

# ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

*Navigating the realities and opportunities of aging and caregiving*

Summer 2019

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



## 18th Annual “Striking a Balance” Caregiver Conference on August 24th

AGE of Central Texas and the Area Agency on Aging of the Capital Area are partnering again this year to host the 18th Annual **“Striking a Balance” Caregiver Conference** for Saturday, August 24th, from 8:30 a.m. to 2:00 p.m. at the Doubletree by Hilton Hotel Austin. The free seminar includes keynote presentations, breakout sessions, and community resources in support of area family members who are caring for a senior adult.

The largest and longest-running free caregiver conference in Central Texas, the “Striking a Balance” Caregiver Conference helps family members to ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. Attendees will acquire skills to better manage their caregiving situation, discover local resources, 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 will feature renowned author and caregiving expert **Dr. Eboni Green** speaking on **“Bridging the Family Communication Gap”**. Dr. Green is the President and CEO of Caregiver Support Services, and the author of three books: *At the Heart of the Matter*, *Caregiving in the New Millennium*, and *Reflections from the Soul*, and she currently writes a monthly article that focuses on self-care among caregivers. Dr. Green has

extensive experience focused on caregivers’ health and wellness, with an emphasis on caregiver stress, burnout, and related family conflicts. She has contributed to a number of publications and given presentations that focus on training, assessing, and supporting caregivers.

Breakout sessions during the conference will include expert presentations on home health and medication safety, combatting fraud and scams, advanced care planning, and more.

Registration for the “Striking a Balance” Caregiver Conference is free, and includes all breakout sessions, presentations, and lunch.

Free respite will also be available during the Conference at the AGE of Central Texas Thrive Social & Wellness Center, located at 3710 Cedar Street in Austin.

Requests for respite care

must be made by calling (512) 600-9275 by Wednesday, August 21st.

The Doubletree by Hilton Hotel Austin is located at 6505 N. Interstate Highway 35 in Austin. Visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) for conference updates and more information.

**Registration will open on June 15th:**

**Register at [www.TinyURL.com/SABCC2019](http://www.TinyURL.com/SABCC2019)  
or by calling (512) 916-6182.**

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- “I’m a Caregiver, Now What?” Free Seminar on June 29th in Buda
- July Is National Sandwich Generation Month
- AGE Computer Lab: Technology Training for Older Adults

## Free Caregiver Seminar



### I'm a Caregiver: Now What?

AGE of Central Texas caregiving expert Lori Hill will discuss useful information for family caregivers about what to do early in the caregiving journey, along with the importance of self-care, and different options available for respite care.

**Saturday, June 29 | 10:00 am to 12:00 pm**  
**Onion Creek Senior Center in Buda**

### Free Caregiver Seminar on June 29th

AGE of Central Texas will host the free caregiver support seminar "I'm a Caregiver: Now What?" on Saturday, June 29th. 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 Onion Creek Senior Center, located at 420 Barton Crossing in Buda.

AGE of Central Texas caregiving expert Lori Hill will discuss useful information for family caregivers about what to do early in the caregiving journey, along with the importance of self-care, and different options available for respite care. Lori has been the CaregiverU Program Associate with AGE of Central Texas since early 2017, and her outreach work contributes to the growth and expansion of CaregiverU and services to family caregivers in Travis, Williamson, Bastrop, and Hays counties.

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/AgeJune2019](http://www.TinyURL.com/AgeJune2019).

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



**@AGEofCentralTX**



**Sandwich Generation Month**

*Three generations bound by care.*

## July Honors "Sandwich Generation" Families

The Sandwich Generation refers to people who are caring for their aging parents while supporting their own children. Nationally, the month of July has been designated to bring awareness to those 15% of the U.S. population who are often forced to step into the role of caregiver for their older family members while raising their own families.

Like all family caregivers, being a Sandwich Generation caregiver can affect your personal time, financial status, health, and career. To help reduce stress and burnout, remember:

**You are not alone.** Central Texas offers many support groups throughout the region, and both AGE of Central Texas and the Area Agency on Aging provide free individual assistance to caregivers across the entire spectrum of their journey.

**Get an education.** Free caregiving and stress-reduction classes abound throughout the area. In addition, several free caregiver conference are hosted locally throughout the year.

**Take a break.** Numerous area organizations offer free or low-cost respite opportunities, giving older loved ones an opportunity to socialize, while providing precious free time for the caregiver.

