STAR Staff Training for Assisted Living Residences

A practical training program to effectively manage and reduce problems in residents with dementia and other memory impairments.

Older adults who experience memory problems often have difficulties that interfere with their enjoyment of life and quality of care. Challenging behaviors, depression, and anxiety accompany memory problems and can be disabling to those affected and to their families.

More and more older adults with cognitive problems choose Assisted Living as the ideal residence for their own safety, satisfaction and comfort, and for their families' peace of mind.

Living with the difficulties associated with memory problems every day is stressful to both the affected person and to those around her or him. Such stress can be eased by awareness of the roots of the difficulties and knowledge of skills and techniques for alleviating the effects.

Specialists at the University of Washington have created an educational program, Staff Training in Assisted Living Residences—STAR. The program is for staff of Assisted Living residences who care for residents with dementia and associated behavioral symptoms.

The training program is available to Assisted Living facilities for their direct care, licensed, and administrative staff, as well as other staff members who are in frequent contact with residents.

The program deals sensitively with memory problems by showing everyone involved how to anticipate problems and prevent them from interfering with daily living and harmonious relationships.

- Two 4-hour Workshops teach direct care staff to recognize difficult behaviors and use new skills to change reactions and improve care. The Workshops cover topics relevant to the daily work of direct care staff.
- Four 1/2-hour Individualized Training Sessions with each trainee while she/he is working help the trainee integrate STAR skills and techniques into everyday tasks.
- Three 1/2 to 1-hour In-Services with Licensed staff demonstrate the STAR techniques and skills and show how supervisors can work with direct care staff to improve the caregiving environment.

Facility Support: The program requires the help of the administrator or Assisted Living supervisor to describe typical "problem behaviors" or "challenging care issues" and to match each direct care staff member with a resident she/he frequently cares for. Connecting the STAR training with real problems or challenges ties the new skills to genuine caregiving situations.

The facility should be prepared to provide floor coverage to allow direct care staff to attend the 4-hour Workshops that are vital to the effectiveness of the training program.

The STAR program includes forms for evaluation of the training.

Topics covered include:

- Realistic expectations
- Enhancing communication
- Observing and using the ABCs
- Increasing pleasant events
- Working with families
- Putting skills into action

Next page...

STAR is a comprehensive training program to help direct care staff and supervisors of Adult Care and Assisted Living Residences manage and reduce problems in residents with dementia and other memory impairments.

Training materials include:

- A step-by-step trainer manual
- Supporting visual and activity aids
- Informative handouts
- Guidelines for individual, on-the-job training sessions
- Methods to enhance supervision
- Evaluation tools for trainer feedback
- A lively and entertaining video that demonstrates realistic examples of successful STAR care

The modular format enables the training program to be tailored to the needs of every Adult Care or Assisted Living Residence.

Prescribed activities and discussions allow direct care staff to share experiences, problems, and solutions.

Special seminar sessions provide supervisory staff opportunities to discuss how to best implement STAR.

Please contact us for more information:

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ORDER FORM

Trainer Package

Includes the STAR Manual, all training aids and the STAR dvd set.

Trainee Kit

Includes handout materials and feedback forms for training ten direct care staff and five supervisory staff and the STAR dvd set.

	Price	Quantity
Trainer Package & DVD	**$278**	_____
Trainee Kit & DVD	**$207**	_____
DVD only	**$100**	_____

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