

# ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

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

Spring 2019

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



## Pflugerville Seniors Conference Returns on Thursday, May 9th

AGE of Central Texas is again partnering with the Pflugerville Community Church to host the free **Pflugerville Seniors Conference** on Thursday, May 9th, taking place at the Pflugerville Community Church (1214 Pfennig Lane, Pflugerville, TX 78660) from 9:00 a.m. to 2:00 p.m. The third annual community event will feature area experts discussing aging-related topics that include estate planning, Medicare, and regional health resources.

Morning registration and breakfast will begin at 9:00 a.m., and the Resource & Information Fair will also open and run continuously through the conference. The healthcare staff of Baylor Scott & White Medical Center Pflugerville will also be offering free health screenings from 9:00 a.m. to 2:00 p.m.

From 10:00 a.m. to noon, participants can attend two informative one-hour workshop sessions. Lynn Shank, Certified Senior Advisor at Texas Assurance Care Inc.

and A+ Longevity Management, will discuss "Medicare Tricks, Traps, and Trends" at 10:00 a.m. Then at 11:00 a.m., CPA and Attorney Rob Hugos, LLM (Tax) and Director of Advanced Planning at The Wiewel Law Firm, will discuss "Common Estate Planning Mistakes."

At noon, participants will be able to again explore the extensive Resource & Information Fair prior to complimentary lunch, sponsored by Clear Captions. During lunch, the "Aging Boldly" round-

table discussion will feature area experts – including the Pflugerville Public Library and Pflugerville Recreation Center – discussing healthy aging resources that are available to access in the Pflugerville area.

Registration for the Pflugerville Seniors Conference is free online at [www.TinyURL.com/PVileConf2019](http://www.TinyURL.com/PVileConf2019), or by calling (512) 600-9275. For more information, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org).

### *Pflugerville* *Seniors Conference*

### Pflugerville Seniors Conference Workshop Presenters:



Lynn Shank is founder of A+ Longevity Management and co-owner of Texas Assurance Care and works with families every day in situations that are often "crisis driven." She is a 17 year veteran of the National Medicare Training program, a Certified Senior Advisor, and a trusted resource on Medicare,

long-term care, and other senior benefits and issues. Her book *Help! My Parents Are Getting Older (and I Don't Know What To Do)* draws on her experience to provide important practical steps to eliminate barriers regarding family communication about aging issues.



Rob Hugos, JD, LLM (Tax), CPA, is Director of Advanced Planning at The Wiewel Law Firm. Rob helps clients and their families with all aspects of general estate planning, including wills, living trusts, financial and medical powers of attorney, and provides guidance in elder law, special needs, and Medicaid planning. Rob also works with the Firm's clients interested in asset protection and business planning. Rob also advises Advanced Planning clients on the use of enhanced Living Trust planning, Family Partnerships, Irrevocable Trusts, and LLCs.

## Free Caregiver Seminar



### Understanding Legal and Insurance Options in Healthcare

Trelisha Brown from the Texas Legal Services Center will discuss the differences between Medicare and Medicaid, accessing healthcare options in Texas, and legal issues that could affect both senior adults and caregivers.

**Saturday, April 13, 2019**  
**10:00 a.m. to 12:00 p.m.**

### Free Caregiver Seminar on April 13th

AGE of Central Texas will host a free caregiver support seminar exploring “**Understanding Legal and Insurance Options in Healthcare**” on Saturday, April 13th. 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 at the AGE Building, located at 3710 Cedar Street in Austin.

Trelisha Brown from the Texas Legal Services Center will discuss the differences between Medicare and Medicaid, accessing healthcare options in Texas, and legal issues that could affect both senior adults and caregivers.

Registration for the caregiver seminar is free, but space is limited. Participants can register online at [www.TinyURL.com/AGEapril2019](http://www.TinyURL.com/AGEapril2019), or by calling (512) 600-9275.

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 Wednesday, April 11th.

