

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

"Tackling the challenges of aging with expert solutions"

Summer 2015

| www.AGEofCentralTX.org



Two Free Caregiver Conferences Return to Central Texas

AGE of Central Texas will host two upcoming, free caregiver conferences, both designed to help caregivers ease the burdens of caring for an aging family member. Attendees of both conferences will discover local resources, acquire skills to better manage their caregiving situation, and connect with other caregivers and local experts on aging.

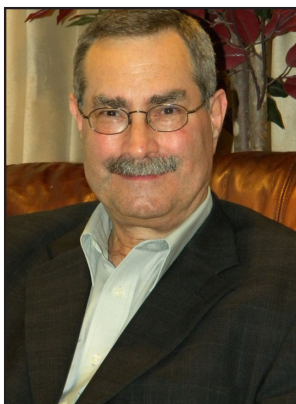
The 2nd annual **Williamson County Caregiver Conference** takes place on Saturday, August 15, from 9:30 am to 2:00 pm at the Round Rock Conference Center at Wingate Hotel, located at 1209 IH-35 Frontage Road in Round Rock. With the theme

Williamson County CAREGIVER CONFERENCE

"Empowering Caregivers When Faced with Difficult Decisions," the seminar includes a keynote presentation, break-out sessions, and community resources for family members who are caring for a senior adult.

This year's Williamson County Caregiver Conference features a keynote presentation by Howard Gruetzner, an active presenter of seminars on geriatric mental health, Alzheimer's disease, caregiving, grief, brain function maintenance, and other topics related to aging. He is the author of one of the most well-known books on Alzheimer's caregiving, *Alzheimer's: A Caregiver's Guide and Sourcebook*, first published in 1988. The third edition of this popular book was published in August of 2001, and the book has been translated into German, Italian, and – most recently – Chinese.

Registration for the August 15 Williamson County Caregiver Conference is free, and includes all presentations, resources, and lunch. Space is limited, and participants must pre-register for the conference by visiting <http://tinyurl.com/wilco2015>.



On Saturday, September 26, the 14th annual **Striking a Balance Caregiver Conference** returns to the Norris Conference Center, located at 2525 W. Anderson Lane in Austin, from 8:30 am to 2:00 pm. Co-hosted with the Area Agency on Aging of the Capital Area, Striking a Balance is the largest, longest-run free caregiver conference in Central Texas.

Striking a BALANCE

This year's keynote speaker is Sara Honn Qualls, Ph.D., a Kraemer Family Professor of Aging Studies and Professor of Psychology, and Director of the Gerontology Center at the University of Colorado, Colorado Springs (UCCS). Dr. Qualls has helped develop professional gero-psychology as an emerging specialization. At UCCS, she helped develop a doctoral program, a community training clinic called the Aging Center, a senior housing collaboration, and an integrated health care model for primary care, physical activity, nutrition, and mental health. She is passionate about helping people age well, helping families navigate the challenges of later life, and about developing university-community collaborations that provide innovative integrated care approaches to training, research, and service delivery. She has published several books, including *Caregiver Family Therapy* and *Aging and Mental Health*.



Free older adult respite will also be available for both events at the AGE of Central Texas Adult Day Health Centers. Requests for respite care can be made through the online registration or by calling (512) 451-4611 at least 5 business days before each conference.

Both of the upcoming caregiver education events are free and open to the public. For more information and to register for either of the upcoming conferences, visit www.AGEofCentralTX.org or call (512) 451-4611.

AGE of Central Texas presents a

Free Caregiver Seminar

End of Life Decisions

Join experts from Hospice Austin for a free seminar discussing issues that affect family members caring for an older loved one.

Saturday, July 25, 2015
10:00 AM to Noon

Round Rock Public Library, Room B
216 E. Main Street, Round Rock, TX 78664

AGE of Central Texas will host the free seminar **"End of Life Decisions"** on Saturday, July 25. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 10:00 a.m. to Noon in Meeting Room B at the Round Rock Public Library, located at 216 E. Main Street in downtown Round Rock.

Steve Parker from Hospice Austin will discuss planning toward the always-important end of life issues and how caregivers can be prepared for this inevitable part of life. The event is free and open to the public, but early registration is advised.

Participants can register by calling (512) 600-9286 or online at <http://www.tinyurl.com/AgeJuly2015>. A limited amount of free respite care will be available during the seminar by RSVP only at AGE's Round Rock Adult Day Health Center, located at 475 Round Rock West Drive, #120, in Round Rock. To RSVP for respite, please request the service with online registration or call Gailyn Trammell at (512) 600-9275 no later than July 22nd.

The Round Rock Public Library is located at 216 E. Main Street, Round Rock, TX 78664. For more information or assistance with registration, call (512) 600-9275 or visit www.AGEofCentralTX.org.



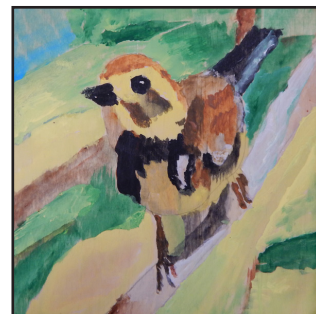
Register
with your
Smart
Device



Free Art & Writing Workshop for Caregivers and Family Members

AGE of Central Texas is partnering with Mobile Art Program and Badgerdog for an **Art & Writing Workshop** that will assist both caregivers and their loved ones in creating a printed, published book of their memories together. The workshop is scheduled to run September 26 through November 8 at the AGE Building, located at 3710 Cedar Street in Austin.

