

# ENGAGE



The quarterly caregiver newsletter from AGE of Central Texas

*"Tackling the challenges of aging with expert solutions"*

Summer 2016

| [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

## 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 challenges 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 15th annual **Striking a Balance Caregiver Conference** will be held on Saturday, August 20th, at the Doubletree Austin Hotel by Hilton, from 8:30 a.m. to 2:00 p.m. Co-hosted by AGE of Central Texas and the Area Agency on Aging of the Capital Area, Striking a Balance is the largest, longest-run free caregiver conference in Central Texas.

This year's keynote speaker is Cara L. Magrane, who achieved her BA in Sociology from Manhattanville College, Purchase, New York; a Level I Certificate in Child Care Administration from San Antonio College; and her MBA from the University of Texas at San Antonio's Center for Professional Excellence.

After college, Cara spent a year with the Jesuit Volunteer Corps in service to Respite Care of San Antonio, Inc. (RCSA). Cara "fell in love with their mission" and has remained at RCSA for more than 22 years. She currently serves as RCSA's Chief Operating Officer and is the Licensed Administrator overseeing all daily and programmatic operations.

Cara is active with the Alamo Area Council of Governments Planning Advisory Council, Centro Med-Health Care for the Homeless, the Texas Respite Network, and is a member of the Texas Lyceum.

Striking a Balance Conference registration opens online on July 15th at [www.tinyurl.com/sabcc2016](http://www.tinyurl.com/sabcc2016).

### Striking a BALANCE 15th Annual Caregiver Conference



The 3rd annual **Williamson County Caregiver Conference** takes place on Saturday, September 17th, from 8:30 a.m. to 2:00 p.m. at the Round Rock Conference Center at Wingate Hotel, located at 1209 IH-35 Frontage Road in Round Rock. This year's keynote speaker, Dr. David Zuniga, will discuss "The Middle Way of Caregiving: Caring for Ourselves and Our Loved Ones."

David Zuniga earned his Ph.D. in clinical psychology and is a licensed psychologist in private practice in Austin, specializing in caregiver and patient support, stress reduction, and health-care decision-making. His current psychology practice includes providing seminars on meditation and wellness, and also therapy groups for caregivers and patients living with advanced illnesses.

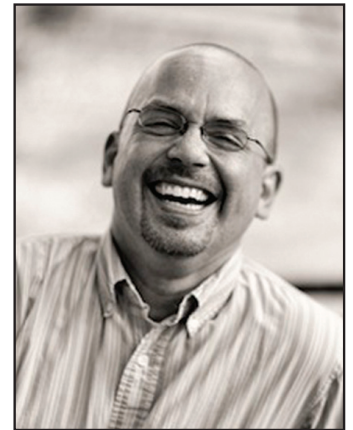
David publishes widely and speaks internationally at many leading academic conferences on wellness and healthcare-related concerns. He is currently completing a book for Wisdom Publications on Zen, mindfulness, and end-of-life care.

Registration for the Williamson County Caregiver Conference is free, all-inclusive, and opens on August 5th. Space is limited; register for the conference by visiting <http://tinyurl.com/wilco2016>.

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.

For more information, and for help registering for either of the upcoming conferences, call (512) 451-4611.

### Williamson County CAREGIVER CONFERENCE



## Don't Miss These Two **FREE** Caregiver Conferences!

### Striking a **BALANCE**

15th Annual Caregiver Conference

**Saturday, August 20th | 8:30 am - 2:00 pm**  
**Doubletree by Hilton Hotel Austin**



AGE of Central Texas and the Area Agency on Aging of the Capital Area (AAACAP) are proud partners in presenting this free annual conference for family caregivers.



### Registration Opens

**Friday, July 15th**

Register with Your  
Smart Device



Or Visit:

**www.AGEofCentralTX.org/SAB.php**

## Williamson County **CAREGIVER CONFERENCE**

**Saturday, September 17th**

**Wingate by Wyndham Round Rock  
Hotel & Conference Center**

**8:30 am to 2:00 pm**

### Registration Opens

**Friday, August 5th**

Register with Your  
Smart Device



Or Visit:

**www.AGEofCentralTX.org/WCCC.php**

## Summer Heat Tips

The dog days of summer are here, and along with the increase in outdoor activities comes the threat of heat-related illness, especially among senior adults. Here are some tips from Care.com on how to protect yourself and your loved ones from the Central Texas heat:

**1. Stay Hydrated:** Seniors are more susceptible to dehydration than younger people, because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

**2. Talk to Your Doctor:** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures – especially if you don't have air conditioning in your home.

