

# Striking a BALANCE

## 19th Annual Caregiver Conference

August 17-20, 2020



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

(512)451-2611

*AGE of Central Texas and  
the Area Agency on Aging  
of the Capital Area (AAACAP)  
are proud partners in presenting  
this free annual conference  
for family caregivers.*



**[www.AAacap.org](http://www.AAacap.org)**  
**Caregiver Support Program**  
**1-888-622-9111**

Partially funded by  
Texas Health and Human Services





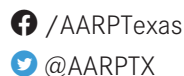
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**To learn more, visit [aarp.org/caregiving](http://aarp.org/caregiving).**



**AARP**  
Family Caregiving™

# 2020 Striking a Balance Caregiver Conference

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## Monday, August 17th:

10:00 – 11:30 am:

**"Avoiding Caregiving Burnout During COVID-19"** with Faith Unger, M. Ed., and Lori Hill, CaregiverU caregiver education and training program

1:00 – 2:30 pm:

**"Caregiving 101"** with Patience Buchanan, Accountable Aging Care Management of Austin

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## Tuesday, August 18th:

10:00 – 11:30 am:

**"Financial Planning for Caregivers"** with elder law and estate planning attorney Virginia Sampson

1:00 – 2:30 pm:

**"Long-Distance Caregiving"** with Amy Goyer, AARP's national family and caregiving expert

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## Wednesday, August 19th:

Keynote Presentations by author, national speaker,  
and caregiving expert **Marty Richards**

10:00 – 11:30 am: **"Keeping Hope and Heart Alive in Sharing Care"**

1:00 – 2:30 pm: **"What's Next After My Caregiver Journey Ends?"**

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## Thursday, August 20th:

10:00 – 11:30 am:

**"Activities for Caregivers to Keep Older Family Members Engaged"** with Naomi Dalbso, AGE Thrive Center Activity Director, and Nicole Stackpole, LPC, R-DMT, Memory Connections Program Associate

1:00 – 2:30 pm:

**"Caregiving for a Family Member in a Long-Term Care Community"** with Pete Moreno, Managing Lead Ombudsman for the Area Agency on Aging for the Capital Area, and Darla Bower, Advocate for the Area Agency on Aging for the Capital Area





# We're here when and where you need us.

## Being prepared is nothing new to us.

Getting the care you need, from a team you trust, is more important than ever. Whether you need to see your primary care physician, schedule a procedure, or be seen for COVID-19 symptoms, we're ready to get you back to Better.

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## Hosting Organizations

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**THE AREA AGENCY ON AGING OF THE CAPITAL AREA** provides quality services to support and advocate for the health, safety, and well-being of the older individual in the 10-county area surrounding Austin. The agency's primary focus is to promote independence in frail, low-income, minority individuals 60 years of age and older who reside in rural areas. The programs of the Area Agency on Aging include information, referral and assistance, benefits counseling, ombudsman services, health and wellness promotion, medications screening service, care coordination, and caregiver support. Visit [www.capcog.org](http://www.capcog.org).



**AGE OF CENTRAL TEXAS** is a leading regional non-profit delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. Serving residents in Central Texas, AGE's six core programs include adult day health care, caregiver education, early memory loss support, health equipment lending, resource information, and peer-based computer classes for older adults. Founded in 1986, AGE's services cultivate strength, compassion, and community. For more information, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.



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## Sponsors

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## Caregiver Support Program

1-888-622-9111

Partially funded by Health and Human Services

[www.AAACAP.org](http://www.AAACAP.org)

### Services Available on a Short-Term Basis to Individuals Age 60 and Older and Their Caregivers

- **Information, Referral & Assistance:** Information about region-wide resources available to older adults.
- **Benefits Counseling:** Information and counseling about government benefits programs - Medicare Specialists
- **Ombudsman Program:** Advocates for residents of nursing and assisted living facilities; specially-trained and certified to protect residents' rights.
- **Care Coordination:** Assesses needs and plans for care to link consumers to in-home services to support safe community living.
- **Caregiver Support:** Support for family members who are caring for older individuals, adult children with disabilities or relative children, arranges services to support the caregiver, and assists with long-range caregiving plans.
- **Health & Wellness:** Evidence-based workshops to promote healthy aging - Falls Prevention (AMOB), Medication Safety Screening, Stressbusting for Caregivers, and Chronic Disease, Diabetes, and Chronic Pain Self-Management.

**Serving Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis & Williamson Counties**

*A Program of the Capital Area Council of Governments, partially funded by Health and Human Services*



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- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Adult Day Health Centers in Central Texas
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(512) 255-4865**

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

## Keynote Speaker

### Marty Richards

For more than 40 years, Marty Richards, MSW, has worked with older adults in their families in long term care facilities and in the community. She taught at the UW School of Social Work and with the Certificate Program in Gerontology for more than 30 years. She currently serves on the WA state Dementia Action Collaborative. She is the author of the book *Caresharing: A Reciprocal Approach to Care Giving and Care Receiving in the Complexities of Aging Illness or Disability*. During her career, she has worked with family carers and staff of many work places to look at and cope with stress. She believes that keeping a sense of hope is critical in taking care of ourselves and those with whom we share in our work. She currently lives in Port Townsend, WA.



