

SE WA Aging and Long Term Care is offering these new programs:

## Dementia Capable Options Counseling Defined

Holds the vision of providing the highest quality of life for all Washington State residents with memory loss.



- Person Centered approach
- Recognizes the uniqueness of each individual
- Balancing health and safety with psychological needs

Available in all 8 counties

**Star C** is an in-home consultation service to help caregivers with behavioral challenges.

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.

Available in all 8 counties



- Free 6-week, in-home program for older adults with dementia and their caregivers.
- Coaches provide an exercise program which may improve physical functioning in older adults with memory loss and assist caregivers in improving caregiver skills.
- Available in Yakima, Kittitas, Benton and Franklin counties.



**Alzheimer Walks:** ALTC staff members participated in the Alzheimer's Walks in Clarkston, Yakima and Walla Walla.

### ESML

A Four-week small group seminar for people with **Early Stage Memory Loss** and their care partners meet others who are experiencing mild, early stage memory loss. Care partners can be a spouse or partner, adult child, other relative or friend.

This program is available in Yakima, Kittitas, Benton and Franklin counties.