

ENGAGE

The quarterly caregiver newsletter from AGE of Central Texas

Navigating the realities and opportunities of aging and caregiving

Fall 2019

| www.AGEofCentralTX.org



New Community Survey Reveals “Attitudes on Aging in Central Texas”

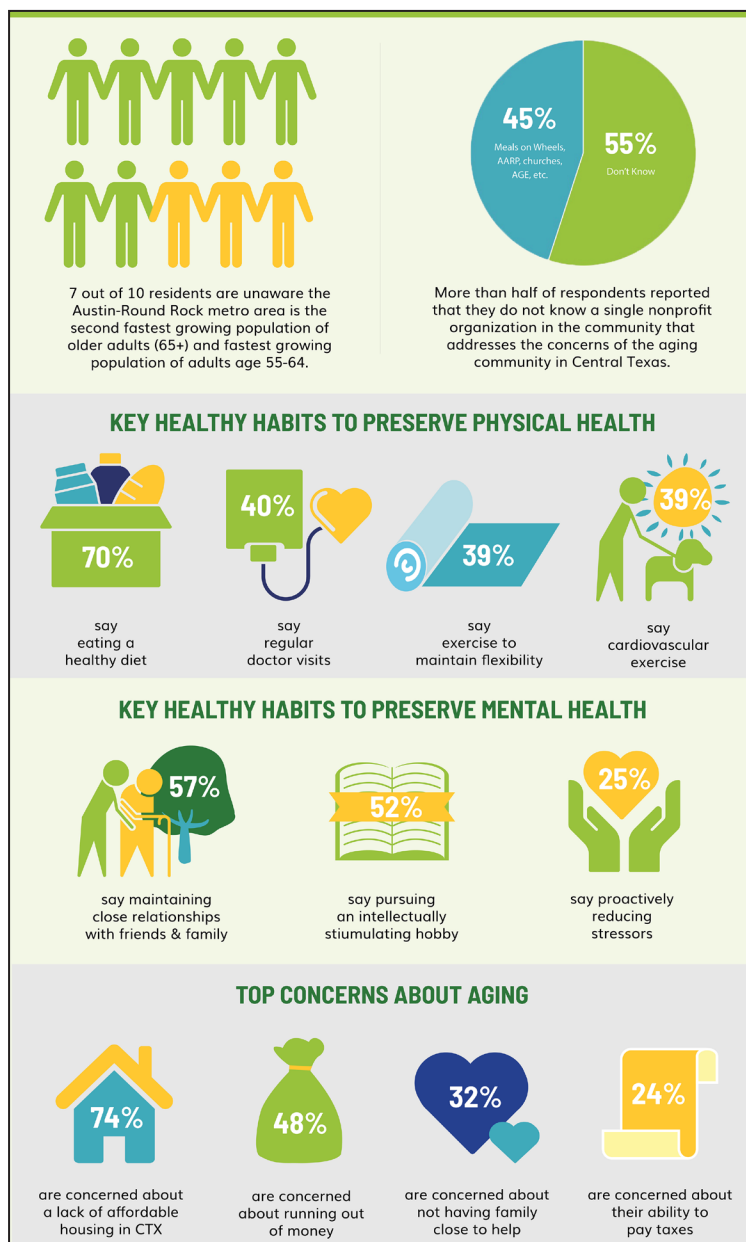
It's well-known that the Central Texas region continues to experience the dynamic and rapid population growth that has persisted in the region for the last decade, with the Austin-Round Rock metro area serving as the epicenter of this boom. And yet, surprisingly, many don't realize that the metro area is the second fastest growing population of older adults (65+) and fastest growing population of adults aged 55-64 (*U.S. Census Bureau*). This reality has created new challenges and opportunities to accommodate a population that is living and working longer, as well as requiring services and infrastructure to ensure their physical, mental, emotional, and financial well-being.

AGE of Central Texas, a regional non-profit organization delivering services, education, and assistance to older adults and family caregivers, surveyed area residents to better understand the region's perceptions about aging. Results from the study shed light on a number of implications for residents in Central Texas, including awareness of the fast-changing population, biggest concerns about their own experience as they age, perspectives on ageism and respondents' own potential propensity to be future caregivers to older adults.

