



CHOOSING THE BEST DEMENTIA CAREGIVING PROGRAM FOR YOU



STELLA-R

IRB: 25741

- 8 weekly lessons with no professional interaction
- Entirely self-directed and self-paced online learning
- Must live in OR, WA or ID
- No interactions with other caregivers
- Any stage of dementia

STELLA-FTD

IRB: 26023

- 8 weekly group sessions with professionals
- Combination of self-directed and group online learning
- Can live anywhere in the U.S.
- Group interactions with other caregivers
- Any stage of Frontotemporal Dementia (FTD), including bvFTD, PPA, PSP, CBD, and ALS-FTD.