

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

"Tackling the challenges of aging with expert solutions"

Fall 2018

| www.AGEofCentralTX.org



5th Annual Williamson County Caregiver Conference on Sept. 22

AGE of Central Texas will host the 5th annual **Williamson County Caregiver Conference** on Saturday, September 22nd, from 9:00 a.m. to 2:00 p.m. at the Wingate by Wyndham Round Rock Hotel & Conference Center. Sponsored by AARP Texas, the free Conference includes a keynote presentation by **Dr. Liam Fry**, break-out sessions, and community resources to support family members who are caring for a senior adult.

The annual event was created to help ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. Conference 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 features a keynote presentation by Dr. Liam Fry, MD, who will be speaking on "Smooth Transitions: How to Avoid Complications When Discharging from Hospital to Home." Dr. Fry is the Chief of the Division of Geriatrics and Palliative Care at the University of Texas Dell Medical School, and she is the current chairman of the Geriatric Committee of the Travis County Medical Society. After attending the University of Texas at Austin for undergraduate school – where she received a B.A. in the Plan II Honors Program – she attended Oxford University in

England. She graduated from the UT Southwestern Medical School in 2002, followed by an Internal Medicine Residency at Mount Sinai Medical Center in New York City. After finishing residency, she completed a fellowship in Geriatric Medicine at the John A. Burns School of Medicine in Honolulu, HI. Dr. Fry is board certified in Internal Medicine, Geriatrics, and Hospice and Palliative Medicine.

5th Annual Williamson County CAREGIVER CONFERENCE Saturday, September 22 | 9:00 am - 2:00 pm

Free registration for the Williamson County Caregiver Conference is now open, and includes all the presentations, resources, and breakfast and lunch.

Free older adult respite will also be available during the Conference at the AGE of Central Texas' Williamson County Adult

Day Health Center, located at 475 Round Rock West Drive, #120. Requests for respite care can be made through the online registration or by calling (512) 600-9275 before Wednesday, September 19th.

The Wingate by Wyndham Round Rock Hotel & Conference Center is located at 1209 IH-35 Frontage Road in Round Rock.

For more information, visit www.AGEofCentralTX.org or call (512) 451-4611.



Register for the Williamson County Caregiver Conference online at <http://TinyURL.com/WilcoCC2018> or call (512) 600-9275

Free Caregiver Seminar

Understanding Medicare

Sergio Garcia from ANKH Financial + Health will discuss Medicare options for older adults to guide caregivers during the upcoming open enrollment.

Wednesday, October 10, 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 on "**Understanding Medicare**" on Wednesday, October 10th. 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.

Sergio Garcia from ANKH Financial + Health will discuss:

- Anticipated Medicare changes in 2019
- The difference between traditional Medicare and Medicare Advantage plans
- Factors that should be considered when deciding between Medicare and Medicare Advantage
- Medicare Savings Programs: Who is eligible for them, and how to apply for them

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/AGEoctober2018
or call AGE of Central Texas 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



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.

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

- Take time every day to "take care of you," and take advantage of area respite opportunities and caregiving support groups.
- A few minutes of exercise every day can have tremendous positive effects in helping you preserve your own 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.
- Good nutrition can help maintain muscle health, and support recovery from illness – which may help make your care of a loved one easier.
- "Rest, Recharge, and Respite": 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



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



@AGEofCentralTX

Creating a Global Community to Tackle the Challenges of Living with Dementia

By K.C. Lawrence, LMSW

Hope. Togetherness. Dialogue. Community. These were the words speakers were using at the Alzheimer's Disease International Conference (ADI) in Chicago. As a professional working with older adults living with early stage dementia, I have been to several conferences to expand my knowledge base. But this conference was so much more than information sharing – I felt like a part of a global community.

The annual conference invites researchers, doctors, professionals, AND people living with dementia and their care partners, all working to improve the quality of life of those living with dementia, to advocate for and with those living with the disease, and to find a cure. It was incredibly inspiring to hear the wide variety of research and work being done: from short-term goal-based counseling for persons living with dementia and their caregivers in England to a doctor in India working to reduce stigma through home visits and psychosocial interventions, and so much more.

During the conference, I heard people living with dementia talk about their experience receiving a diagnosis and how unsupported they felt. They said their doctor informed them that they have dementia, gave them medication, told them to get their affairs in order, and asked them to return in a year. They described the stigma and isolation they felt first-hand, and feeling hopeless, purposeless, and depressed – until they found an online support group of those going through similar experiences. I witnessed them overcoming their fears to publicly share their experience with an audience of a

couple hundred people.

And I heard echoes of what our participants say at the Memory Connections early stage memory loss support program.

Most of our referrals come from neurologists, who, when giving the devastating diagnosis of dementia, can also tell a patient and their family that there is something they can do to help themselves. They are giving them a community that they can join, a place that they can go, a way to be proactive in the face of a progressive illness.

MemoryConnections is based on the current research

about what helps to improve the quality of life of those living with early stage dementia. Our person-centered programming focuses on the strengths of our participants at their ability levels. Our participants enjoy various cognitive and physical activities to exercise their brains as well as a professionally facilitated support group. Most importantly, the free program provides a community of support.

Older adults experiencing early memory loss can share their challenges and emotions with others in similar situations, and their care partners can get information and resources, as well as support themselves.

I'm honored to be a small part of an international community helping people find and foster hope. Please contact us to learn more or schedule an admissions interview:

AGE of Central Texas - Memory Connections

Phone: 512-451-4611, ext. 236

Email: memoryinfo@ageofcentraltx.org

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.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. 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

Williamson County 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.

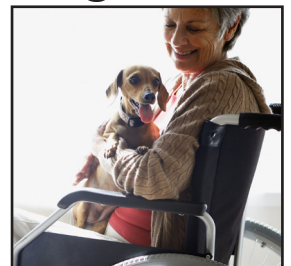
Memory Connections

- 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.