*If you are a caregiver and need direction or assistance, call the AGE Caregiver Resource Center at (512) 600-9275.*



## 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 Computer Lab Offers Computer and Technology Training for Older Adults

Have you ever been frustrated by your computer, your mobile phone, or your digital camera, because it wouldn't do what you want it to do? Calling your device "stupid" probably won't make a difference, but there is a place where you can get help.

The **AGE Computer Lab** offers dozens and dozens of learning opportunities throughout the year. Topics include computer basics, iPhone and Android mobile phones and other smart devices, digital photography, Windows and Apple operating systems, and internet tips and safety, including identity theft safeguards.



Launched in 1998 by IBM retirees who wanted to give back to their community, the AGE Computer Lab coaches and instructors are knowledgeable volunteers with a wide range of technology and/or education backgrounds. They provide supportive coaching for seniors with an interest in learning about technology that can make life easier, and is used by their children and grandchildren.

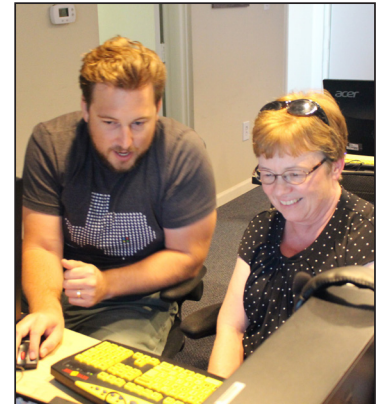
All classes are designed and taught with older adults in mind and held in a state-of-the-art room at The AGE Building, located at 3710 Cedar Street – on the corner of 38th Street and Cedar, between Guadalupe and Speedway streets in Central Austin. Classes are hands-on, unless otherwise noted, using the Lab's 10 student personal computers (PCs), a big screen projection unit with overhead projector, and front and side screen projection to make it easy to follow the instructor.



There is one coach for every two students – plus the class instructor – and together they create a fun and stimulating environment to maximize learning. An important side benefit, due to small class size (usually 3-10 students), is socializing and meeting with people who have similar interests.

Monthly offerings are listed at [www.AGEcomputer.org](http://www.AGEcomputer.org). Monthly opportunities are offered as classes, seminars, courses, and clubs:

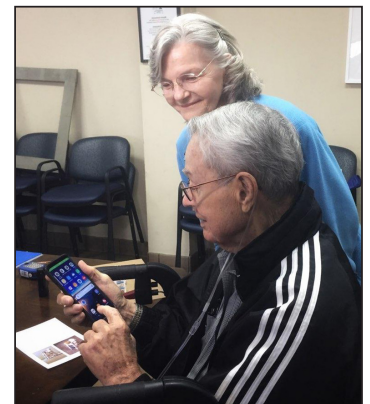
- **Classes** are the Lab's generic term for all instructional offerings.
- **Seminars** are typically 2-2½ hours long and meet one or two times, on a specific topic.
- **Courses** are designed for beginners or for intermediate learners.
- **Clubs** offer year-long instruction through eleven monthly meetings on topics that include Computers, Genealogy, Adobe Elements, Photodex, Lightroom, and Corel Paintshop Pro.



The AGE Computer Lab also provides one-on-one tutoring for both PC/Microsoft and Apple/MAC devices and applications. Tutoring services are provided by skilled Lab volunteers and can be scheduled on relatively short notice.

As an all-volunteer, non-profit organization, AGE Computer Lab fees are nominal, starting at \$25 per class. And there is no fixed minimum or maximum age to participate!

Online registration and more information may be found at [www.AGEcomputer.org](http://www.AGEcomputer.org).







**AGE of Central Texas** is a non-profit organization that helps older adults and their caregivers thrive as they navigate the realities and opportunities of aging and caregiving. We envision a society where aging is a shared journey marked by connection, strength, and vitality, and the role of caregiving is supported through community, collaboration, and guidance. Visit online at [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611 for more information.

## Thrive Social & Wellness Centers

- 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:



**Thrive Social & Wellness Center - Austin**  
3710 Cedar Street  
(512) 458-6305

**Thrive Social & Wellness Center - Williamson Co.**  
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 Thrive Social & Wellness Center - Austin  
3710 Cedar Street, Austin, Texas 78705  
(512) 451-4611

Thrive Social & Wellness Center - Williamson County  
475 Round Rock West Drive, #120  
Round Rock, Texas 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.

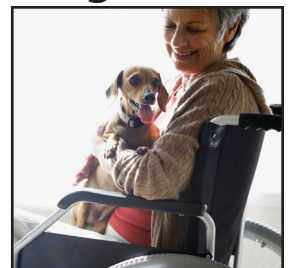
## Memory Connections

- 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.