What makes STAR-C so great?

- STAR-C has been designed by Linda Teri, PhD and her colleagues at the University of Washington especially for caregivers of people with dementia.
- The STAR-C program is a well-proven and effective support for caregivers (Teri, L, McCurry, S, Logsdon, R, & Gibbons, L; 2005).
- Dr. Teri and her colleagues have thoroughly researched the strategies taught in STAR-C program for the past 2 decades.
- Research results have shown that caregivers experience a significant decrease in depression, worry/anxiety, and feeling of burden when they complete STAR-C.
- Caregivers who participated in STAR-C showed a 5% decrease in depression; whereas those who only visited their physician showed a 5% increase in depression.
- When caregivers completed STAR-C training, they showed a 13% decrease in worry/anxiety while those who received no training showed an increase of 19.6%.
- Caregivers who received STAR-C training also showed a decreased perception of caregiver burden, whereas those who only visited their doctors showed an increased sense of caregiver burden.
- STAR-C has shown to provide a significant increase in quality of life and a decrease in depression, anxiety, and behavioral problems for care recipients.
- STAR-C provides an alternative and/or additional support to medical approaches.

For Further Information Contact (505) 764-6400 or 311 (Citizen Contact Center)
Are you noticing problem behaviors in your loved one?

- Asking the same questions over and over.
- Trouble remembering significant past events.
- Losing or misplacing things.
- Forgetting what day it is.
- Starting, but not finishing, things.
- Difficulty concentrating on a task.
- Destroying property.
- Doing things that embarrass you.
- Waking you or other family members up at night.
- Talking loudly and rapidly.
- Appears anxious or worried.
- Engaging in behavior that is potentially dangerous to self or others.
- Threats to hurt self.
- Threats to hurt others.
- Aggressive to others verbally.
- Appears sad.
- Expressing feelings of hopelessness or sadness about the future.
- Crying and tearfulness.
- Commenting about death of self or others
- Talking about feeling lonely.
- Comments about feeling like a failure or not having any worthwhile accomplishments in life.
- Arguing, irritability, and/or complaining.

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