Caregivers will learn writing skills from Badgerdog expert writers, to record memories through various writing styles. Badgerdog's writing programs are supported by the Austin Library Foundation and facilitated by professional writers.



Care-recipients will create drawings, paintings, and sculptures with the help of Mobile Art Program teaching assistants. The Mobile Art Program delivers art activities to seniors and adults with disabilities living in Austin, and they work regularly with the members of AGE's Adult Day Health Centers and Early Memory Loss Support Programs.

A celebratory reading and luncheon will coincide with the publication of an anthology of the collected writings and art. All participants will receive a copy of the published book during the celebration.

Participation in the workshop is free for both caregivers and care-recipients, courtesy of funding from the St. David's Foundation Health's Angels. The exact dates and times for the workshop meetings will be arranged to best match the availability of the participants. For more information and to register, contact Cecily Sailer at (512) 542-0076 or via email at csailer@austinlibrary.org.



About the artwork in this story: The two paintings above were created by AGE program participants for the recent "Journey into Nature" exhibit of poetry and art. Badgerdog and Mobile Art Program facilitated the creation of multiple works by AGE program participants, which were showcased in an exhibit at the Austin City Hall.

8 Unselfish Ways for Caregivers to Put Yourself First

According to a study by the American Psychological Association, it is estimated that informal caregivers – typically spouses or adult children – provide 80 percent of the long-term care in the case of diseases such as Alzheimer's. Their 2003 study found that caregivers had a 23 percent higher level of stress hormones and a 15 percent lower level of antibody responses than non-caregivers.

Caregiving also takes a psychological toll. According to the National Family Caregivers Association, the roughly one out of four caregivers who care for a family member for at least 36 hours a week – basically making it a full-time job – are more likely to show signs of depression or anxiety.

So it is imperative that every caregiver needs to find ways to “take time for yourself.” But that is easier-said-than-done for many caregivers, who are carrying the burden alone.

The Saskatchewan Health Wellness and Health Promotions Branch in Regina, Saskatchewan, created a terrific list of “8 Unselfish Ways to Put Yourself First,” which we regularly share at our CaregiverU classes. Hopefully, these suggestions can help you, wherever you are in your caregiving journey.

1. Eat a well-balanced diet:

When you are stressed out, you may tend to over-eat. When you are exhausted, it's easy to resort to whatever is handy; quick snack foods, tea and toast, chips and soda. You need high quality food to perform well.

2. Get regular exercise:

Exercise is the original “feel good” tonic. It helps you sleep better and wake up refreshed and ready to face another arduous day. Regular exercise improves both your mental and physical well-being, keeping your mind alert and body fine-tuned and energetic.

3. Get enough rest:

This may also be easier-said-than-done, especially if you are caring for someone who tends to wander at night.



Still, most people need six to eight hours of sleep a night to maintain good health. Catch up with cat naps if necessary, early in the day.

4. Look after your own health:

When you are preoccupied with someone else's health, it's all too easy to neglect your own. Caregiving can be physically and emotionally exhausting, leaving you at risk for serious illness.

5. Get organized:

It is very important to get an early diagnosis of your loved one's illness, and then learn everything you can about it. That way you will know what to expect, and you can plan for any future challenges.

6. Plan for emergencies:

Who will take over if you do get sick? How will you cope if your loved one has a medical emergency? Be prepared. Keep a file or notebook with names and phone numbers of people you might need. In a crisis, you will be less likely to panic if you are organized down to the last detail.

7. Consider joining a support group:

If you feel alone and isolated in your role as caregiver, talk to other caregivers. They'll know what you are up against; they'll understand where you are coming from. Think of it as therapeutic socializing—while you are not actually escaping from your role as caregiver.



8. Take time out for yourself:

Whether you are caring for a parent, spouse, or other relative or friend, you need time for yourself. You need outside interests, other people, and a way to escape from the constant pressure of caregiving. You need to get away from time to time. Keep up your friendships. It's easy to let friendships lag when you feel that you have “more important” things to do. But friends can get you through some tough times, just by being there.

Remember: you are not alone in your caregiving journey, and AGE of Central Texas has many free resources to assist you. Visit the Caregiver Resources page of the AGE website at www.AGEofCentralTX.org, for more online resources, lists of support groups in your area, and helpful publications to download, or call the AGE Caregiver Resource Center at (512) 600-9286 for one-on-one assistance and referrals.



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 triumph. 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 Adult Day Health 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 am - 5:30 pm
- Full-time nurse located at each Center to assist with medication management and health monitoring
- Activities designed to engage both the mind and body including music, brain boosters, tai chi, 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

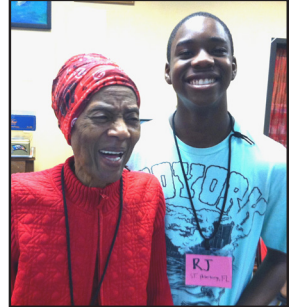
AGE of Central Texas
www.AGEofCentralTX.org

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

- 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 in Travis, Williamson, Hays, and Bastrop Counties. Visit www.CaregiverUcentx.org for current schedules.



Early Memory Loss Support

- Cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease or memory loss
- Three weekly locations around Central Texas with sessions from 9:00 am - 1:30 pm



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 inquire about availability or reserve items (no walk-ins, please)



Peer-Based Computer Classes

- Peer-to-peer technology instruction with personalized coaching assistance for adults (ages 50+)
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit www.AGEcomputer.org for current class schedules.