The study of 400 residents in Central Texas also reveals preparations people have place as they age, and the experiences of caregivers. The research was conducted in September 2018 in collaboration with market research and communications firm Bloom Communications, and Regina Corso Consulting.

Read the full survey report at

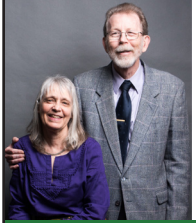
<http://www.TinyURL.com/AgingSurvey2019>



INSIDE:

- Williamson County Caregiver Conference on Sept. 21st
- Free “Medicare & Medicaid” Seminar for Caregivers on Oct. 8th
- November is “National Family Caregivers Month”

Free Caregiver Seminar



Medicare and Medicaid

Tami Martin with Texas Medicare Advisors will discuss what caregivers need to know about Medicare and Medicaid, the basic differences between the two programs, and what changes are expected in 2020 prior to Open Enrollment.

Tuesday, October 8 | 6:00 p.m. to 8:00 p.m.
The AGE Building in Austin

Free Caregiver Seminar on October 8th

AGE of Central Texas will host the free caregiver support seminar exploring **"Medicare and Medicaid"** on Tuesday, October 8th. 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 Street in Central Austin.

Benefits expert Tami Martin with Texas Medicare Advisors will discuss what caregivers need to know about Medicare and Medicaid, the basic differences between the two programs, and what changes are expected to the programs in 2020. The annual Open Enrollment period runs November 1st through December 15th to enroll, re-enroll, or change a 2020 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2020.

Registration for the seminar is free, and free respite will be provided on-site at the AGE Thrive Social & Wellness Center. Register by calling (512) 600-9275, or online at www.TinyURL.com/AgeOctober2019.

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



6th Annual Williamson County Caregiver Conference Returns on September 21st

AGE of Central Texas will host the 6th annual **Williamson County Caregiver Conference** on Saturday, September 21st, 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 Amanda Fredriksen, break out sessions, and community resources to support family members who are caring for a senior adult.

The annual conference was created to help families ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. The 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 Amanda Fredriksen, Associate State Director of Advocacy for AARP Texas, who will be speaking on **"Championing Caregivers in Central Texas: Advocacy and Legislation."** Amanda will discuss advocacy efforts underway to support family caregivers, the impact to family caregivers of recent state and federal legislation, and how people can get involved in championing caregiving. Issues Amanda will cover include the CARE Act, nursing home quality, funding for respite care, and more.

Amanda is the Associate State Director of Advocacy for AARP in Texas, where she leads AARP's state regulatory and legislative work in Texas on caregiving

and long-term care. Most recently her work has focused on improving the quality of care in Texas nursing homes, and strengthening supports for unpaid family caregivers. Prior to joining the Texas office of AARP, Amanda worked for the Texas Health and Human Services Commission, where she was responsible for oversight and coordination of long-term care policy and special projects. Before moving to Texas, Amanda spent

17 years working for several not-for-profit organizations in Washington, DC, including The Kaiser Medicaid Commission, Families USA, the National Governors' Association, and the national office of the AARP. Amanda has a BA from Syracuse University and a Masters in Health Science

from Johns Hopkins University, Bloomberg School of Public Health.

Registration for the Williamson County Caregiver Conference is free, and includes all the presentations, resources, light breakfast, and lunch. Register is now open online at <http://www.TinyURL.com/WilcoCC2019>

Free older adult respite will also be available during the Conference at the AGE of Central Texas Thrive Social & Wellness Center, located at 475 Round Rock West Drive, #120. Requests for respite care can be made by calling (512) 600-9275 before Wednesday, September 18th.

The Wingate by Wyndham Round Rock Hotel & Conference Center is located at 1209 IH-35 Frontage Road in Round Rock. For more information on the Conference, visit <http://www.AGEofCentralTX.org> or call (512) 451-4611.

6th Annual
**Williamson County
CAREGIVER
CONFERENCE**
Saturday, September 21 | 9:00 am - 2:00 pm



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 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 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

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 for current schedules.

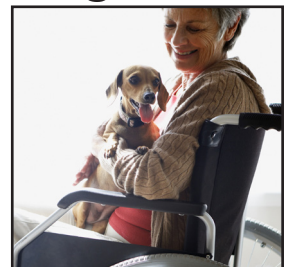
Memory Connections

- 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.