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## Featured Presenters

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### **Darla Bower**

Area Agency on Aging of the Capital Area

#### **"Caregiving for a Family Member in a Long-Term Care Community"**

Thursday, August 20 – 1:00-2:30 p.m.

Darla Bower is a certified staff Ombudsman for Long-Term Care serving the Capital Area. In both her professional and personal life, she has served as a caregiver and advocate for persons of all ages and abilities. After completing education at the University of North Texas, Darla started as a Volunteer Ombudsman for the Area Agency on Aging.



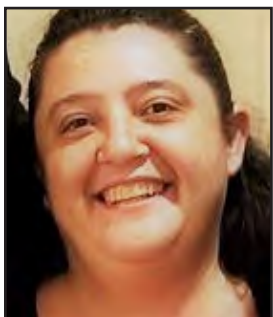
### **Patience Buchanan**

Accountable Aging Care Management of Austin

#### **"Caregiving 101"**

Monday, August 17 – 1:00-2:30 p.m.

Patience Buchanan is the Care Manager Team Lead at Accountable Aging Care Management, and has been helping individuals and families navigate healthcare and other systems for more than 15 years. She received both a Bachelor of Science in Education degree and a Master of Science in Social Work degree from the University of Texas in Austin. Patience worked in health and human services for the State of Texas for ten years. She also has extensive experience as a case manager, skilled nursing admission and discharge planner and hospice social worker. Prior to joining Accountable Aging, Patience served as Director of Care Management at ProperCare Care Management. Her forte is building trusting relationships with individuals and families facing decisions about healthcare needs. Her guiding principal is to enrich lives by connecting people to comprehensive support systems that promote successful living. She and her husband (and their spunky Sheltie) live in Dripping Springs.



### **Naomi Dalsbo**

AGE of Central Texas

#### **"Activities for Caregivers to Keep Older Family Members Engaged"**

Thursday, August 20 – 10:00-11:30 a.m.

Naomi Dalsbo is the Activity Director for the AGE of Central Texas Thrive Social & Wellness Center in Williamson County. She started as the Certified Nursing Assistant (CNA) at the Center in 2014, and became the Activity Director in



## Featured Presenters

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2015. Naomi was a caregiver to her mother in the 1990's and has since been passionate about learning more about dementia and Alzheimer's disease, allowing her to help families with their journeys. Naomi designs activities that stimulate the body and mind, with each activity modified for every strength, ability, and emotional social human being who has some form of dementia.



### **Lori Hill**

AGE of Central Texas

#### **"Avoiding Caregiving Burnout During COVID-19"**

Monday, August 17 – 10:00-11:30 a.m.

Lori Hill has been the CaregiverU Program Associate, with AGE of Central Texas since early 2017. Lori attended Emporia University, majoring in Psychology and Sociology. For the past several years, she has been an active community volunteer and helped with family caregiving. Lori is a certified instructor for SAVVY Caregiver and A Matter of Balance, and a Master Trainer for Powerful Tools for Caregivers. Lori's outreach work contributes to the growth and expansion of CaregiverU in the four county area (Travis, Williamson, Bastrop, and Hays). Her work providing resources for CaregiverU classes has expanded her knowledge of the support available to older adults and their caregivers.



### **Amy Goyer**

AARP

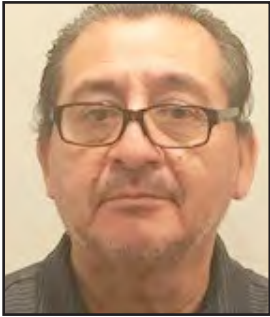
#### **"Long-Distance Caregiving"**

Tuesday, August 18 – 1:00-2:30 p.m.

Amy Goyer is AARP's national family and caregiving expert and moderates AARP's Family Caregivers Discussion Group on Facebook. Amy has more than 35 years of professional experience serving and advocating for older adults, children and families, and people with disabilities. She has been a family caregiver her entire adult life, caring for her grandparents, parents, sisters and other relatives and friends. She writes extensively for AARP about her experiences caring for her mother, Patricia, who died in 2013, and her father, Robert, who lived with Alzheimer's disease for 12 years before his death in 2018. Amy has written three books and appears regularly as a caregiving authority on network news shows, including more than a dozen times on NBC's *Today*. She has been a guest on *Dr. Phil* and *The Doctors* and been interviewed by CNN, NPR, the *New York Times*, the *Washington Post*, the *Wall Street Journal* and *People*, among other media outlets.

