



IRB Approved: 6/17/2025



**Do you care  
for a family  
member with  
dementia?  
Call us!  
(503) 816-8310**



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**YOU MAY BE ELIGIBLE IF:**

- You provide care and/or supervision for a family member with dementia
- Your family member does things that upset you (such as asking the same question over and over, or refusing personal care)
- You live in Oregon, Washington or Idaho

**ADDITIONAL INFO:**

- All study activities are done on your computer, no travel is needed
- Your family member with dementia does not need to live with you



**Join the  
STELLA-R Study**

**Would you like to learn more about coping with upsetting behaviors?**

**Our study is an 8-week, self-paced program that includes weekly videos, written lessons, and plenty of resources.**

**STUDY PARTICIPATION INCLUDES:**

- 8 self-paced, weekly lessons to learn how to manage challenging behaviors
- Complete online surveys over 6 months
  - 4 assessments about mood, coping & family member behaviors
  - Brief weekly surveys about mood and costs of care
- Interactive exercises to help you manage behaviors

**Gift cards of \$30 may be provided for completing all study activities.**

SCAN THE QR CODE



**For more information, visit our website [www.ohsu.edu/stellar-study](http://www.ohsu.edu/stellar-study)**