

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

"Tackling the challenges of aging with expert solutions"

Fall 2017

| www.AGEofCentralTX.org



November Is National Family Caregivers Month

November is **National Family Caregivers Month**, which the Caregiver Action Network began promoting in 1994 as a national recognition of family caregivers. President Clinton signed the first National Family Caregivers Month Presidential Proclamation in 1997, and every president since has followed suit by issuing an annual proclamation recognizing and honoring family caregivers each November.

This year's national theme is "Caregiving Around the Clock." Caregiving can often be a 24-hours-a-day, 7-days-a-week job, and caring for an older loved one with dementia or special needs can be non-stop.

Providing care around the clock can crowd out other important areas of life, and you never know when you will need to rush to the hospital or leave work at the drop of a hat. AGE of Central Texas understands the specific needs of caregivers in Central Texas, and provides resources, programs, and education to help caregivers navigate their journey.

But no matter your caregiving responsibilities, some aspects of caregiving are universal. These tips can help you continue fulfilling your caregiving duties while also preserving your own health.

Caregiving can be a stressful job. Most family caregivers say they feel stressed, and with all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last. Take time every day to "take care of you," and take advantage of area respite opportunities and caregiving support groups.

The stress of caregiving impacts your own health. One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one.

Family caregivers have a disproportionate number of health and emotional problems, are twice as likely to suffer depression, and are at increased risk for many other chronic conditions. A few minutes of exercise every day can have tremendous positive effects.

Proper nutrition helps promote good health. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall. Proper nutrition is key to help maintaining your strength, energy and stamina, and supporting your immune system.

Ensuring good nutrition for your loved one helps make care easier. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

Remember: "Rest. Recharge. Respite." People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than

some time away to recharge. The chance to take a breather, and the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

If you are a caregiver, visit the AGE of Central Texas website at www.AGEofCentralTX.org for numerous online tools, videos, and links to regional resources that can assist you. You can also contact the **AGE Caregiver Resource Center** directly at (512) 600-9275 for free, confidential one-on-one assistance. And **CaregiverU** offers free caregiver support classes year-round across Central Texas; visit www.CaregiverUcenTX.org to find a class near you.

Additional content courtesy the Caregiver Action Network



Free Caregiver Seminar

"Can Someone Please Tell Me The Difference Between Medicare and Medicaid?"

Healthcare lawyer **Trelisha Brown** from the Texas Legal Services Center will discuss the specifics of both Medicare and Medicaid coverage, and explore what options will be changing in the new year.

- **Saturday, November 4th** in Round Rock
- **Saturday, November 11th** in Austin

More Information at www.AGEofCentralTX.org

AGE of Central Texas will host two free caregiver support seminars on "Can Someone Please Tell Me the Difference Between Medicare and Medicaid?" Both seminars will feature healthcare lawyer Trelisha Brown from the Texas Legal Services Center, discussing the specifics of both Medicare and Medicaid coverage, and what will be changing in the new year.

This year's seminar will be offered twice – once in Austin and once in Round Rock – and you can attend the date that is most convenient for you:

- **Saturday, November 4th**, from 10:00 am to Noon in Round Rock at the Restoration Church (475 Round Rock West Drive, Suite 110; Round Rock, TX 78681)
- **Saturday, November 11th**, from 10:00 am to Noon in Austin at The AGE Building (3710 Cedar Street, Austin, TX 78705)

Each seminar is free, but advance registration is required. Free senior adult respite will also be available for both seminars through advance RSVP. Register online at www.TinyURL.com/AGENovember2017.

To request the free senior adult respite or for assistance in registering for either seminar, please call Victoria Ellenburg 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



"Striking a Balance" Caregiver Conference Reset for Dec. 2nd

The 16th annual **Striking a Balance Caregiver Conference** – originally scheduled for Saturday, August 26th – has been rescheduled for **Saturday, December 2nd**, at the Doubletree Austin Hotel by Hilton, from 8:30 am to 1:30 pm. Hosted by AGE of Central Texas and the Area Agency on Aging of the Capital Area, **Striking a Balance** remains the largest, longest-run free caregiver conference in Central Texas.

This year's conference features keynote speaker **Jane Meier Hamilton**, MSN, RN, the CEO and Founder of Partners on the Path, LLC. A nurse for 40 years and family caregiver for 20, she has created resilience-building, research-based resources to help caregivers remain productive while working and compassionate while caring. Jane is a skilled consultant, educator, author, group facilitator, and public speaker who has consulted with more than 150 organizations and presented more than 3,000 workshops and keynote addresses.



New this year is an added emphasis on additional breakout sessions aimed at helping family caregivers navigate the issues and challenges of their journey. In addition, free older adult respite will also be available at the AGE of Central Texas Adult Day Health Center. Requests for respite care can be made through the online registration or by calling (512) 600-9275 before November 29th.

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

Register online at <http://TinyURL.com/SABCC2017>

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



@AGEofCentralTX

Holiday Assistance for Seniors and Families

Blackland Neighborhood Center

2005 Salina
Austin, TX 78722
(512) 972-5790

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (Fall) and Thanksgiving baskets (Fall); call for dates and application requirements.

Blue Santa

(512) 974-2583
www.BlueSanta.org

Brown Santa

(512) 247-2682
www.BrownSanta.org

A.B. Cantu Pan-American Recreation Center

307 Chicon Street
Austin, TX 78702
(512) 476-9193

Usually offers a free Thanksgiving meal with entertainment; call for details.

East Austin Neighborhood Center

211 Comal Street
Austin, TX 78702
(512) 972-6650

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (Fall), Coats for Kids (Fall), and Thanksgiving baskets (November); call for dates and application requirements.

H-E-B 2017 Feast of Sharing

Palmer Events Center
900 Barton Springs Road
Austin, TX 78704

November 21, 2017

Free community Thanksgiving meal with entertainment. Updates at www.HEB.com.

Metz Recreation Center

2407 Canterbury Street
Austin, TX 78702
(512) 978-2399

Free Thanksgiving meal with entertainment.

November 9th, 2017

5:30 pm - 7:30 pm

Montopolis Neighborhood Center

1416 Montopolis Drive
Austin, TX 78741
(512) 972-6650

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (Fall), Coats for Kids (Fall), and Thanksgiving baskets (November); call for dates and application requirements.

Rosewood-Zaragoza

Neighborhood Center

2800 Webberville Road
Austin, TX 78702
(512) 972-6740

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (October - November), Coats for Kids (November), and Community Thanksgiving luncheon (November); call for dates and application requirements.

St. John Community Center

7500 Blessing Avenue
Austin, TX 78752
(512) 972-5139

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (Fall), Coats for Kids (Fall), and Thanksgiving baskets (November); call for dates and application requirements.

South Austin Neighborhood Center

2508 Durwood
Austin, TX 78704
(512) 972-6840

Provides a variety of social services to low and moderate income families.

Seasonal Program Services:

Christmas application (Fall), Coats for Kids (Fall), and Thanksgiving baskets (November); call for dates and application requirements.



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.CaregiverUcenTX.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. Call (512) 451-4611 or visit online at www.AGEofCentralTX.org 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 \$60 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

Round Rock 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.

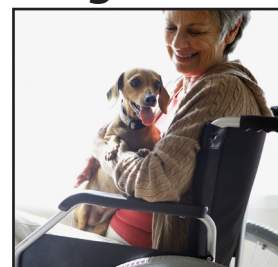
Memory Connections

- 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.