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



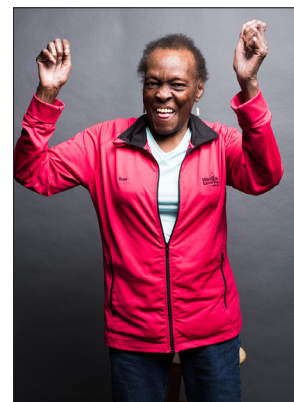
**@AGEofCentralTX**



## May Is National “Older Americans Month”

Every May, the Administration on Aging—part of the Administration for Community Living—leads the nation’s observance of Older American’s Month. For 2019, the theme will be “**Connect, Create, Contribute,**” encouraging older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.



Communities that encourage the contributions of older adults are stronger. By engaging and supporting all community members, Central Texas residents can recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Older adults can connect, create, and contribute via the AGE Computer Lab, offering low-cost, peer-to-peer knowledge of computers, photos, cameras, mobile devices, and more. For more information and the monthly schedule, visit [www.AGEcomputer.org](http://www.AGEcomputer.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](http://www.CaregiverUcenTX.org)**

# How to Care for Aging Parents

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

Parents care for children, and then children grow up to become parents and care for their own children. That's the natural order of things—except when it isn't.

Sometimes parents cannot care well for themselves, and need others to help. This is when children, purely out of love and concern, often begin to care for a parent. Sometimes the caregiving journey is short-lived, because the need for care is temporary—such as when a parent has surgery or goes through treatment to regain health. Sometimes it's a long journey because the parent has a chronic illness such as dementia, or the after-effects of a stroke. When a child cares for an ailing parent, how is the parent/child relationship affected, and what can the child do to make the journey easier?

If the caregiver role is temporary, then the care may be intense for a brief period of time, and the usual life responsibilities may need to be delegated to others for that time span. This may involve travel to another city, finding alternate child care, and making arrangements at work. It's stressful and hard for a brief period of time, but then life resumes—or does it?

As a child, even an adult child, one usually views parents as venerable, able to leap tall buildings in a single bound. Needing to care for a parent shakes that vision. The parent may not be that imagined super hero after all. That shift in perception creates a small emotional earthquake, a realization that the child may one day not have help from the parent, and need to navigate life without the guidance and support of a parent.

Caregiving requires that the child become responsible for things like filling the prescription and seeing that medication is taken, and that the doctor's directions are followed, like resting rather than doing the household chores. As a child tries to "follow doctor's orders," the child asserts a certain amount of control, which is not the natural order of things. How does a child do this while preserving the relationship?

This is tough stuff, and calls for an enormous capacity

to love through it all, as well as a tremendous effort to be other-centered. At the same time that the child is feeling this small earthquake, the parent is feeling a bigger earthquake. The parent is relying on the child—how unnatural! The parent remembers changing that person's diapers, and now that babe is telling him/her what to do! The parent also feels guilt over taking the child away from all those responsibilities back home, and needing assistance at this time.

This is the starting point—feeling the love and seeing the parent's discomfort. Both are sailing uncharted waters. Communicate the love, listen to the struggles, and seek help from others.

Communicating the love will certainly involve saying it out loud, but it's also an unspoken communication. Show the parent that this hard thing is a love gift. Demonstrate it with the hug, the back pat, the insight to know what would really help at this time and then providing it. Communicate that it is an honor to give back and that the opportunity is appreciated.

Open the door to hearing the struggle. Ask the questions that open the door, and then listen with the whole being. Listen reflectively, and accept what is felt. Feelings are meant to be accepted, not problems to solve.

Recognize and look for the needed resources. Individuals tend to have their own support team, so look

to yours and don't be afraid or embarrassed to ask for help. The support team may not be able to give the help needed at that moment, but they may know someone who can. Call organizations that specialize in caregiver information and referral, such as AGE of Central Texas.

Realize, too, that though this time of caregiving is temporary, it may be preparation for a longer time of caregiving in the future. The lessons learned now will make the next time easier, and can actually grow and strengthen relationships.

*Faith Unger is the Program Director for CaregiverU at AGE of Central Texas, which offers free caregiving classes year-round throughout Williamson, Travis, Bastrop and Hays counties. For more information, visit [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.

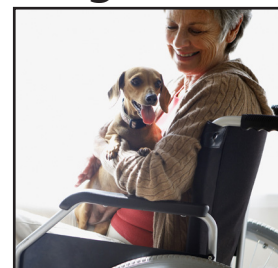
## Memory Connections

- 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.