Caregiver does not know how to respond to person with dementia challenging behaviors

Caregiver and person with dementia both feel overwhelmed by the situation

Caregiver talks to person with dementia clinical team and learns about STAR-VTF

Caregiver uses STAR-VTF at home

Caregiver learns strategies for managing person with dementia challenging behaviors

Caregiver and care recipient can better manage challenging behaviors and both feel calmer as a result
Caregiver learns that challenging behaviors are common, but there are ways to reduce them

Caregiver chooses which behavior to focus on

Caregiver creates a strategy for how to respond to this behavior

After reviewing material, caregiver has unanswered questions

Caregiver sends an email or calls a coach for help

Caregiver uses strategy and it helps with the challenging behavior