

# ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

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

Winter 2018

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



## New Survey Highlights the Need to Assist Family Caregivers in Central Texas

The September 2018 *Attitudes on Aging in Central Texas* survey conducted by Regina Corso Consulting and Bloom Communications for AGE of Central Texas found that 2 out of every 5 area families are struggling with providing care for an older family member – a situation that is expected to increase during the next several years.

The survey found that 41% of Central Texas residents either currently are, or will very soon be, a caregiver for an older adult. This number is expected to increase substantially in the next several years, as U.S. census numbers show that Central Texas is the second-fastest growing region in the nation for senior adults, and the area will see a 370% increase in the senior adult population by 2040.

The survey also found that more than half of Central Texas caregivers say the responsibilities of being a caregiver are increasing their personal levels of stress and/or depression. Caregivers each provide an average of 18 hours per week of care, even while more than 60% also hold down full and part-time jobs.

With the Central Texas senior adult population growing at twice the national rate, and 66% of older adults relying on family members for help, one-third of area caregivers say they are most worried about the financial strain caregiving places on them.

As costs for long-term care increase, the recent 2018 Genworth "Cost of Care Survey" concludes that adult day health care remains the most affordable long-term care option for family caregivers, costing approximately 75% less than assisted living facility and nursing home care.

AGE of Central Texas operates the only licensed adult day health centers in Central Texas, with locations in Austin and Round Rock. The evidence-based support

program offers an active, social day for older adults while receiving individual care and support in a vibrant community setting.

"In our secure adult day health center facilities, our members receive expert care from compassionate staff that are equipped to handle challenging health and memory loss-related needs," says Annette Juba, Deputy Director at AGE of Central Texas. "Our philosophy is to put the person first before their diagnosis. We believe the unique passions and personalities of the individuals that spend every day with us are what makes our centers exceptional."

Daily activities range from games and arts projects to live music and dance parties. In addition, each location offers gardening, brain fitness, daily exercise, and other activities, in addition to a hot, nutritious lunch and two snacks.

For family caregivers, the AGE of Central Texas Adult Day Health Centers offer an affordable respite from their caregiving duties and support for their older loved one.

"My dad dislikes boredom, and his friends at the day center are integral to his life," says Round Rock resident Greg Downing, who cares for his father J.L., who worked for Shell Oil for 20 years and still likes to keep his mind and body busy. J.L. is one of the AGE Adult Day Health Center members who attends the Williamson County Center in Round Rock.

The AGE of Central Texas Adult Day Health Centers accept Medicaid and Veteran's benefits, in addition to long-term care insurance and private pay. Transportation options are also available.

For more information, call (512) 451-4611 or visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).



The AGE of Central Texas offices and programs will be closed on December 24th and 25th for the holidays.

The offices and programs will also be closed on Tuesday, January 1, 2019, for New Year's.



## 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](http://www.AGEofCentralTX.org)



## Free January 15th Caregiver Seminar to Explore Dementia Research and Treatment

AGE of Central Texas will host a free caregiver support seminar exploring the "Latest News in Dementia Research and Treatment" on Tuesday, January 15, 2019. 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 6:00 p.m. to 8:00 p.m. at the AGE Building, located at 3710 Cedar Steet in Austin.

Dr. Cherie Simpson will discuss the latest clinical research being conducted in the areas of dementia research and treatment. Dr. Simpson is a Clinical Nurse Specialist in Holistic Adult Health and a graduate of the University of Texas School of Nursing. As a researcher and healthcare professional, she has worked with Senior Adults Specialty Healthcare and Research for approximately 10 years. She has more than 13 years of diverse healthcare experience, and conducts research in areas of sleep, caregiving, and depression in aging women.



Registration for the caregiver seminar is free, but space is limited. Participants can register by calling (512) 600-9275, or online at [www.TinyURL.com/AGEJanuary2019](http://www.TinyURL.com/AGEJanuary2019).

Free senior adult respite will also be available for older family members during the seminar at AGE's Austin Adult Day Health Center. To sign up for the free respite, please call (512) 600-9275 by Friday, January 11th.

For more information on the programs and resources provided by AGE of Central Texas, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.

Join Us for a FREE Community

## SENIOR RESOURCE FAIR

Tuesday, January 22nd  
10 am - Noon

Onion Creek Senior Center  
(420 Barton Crossing, Buda, TX 78610)

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



@AGEofCentralTX



# A Caregiver's Practical Guide to Surviving the Holiday Season

By Faith Unger, M.Ed., CaregiverU Program Director

We all carry visions of what the holidays should look like, but often those visions don't jibe very well with reality. At this time of year, many of us visualize a Norman Rockwell type scene with everybody gathered happily around a perfectly laid holiday table. Reality is often a bit different!

When my the kids were younger, my spouse was cognitively able to partner with me in all the holiday preparation. Today, my husband has a cognitive disability, and my children are young adults with spouses and responsibilities of their own. As a caregiver, managing the holidays have come to mean managing many different issues—disruptions in schedule and routine, traveling, adapting to new surroundings, decorating the home, shopping for gifts, and preparing food, to name a few.

When we need to stray from our well established regular routine, I find dry erase boards are a valuable resource. We focus on one day at a time, so on a dry erase board I write down that day's schedule. As I write, we talk about what to expect and how to be prepared. Then I leave the board out in a place that will be easily seen throughout the day. Sometimes we need an additional board on which to write details or items to be brought with us.

On these "irregular" days, it's easy to forget about medications, or to not be home when they should be taken. Keeping a regular medication schedule is also important to well being, so I sometimes set the cell

phone alarm as a reminder and keep the pills with me as we meander about.

My middle child, Christopher, has developed a wonderful resource for the days that we are visiting the city in which he lives. He puts together a resource bag for his father and gives it to him upon our arrival. The bag has a variety of things Christopher has found at very little cost. Usually there are word game books and puzzles, and a few books on adult themes with lots of funny pictures. A delightful one was on the hundreds of uses for duct tape!

My daughter, Joy, often provides a craft activity for her father that the two of them do during the visit. She also has a list of cleaning chores that need doing, all that her father is capable of doing with a little supervision. And doing those chores not only fills his time, but also gives him a feeling of pride that he is able to contribute to the common good.

A valuable resource that I learned about from a good social work friend is a tool that can be used to discretely communicate to strangers that my husband may behave differently than is expected. That great tool is a set of business cards which simply say, "My dear husband has a cognitive difficulty. Thank you for your understanding." It's fairly easy to give out these cards when needed, and the recipient usually becomes my new helper in the situation!

Holiday times can still be very delightful for us, if we keep an easy pace, continue to provide what he needs, and share the care when the sharing is available. It will never be like it was in the past, but today is a new day and we can still make it good!



**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. Visit online at [www.AGEofCentralTX.org](http://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](http://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](http://www.CaregiverUcentx.org) for current schedules.

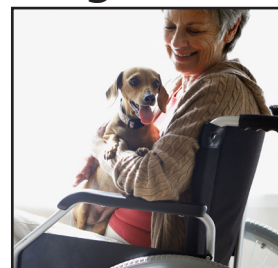
## Memory Connections

- Free evidence-informed, weekly cognitive activities and support for individuals with a diagnosis of early-stage Alzheimer's disease, dementia, or memory loss.
- 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](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.