## Featured Presenters

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### **Pete Moreno**

Area Agency on Aging of the Capital Area

#### **"Caregiving for a Family Member in a Long-Term Care Community"**

Thursday, August 20 – 1:00-2:30 p.m.

Pete Moreno is the Managing Local Ombudsman for the 10-county region in the Capital Area. He is a Certified Long-Term Care Ombudsman and has more than twelve years' experience protecting the health, safety, welfare, and rights of consumers in Central Texas. Pete is employed by the Area Agency on Aging of the Capital Area and has experience presenting on residents' rights and other long-term care topics to large groups including providers, resident and family groups, and community organizations.



### **Virginia Sampson**

Attorney at Law

#### **"Financial Planning for Caregivers"**

Tuesday, August 18 – 10:00-11:30 a.m.

Virginia Sampson has been an attorney for 34 years. She was a litigation attorney for most of her career, and spent a few years as a judge. She recently focused her practice on helping seniors, Veterans, and their families as a result of her experience helping her own aging parents. She currently practices Elder Law in Austin and the Central Texas area. Virginia is accredited with the Veteran's Administration to handle claims. She is admitted to practice law in Texas, Arizona, California and Pennsylvania. Virginia became involved in elder law and estate planning as a result of helping her parents and their friends navigate the aging process. She understands the challenges and emotional issues we face as we age. She also lost her husband to ALS and understands what it means to face a devastating, life changing illness. Virginia not only brings to her clients many years of legal expertise, but also a deep compassion for them as they navigate these difficult life events.



### **Nicole Stackpole, LPC, R-DMT**

AGE of Central Texas

#### **"Activities for Caregivers to Keep Older Family Members Engaged"**

Thursday, August 20 – 10:00-11:30 a.m.

Nicole Stackpole, LPC, R-DMT has worked with the Memory Connections program at AGE of Central Texas for the past two years, facilitating support groups and psychoeducational experiences for older adults living with early memory loss and their families. Nicole has a Master's Degree in Dance/Movement Therapy and Counseling from



Antioch University of New England, and a Bachelor's Degree in Psychology and Dance from Bridgewater State University. Nicole enjoys utilizing alternative, innovative, and expressive therapies in understanding the challenges of, and helping those, she serves.



**Faith Unger, M. Ed.**

AGE of Central Texas

**"Avoiding Caregiving Burnout During COVID-19"**

Monday, August 17 – 10:00-11:30 a.m.

Faith Unger, CaregiverU Program Director at AGE of Central Texas, is a former professional educator and volunteer services coordinator. She earned her Master's Degree in Education from the University of Houston and has more than 20 years of public school teaching experience, plus several years as an Adjunct Professor preparing adult students for teacher certification. Faith's community volunteer activities include many leadership positions and work developing new organizations. Her passion for wellness education led her to work with AGE of Central Texas to develop the CaregiverU collaboration, providing education and support to older adults and those who care for them. Faith is a certified Master Trainer for Powerful Tools for Caregivers and A Matter of Balance. She is also a Master Trainer for Savvy Caregiver. All three programs are evidence based programs offered by CaregiverU. Under her direction, CaregiverU has grown to include 25 Partner Agencies in a four-county area in and around Austin. She continues to grow and build CaregiverU, responding to the needs of the community, including those of family caregivers in the workplace.

# Williamson County CAREGIVER CONFERENCE

Free for Family  
Caregivers!

## *Caregiving During Difficult Times*

**Free Online: Sept. 15 - 17, 2020**



Tuesday, September 15th - 10:00-11:30 am:

**"Promoting Positive Caregiving - Even During Tough Times"**

Dr. Barry J. Jacobs, Psy.D.



Wednesday, September 16th - 10:00-11:30 am:

**"Senior Housing During COVID-19 - An Update"**

Michael Gill, Texas Senior Living Locators



Thursday, September 17th - 10:00-11:30 am:

**"Social and Emotional Awareness Through Writing"**

Rob Colgate, Austin Public Library's Badgerdog Program

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Conference Presenter:



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# Caregivers... get connected with resources that can help.

## SENIOR RESOURCE GUIDE

[srgtexas.com](http://srgtexas.com)

The Senior Resource Guide contains extensive caregiver information, services and advocacy resources.

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Learn the **20 Questions to Ask**  
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[srgtexas.com/hospitaldischarge](http://srgtexas.com/hospitaldischarge)



### **20** Questions to Ask DURING HOSPITAL DISCHARGE

By asking the right questions and taking an active role in your care, you can bridge the gap that patients typically experience when transferring from one care setting to another—which is one of the top causes for hospital readmission.

- What care or therapies are needed after discharge? i.e. Home Health, Outpatient Therapy, Rehab/Skilled Nursing etc.
- Will my loved one be safe at home upon discharge or will someone need to stay with them 24 hours a day? Keep in mind dressing, bathing, cooking