

STAR-C PROGRAM REFERRAL INFORMATION

An in-home consultation service to help caregivers understand and respond to behavioral challenges in a family member

The STAR-C program was designed to help family caregivers who are caring for someone with Alzheimer's disease or a related dementia. The program was clinically tested and proven to lower depression in caregivers and decrease problem behaviors in the person with dementia. The evidence-based program developed by the University of Washington is now being offered in Lewis, Mason, and Thurston counties.

Eligibility requirements for the program include that the person being cared for have one of the following perceived diagnoses:

- Alzheimer's disease
- Vascular dementia
- Lewy Body dementia
- Dementia, not otherwise specified

The person with dementia also needs to have some behaviors that are causing the caregiver stress.

Examples 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 involvement of an unpaid family caregiver who meets the following conditions:

- Is determined eligible for the Family Caregiver Support Program (Step 3)
- Lives with the person who has dementia
- Spends at least 4 hours a day with the person with dementia
- Plans to keep their housing situation stable for the next 6 months

Program Details:

- Four one-hour in-home (or virtual) visits with two 15-30 minute phone calls over 6 weeks
- Four follow-up phone calls
- A caregiver feedback survey

This program is ideal for caregivers who want to keep their loved one at home for as long as they can. We are excited to be able to offer this program at no cost to the caregiver or their loved one!

For more information, please call us at (360) 664-3162 Ext. 102 or email at lmfcspintake@dshs.wa.gov

"We no longer have 'meltdowns' – bad behavior on both our parts in the afternoons. After identifying the ABCs we learned what the triggers were, and substitute a pleasant event."