

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

"Tackling the challenges of aging with expert solutions"

Summer 2017

| www.AGEofCentralTX.org



Celebrating
31
Years
of Service!

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 16th annual **Striking a Balance Caregiver Conference** will be held on Saturday, August 26th, 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 conference features Jane Meier Hamilton, MSN, RN, who is 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. Topics will include:

- Synchronization of Medications
- Difficult Behaviors Associated with Dementia
- The Resilient Caregiver

- Financing Long-Term Care
 - Discussing Driving with Your Older Family Members
- Registration is free for the "Striking a Balance" Caregiver Conference, and includes all presentations, breakout sessions, Continental breakfast and lunch. Register online at <http://TinyURL.com/SABCC2017>.

The 4th annual **Williamson County Caregiver Conference** takes place on Saturday, September 23rd, from 9:00 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. Mark Carlson, will discuss "Getting the Most Out of Your Conversations with Your Doctor."

Dr. Carlson is a fellowship-trained, board-certified geriatrician, internist and oncologist with 25 years of healthcare experience. Prior to his move into geriatrics, he spent nearly 20 years of practice in medical oncology. Dr. Carlson combined these skills with his desire to help seniors in the aging process and created Be Well MD.



Registration for the Williamson County Caregiver Conference is free, all-inclusive, and opens on August 1st. Space is limited; register for the conference by visiting <http://TinyURL.com/Wilco2017>.

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) 600-9275 at least 5 business days before each conference.

For more information, and for help registering for either of the upcoming conferences, call (512) 600-9275.

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

Striking a **BALANCE**

16th Annual Caregiver Conference

Saturday, August 26th | 8:30 am - 2:00 pm
Doubletree by Hilton in Austin

Register with Your Smart Device

Or Visit:

www.AGEofCentralTX.org/SAB.php



Williamson County **CAREGIVER CONFERENCE**

Saturday, September 23rd | 9:00 am to 2:00 pm
Wingate by Wyndham Round Rock Hotel & Conference Center

Register with Your Smart Device

Or Visit:

www.AGEofCentralTX.org/WCCC.php



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



September Is National Falls Prevention Month

According to the National Council on Aging, 1 in 4 Americans aged 65+ falls every year, and falls are the leading cause of fatal and non-fatal injuries for older American adults. And falls are costly—in both dollars and in quality of life.



However, falling is not an inevitable part of growing older, and they can be prevented by simple lifestyle changes:

- Exercise to improve balance and strength
- Have your health care provider review your medications
- Have your vision checked
- Make your home safer



Another effective preventative measure is to take a free falls prevention class, such as the “A Matter of Balance” class series offered through AGE of Central Texas’ education program CaregiverU. “A Matter of Balance” is a fun and dynamic evidence-based course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work for all age and fitness levels.

CaregiverU classes are offered at no cost to participants, and the courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

To find a FREE “A Matter of Balance” falls prevention class near you, visit www.CaregiverUcentx.org.

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



@AGEofCentralTX

Is It Safe to Leave a Person with Dementia Alone?

People with dementia become increasingly unable to take care of themselves as their disease advances. However, the disease progresses differently in every person. As a caregiver, you face the ongoing challenge of adapting to each change in your loved one's behavior and functioning.

While there are no hard-and-fast rules on the issue, the National Institutes on Health and the National Institute on Aging both suggest taking into account the behavioral traits of the person with dementia, such as does he/she:

- Become confused or unpredictable under stress?
- Recognize a dangerous situation, such as fire?
- Know how to use the telephone in an emergency?
- Know how to get help?
- Stay content within the home?
- Show signs of agitation, depression, or withdrawal when left alone for any period of time?
- Attempt to pursue former interests or hobbies that might now warrant supervision, such as cooking, appliance repair, or woodworking?

A study by the University of Michigan Geriatrics Center also notes that as the dementia progresses, these questions will need ongoing evaluation. Seeking the input and advice from a health care professional can assist you in making that decision.

Wandering and getting lost is another major issue that develops with dementia, and should be a cause for concern. The National Alzheimer's Association estimates that 6 in 10 people with dementia will wander and become lost, and it can happen at any stage of the disease. Signs of wandering behavior include:

- Forgetting how to get to familiar places;
- Coming back from a regular walk or drive later than usual;



- Talking about fulfilling former obligations, like going to work;
- Trying or wanting to "go home," even when at home.
- Restlessness, pacing, or performing repetitive movements;
- Having a hard time locating familiar places such as the bathroom, bedroom, or dining room.

The National Institute on Aging suggests considering the following principles to help keep your loved one safe, no matter where they are in their aging journey:

1. Think prevention. It is very difficult to predict what a person with dementia might do. Just because something has not yet occurred does not mean it should not be cause for concern. Even with the best-laid plans, accidents can happen. Therefore, checking the safety of your home will help you take control of some of the potential problems that may create hazardous situations.

2. Adapt the environment. It is more effective to change the environment than to change most behaviors. While some dementia behaviors can be managed with special medications prescribed by a doctor, many cannot. You can make changes in an environment to decrease the hazards and stressors that accompany these behavioral and functional changes.



3. Minimize danger. By minimizing danger, you can maximize independence. A safe environment can be a less restrictive environment where the person with dementia disease can experience increased security and more mobility.

For more information, download the free National Institute on Health dementia home safety booklet:

<http://TinyURL.com/HomeSafetyBooklet>

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.

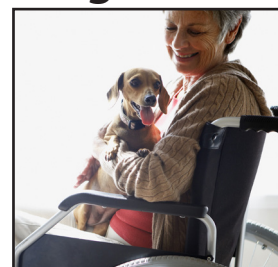
Memory Connections

- 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.