**3. Keep Your Cool:** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat.

**4. Wear the Right Stuff:** Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers.

**5. Rub on Sunscreen and Wear Hats:** Everyone, young and old, should wear sunscreen when outdoors. Caregivers, family, and friends can help seniors by gently reminding loved ones about applying sunscreen and helping to put it on when necessary.

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

Sign up for the AGE of Central Texas  
*Caregiver Communique*

Sign Up with Your Smart Device



Or sign-up online at  
**www.AGEofCentralTX.org**



## New Study Shows Adult Day Health Care to Be the Most Economical Long-Term Care Option for Seniors

A new study by Genworth Financial reveals what most caregivers already know: the cost of long-term care grew more expensive in the past year, with some cost options close to \$100,000 annually. However, the cost of adult day health care remained steady as the most cost-effective means of long-term care for older adults.

The study found the national-average cost of a private nursing home room rising 1.2 percent from last year, to an average of \$92,378 per year. That translates to a monthly cost of \$7,698.

Nationally, a semi-private nursing home room costs an average of \$82,125 annually, a nearly 17 percent increase from just five years ago. The cost of an in-home health care aide will set you back an average of \$46,322 annually, which equates to \$3,861 per month.

Most forms of long-term care have increased almost 19 percent since 2011. That rate is roughly double the rate of overall inflation.

Long-term care costs are increasing mainly because individuals are living longer, but not necessarily living healthier. Greg Crist, a spokesman for the American Health Care Association – the country's largest trade group for nursing homes – told the Associated Press that nursing home long-term care costs are rising largely because residents are more likely to arrive with chronic conditions such as diabetes or emphysema, which need more medical attention. He added that the average nursing home resident takes 11 prescription medications.

The Genworth Financial study found the average long-term care costs in the state of Texas to be slightly lower, by about 7 percent of the national average, but still beyond the means of many older adults and family caregivers. Medicare still does not pay for long-term care needs, so many families are forced to spend down

their assets in order to qualify for Medicaid to help cover some of their long-term care expenses. The number of facilities accepting Medicaid as a payment option are very limited in the Central Texas area, and most have a long waiting list.

The study confirmed that adult day health care remains the most cost-effective option for long-term care, costing an average of \$17,680 annually. AGE of Central Texas operates the only licensed adult day care centers in the region and charges just \$60 per day inclusive – including all activities, meals and snacks, medical oversight, and transportation options. Payment options include Medicaid, Veteran's benefits, private pay, and long-term care insurance.

As the longest-operating and only licensed non-residential Day Activity and Health Service Centers in Central Texas, the AGE of Central Texas Adult Day Health Centers serve older adults with cognitive or physical needs through specialized, person-centered care. The secure facilities, located in Austin and Round Rock, include a full-time nurse at each site to assist with medication management and health monitoring. In addition, the full-time activity directors provide a full day of stimulating physical, mental, and creative activities – including gardening, arts & crafts, exercise, brain boosters, music therapy, and more.



**The AGE Adult Day Health Centers are open Monday through Friday from 7:00 a.m. to 5:30 p.m. Call today for more information and a personal tour:**  
**Austin: (512) 458-6305**  
**Round Rock: (512) 255-4865**

**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](http://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](http://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](http://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](http://www.CaregiverUcentx.org) for current schedules.

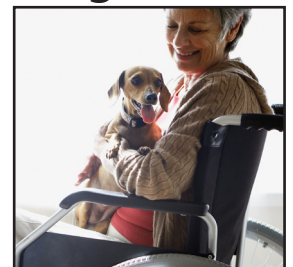
## Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- Four 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](mailto: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](http://www.AGEcomputer.org) for the current class schedules and more information.