challenging and often overwhelming task.

Developed by the University of Washington's School of Nursing Northwest Research Group on Aging, the STAR-Caregivers (STAR-C) program is a home-based behavioral intervention to decrease depression and anxiety in individuals with Alzheimer's disease and their family caregivers.

The six-week program includes four home visits from a Star-C consultant and two phone calls followed by four monthly telephone calls.

STAR-C was tested in a controlled study in which 95 people with Alzheimer's disease and their family caregivers were randomly assigned to either the STAR-C intervention or a control group that received no special services. At the end of the study, STAR-C caregivers reported that their relative with Alzheimer's disease had significantly fewer behavioral symptoms than were reported by caregivers in the control group.

At the end of the study, STAR-C caregivers were significantly less likely than the control group to be depressed, less likely to report feelings of burden and had fewer problems with sleeping.

STAR-C referrals:

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