

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas
"Tackling the challenges of aging with expert solutions"
Summer 2018 | www.AGEofCentralTX.org



17th Annual "Striking a Balance" Caregiver Conference on August 25

AGE of Central Texas and the Area Agency on Aging of the Capital Area are partnering again this year to host the 17th Annual "Striking a Balance" Caregiver Conference for Saturday, August 25th, from 8:30 a.m. to 2:00 p.m. at the Doubletree by Hilton Hotel Austin. The free seminar includes keynote presentations, breakout sessions, and community resources in support of area family members who are caring for a senior adult.

The largest and longest-running free caregiver conference in Central

Texas, the annual "Striking a Balance" Caregiver Conference helps to ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. The attendees will discover local resources, acquire skills to better manage their caregiving situation, and connect with other caregivers and local experts on aging. The day also includes workshops on topics related to caregiving, with experts available for questions.

This year's Conference will feature renowned author and caregiving expert **Dr. Barry J. Jacobs**. A clinical psychologist and family therapist, Barry J. Jacobs, Psy.D., is one of the country's leading thinkers, writers, and educators on family caregiving. For his first book, *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*, he has pulled together several strands from his life – the knowledge gained from personal experiences as a child of a family caregivers, the writing skills honed in his years

as a magazine journalist, and professional expertise gleaned during his nearly 20 years as a clinician specializing in families and illness.

Since 1994, he has been a faculty member of the Crozer-Keystone Family Medicine Residency Program in Springfield, PA, where he is responsible for teaching budding family physicians about basic psychiatry, interviewing skills, and being attuned to the needs and emotions of patients' family members. During the past 16 years,

Dr. Jacobs has continued to bring attention to the needs of the underserved by devoting himself to families coping with chronic and traumatic illnesses.

Registration for the "Striking a Balance" Caregiver Conference is free, and includes all breakout sessions, presentations, and lunch.

Free respite will be available during the Conference at the AGE of Central Texas Adult Day Health Center, located at 3710 Cedar Street in Austin. Requests for respite care must be made by calling (512) 600-9275 by Wednesday, August 22nd.

The Doubletree by Hilton Hotel Austin is located at 6505 N. Interstate Highway 35 in Austin. Visit www.AGEofCentralTX.org for updates and more information.

Registration will open on July 16th;
Register at www.TinyURL.com/SABCC2018
or by calling (512) 916-6182.

Striking a BALANCE CAREGIVER CONFERENCE



Free Caregiver Seminar

Downsizing and Capturing Memories

Liz Fitzgerald from Austin Home Transitions will discuss how to help older family members plan for and make life transitions.

Wednesday, June 27, 2018
6:00 p.m. to 7:30 p.m.

The AGE Building - St. David's Conf. Room
 (3710 Cedar Street, Austin, TX 78705)

AGE of Central Texas will host the free caregiver support seminar **"Downsizing and Capturing Memories"** on Wednesday, June 27th. The free seminar will be held from 6:00 p.m. to 7:30 p.m. at The AGE Building, located at 3710 Cedar Street in Austin.

Elizabeth Fitzgerald from Austin Home Transitions will discuss how to help older family members plan for and make life transitions. While moving her grandmother into her new home at a nursing facility, Elizabeth had an unexpected revelation that she had truly enjoyed the process of helping her grandmother make this necessary transition. When she returned home to Austin, she became a Senior Move Manager to marry her strong planning and organizational skills to the needs of families who must assist older loved ones in making life transitions.

The seminar is free, but advance registration is required. Free senior adult respite will also be available during the seminar at AGE's Austin Adult Day Health Center, and can be reserved during registration. Register online at www.TinyURL.com/AGEjune2018, or call Becky McGinnis at (512) 600-9275.

Get More Caregiver Resources, Delivered to Your In-Box!

Sign up for the AGE of Central Texas Caregiver Communique

Register with your Smart Device

Or sign-up online at www.AGEofCentralTX.org



Sandwich Generation Month

Three generations bound by care.

The Sandwich Generation refers to people who are caring for their aging parents while supporting their own children. Nationally, the month of July has been designated to bring awareness to those 15% of the U.S. population who are often forced to step into the role of caregiver for their older family members while raising their own families.

According to the Pew Research Center, more than one of every eight Americans aged 40 to 60 is both raising a child and caring for a parent. Sandwich Generation caregivers are:

- Equally likely to be men or women; however, more women report being the primary source of care
- 71% are aged 41-59
- 20% are younger than age 40

Like all family caregivers, being a Sandwich Generation caregiver can affect your personal time, financial status, health, and career. To help reduce stress and burnout, remember:

You are not alone. Central Texas offers many support groups throughout the region, and both AGE of Central Texas and the Area Agency on Aging provide free individual assistance to caregivers across the entire spectrum of their journey.

Get an education. Free caregiving and stress-reduction classes abound throughout the area. In addition, several free caregiver conferences are hosted locally throughout the year.

Take a break. Numerous area organizations offer free or low-cost respite opportunities, giving older loved ones an opportunity to socialize, while providing precious free time for the caregiver.

If you are a caregiver and need direction or assistance, call the AGE Caregiver Resource Center at (512) 600-9275.

