



IRB Approved: 6/17/2025



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



PI: Dr. Allison Lindauer | OHSU IRB # 25741

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)**