Follow AGE on Social Media for Daily Caregiver News, Updates & Resources:



@AGEofCentralTX

Adult Day Health Care Can Help Caregivers Survive the Long Days of Summer

By Annette Juba, LCSW

The long, lazy days of summer! The mental picture in my mind is irresistible: warm (ok, hot!) days empty except for the promise of unstructured time that could be filled however I wanted. As I recall, I happily drifted from my favorite reading spot, to the swing set in the backyard, to the creek running beside our house, to Monopoly games at the neighbor's house, and back home again.

For family caregivers, long stretches of unstructured time often feel less like the promise of a relaxing vacation and more like pressure to be creative and enthusiastic. One caregiver told me she felt that the job of caregiving perfectly qualified her to become a Cruise Director – she became an expert at not only planning and executing a full day's worth of activities, but also sparking the care receiver's excitement and interest so that he would join in. This experience is especially true for dementia caregivers.



The symptoms of dementia are tricky – in the early to moderate stages, it often looks like the person living with dementia CAN do a lot of things, but just WON'T. As science becomes more sophisticated in learning about brain function and how it is affected by neurocognitive disorders, we are learning that the cellular damage that impairs a person's ability to learn and remember can also blunt his or her ability to plan, initiate, or seek out things to do – even activities, hobbies, and tasks that used to be fun. As a recent article from the National Institute on Aging pointed out, "People with Alzheimer's may have trouble deciding what to do each day, which could make them fearful and worried or quiet and withdrawn,

or they may have trouble starting tasks." By some accounts, this loss of motivation and spontaneity and an accompanying increase in indifference is one of the most prevalent and most frustrating symptoms of dementia.

Family caregivers, like the wife/Cruise Director who told me of her experiences, are the backbone of our long-term care system. Statistics show that the value of care contributed by family caregivers in the United States was \$470 billion in 2013. Such a valuable, crucial resource must be protected and supported!

AGE's Adult Day Health Centers partner with family caregivers so that they can indeed provide loving, supportive care and at the same time have some time

to themselves. Members who attend the day center find a full and vibrant day planned out just for them, and filled with activities, entertainment, exercise, and games that are fun and engaging. Some members feel that coming to the day center each day is their "job" and that we would

not be able to open each day without them.

Adult day health care is one of the solutions that AGE offers to help caregivers "tackle the challenges of aging." A day that is filled with activity for your loved one and that leaves you with time to tackle your own priorities is every bit as irresistible as the long lazy summer days of our childhoods.

Annette Juba is the Deputy Director for AGE of Central Texas and a leading expert on dementia and caregiving issues.

AGE of Central Texas operates the only licensed adult day health centers in Central Texas. For more information, call (512) 451-4611, or visit www.AGEofCentralTX.org.

FREE Caregiver Education for Family Members Caring for a Loved One

CAREGIVERU
A Program of AGE of Central Texas

Classes are now forming in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

www.CaregiverUcentTX.org



AGE of Central Texas is a non-profit organization that tackles the challenges of aging with expert solutions, offering programs, resources, and education for both older adults and those who care for them. Drawn from the words of our founders, Bert Kruger Smith and Willie Kocurek, our vision is to make aging a shared journey of strength and compassion. Visit online at www.AGEofCentralTX.org or call (512) 451-4611 for more information.

Adult Day Health Care

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas.
- Specialized in caring for individuals with memory loss or dementia.
- Convenient locations in Austin and Round Rock, open Monday - Friday from 7:00 a.m. to 5:30 p.m.
- Full-time nurse at each Center to assist with health monitoring and medication management.
- Activities designed to engage both the mind and body including music, brain boosters, gardening, and more
- All-inclusive: full day of activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, or private pay at \$65 per day.
- Call today for additional information and to schedule a free visit:



Austin Adult Day Health Center
3710 Cedar Street
(512) 458-6305

Round Rock Adult Day Health Center
475 Round Rock West Drive, #120
(512) 255-4865

AGE of Central Texas is an Equal Opportunity Provider

AGE of Central Texas
www.AGEofCentralTX.org

Central Office and Austin Adult Day Health Center
3710 Cedar Street, Austin, TX 78705
(512) 451-4611

Williamson County Adult Day Health Center
475 Round Rock West Drive, #120,
Round Rock, TX 78681
(512) 255-4865

Caregiver Education & Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars and conferences with free respite services available.
- Free caregiver support group meetings every month in Austin and Round Rock.



CaregiverU

- Free evidence-based courses for non-professional, family caregivers, offered year-round at locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org for current schedules.

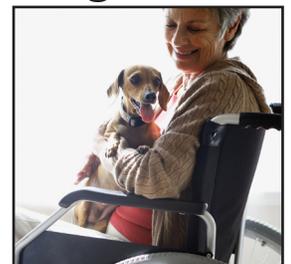
Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- Five weekly locations around Central Texas with sessions from 9:30 a.m. to 2:30 p.m.



Health Equipment Lending

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email help@ageofcentraltx.org to request or reserve items.



Peer-Based Computer Classes

- Peer-to-peer technology instruction through low-cost classes and seminars for senior adults.
- Visit www.AGEcomputer.org for the current class schedules and more information.