

Williamson County CAREGIVER CONFERENCE

Virtual on September 15 - 17, 2020



Hosted by:



Presenting Sponsor:





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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.

Through our COVID-19 Safe Care program, we're prepared to care for you and your family. Now and always. Learn more at BSWHealth.com/SafeCare.



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2020 Williamson County Caregiver Conference

Tuesday, September 15th:

**“Promoting Positive Caregiving -
Even During Tough Times”**

Barry J. Jacobs, Psy.D.,
clinical psychologist and family therapist, and
one of the country’s leading thinkers, writers,
and educators on family caregiving.

Wednesday, September 16th:

“Senior Housing During COVID-19 – An Update”

Michael Gill,
President of Texas Senior Living Locators

Thursday, September 17th:

“Social and Emotional Awareness Through Writing”

Rob Colgate, Austin Public Library’s
Badgerdog Writers Program



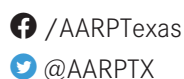
**GET THE
FAMILY
CAREGIVING
SUPPORT
YOU NEED,
WHEN YOU
NEED IT**

**Your caregiving journey can be
challenging in all kinds of ways.**

You never know where it might lead you next.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find resources online and close to home. So you can take care of what matters most

To learn more, visit aarp.org/caregiving.



AARP
Family Caregiving™

Hosting Organization



AGE of Central Texas is a leading regional non-profit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community. Visit www.AGEofCentralTX.org or call (512) 451-4611.

Caregiver Information and Resources.....512-600-9286
Thrive Social & Wellness Centers - adult day health care:
Austin.....512-458-6305
Round Rock.....512-255-4865
Free Health Equipment Lending.....512-600-9288
Early Memory Loss Support.....512-600-9275
Peer-Based Computer Classes for Seniors.....512-524-8519

Sponsors

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Caregiver Support Program

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Partially funded by Health and Human Services

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.

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



Affordable & Licensed Long-Term Senior Care!

AGE Thrive Social & Wellness Centers

- 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
- Supervised by full-time nursing and professional care staff, specializing in memory care
- Open Monday - Friday, 7:00 am - 5:30 pm
- All-inclusive: activities, meals and snacks, and transportation options
- Accepting Medicaid, Veteran's benefits, and private pay

**3710 Cedar Street
Austin, Texas 78705
(512) 458-6305**

**475 Round Rock West Drive, #120
Round Rock, Texas 78681
(512) 255-4865**

www.AGEofCentralTX.org

Keynote Speaker

Dr. Barry J. Jacobs

Barry J. Jacobs, Psy.D., is a clinical psychologist, family therapist and a Principal in the Philadelphia office of Health Management Associates, a national healthcare consulting firm. A former journalist, he is the author of *The Emotional Survival Guide for Caregivers* (2006) and the co-author of *AARP Meditations for Caregivers* (2016) and the just-released *AARP Love and Meaning After 50*. He also writes a monthly self-help column for family caregivers on AARP.org. He is the national spokesperson on family caregiving for the American Heart Association and an Honorary Board Member of the Well Spouse Association.



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Featured Presenters



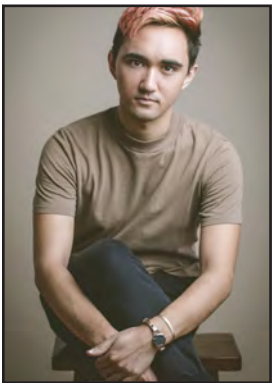
Michael Gill

Texas Senior Living Locators

Michael Gill is the President of Texas Senior Living Locators, which works with families to help them find the best senior housing options in Central Texas. Michael is widely considered one of the leading regional experts in senior living options with extensive knowledge in Veterans benefits, home health care, non-medical home care, geriatric care management, long term care insurance, senior real estate specialists, senior movers, and a myriad of other senior adult services.

Having earned the respected Certified Senior Advisor (CSA)[®] designation, Michael stays current on local and national elder care developments and resources. His corporate background includes banking and finance. As an investment professional, first in venture capital and later on Wall Street, he worked for prestigious firms such as JP Morgan and Austin Capital Management. Wanting to make a difference and help families, Mike moved from the esoteric world of high finance and founded Texas Senior Living Locators in 2012.

Mike first moved to Austin in 1980 to attend graduate school at The University of Texas, where he received his MBA. He graduated from Villanova University with a degree in economics and history, and also studied in Seville, Spain, where he became fluent in Spanish. During the academic phase of his career, Mike co-authored two books: *Financing and Managing Fast Growth Companies: The Venture Capital Process* and *The New Business Incubator: Linking Talent, Technology, Capital and Know-How*. In addition to holding the CSA certification, Mike is also a Certified Fraud Examiner (CFE), and has taken the Texas Assisted Living Manager Courses from the Texas Assisted Living Association.



Rob Colgate

Austin Public Library's Badgerdog Writers Program

Rob Colgate is a poet and educator from Evanston, IL. He holds a degree in psychology and neuroscience from Yale University; there, he directed the undergraduate peer counseling service, worked in a clinical neuroscience lab studying anxiety in the developing brain, and interned at a creative arts therapy institute with a focus in poetry therapy. For his senior thesis, he conducted research on the emotional effects of reading poetry on negative mood. Outside of psychology and poetry, he competed on the varsity lightweight rowing team and has volunteered as a coach for a rowing team of breast cancer survivors since 2011.

Having previously spent time at the Iowa Writers' Workshop, he is currently pursuing his MFA in poetry with the New Writers Project at UT Austin. He has taught writing at Northwestern University and UT Austin; currently, he teaches creative writing through The Library Foundation's Badgerdog program and serves as the nonfiction editor for Bat City Review. He is the recipient of a Crawley-Garwood Research Grant and was named runner-up in the 2018 Connecticut Poetry Circuit.

Much of his writing centers around the exploration of the intersection between queerness and mental disability and how creative writing can act as a source of revelation. His first chapbook, *Dark the Gap*, was published in March 2020. You can find him online at www.RobColgate.com.



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

SENIOR RESOURCE GUIDE

srgtexas.com

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

Get a free copy at your local H-E-B or Walgreens pharmacy.

Access **The Essential Caregiver Toolkit.**

srgtexas.com/getcaregivertoolkit



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 be there hours a day? Keep in mind dressing, bathing, cooking



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9 out of 10 adults want to age in their home



one in four adults over 65 will fall this year

55% of injury falls occur at home

Falls are the most common cause of non-fatal trauma related hospital admissions among older adults

only 0.15% of housing is accessible to those with moderate to severe mobility deficits and wheelchair users



Occupational Therapy can help

Research supports OT (*versus trained assessor*) providing home safety assessments and training

Systematic Review of >19 rigorous RCT with falls as an outcome from 1994- 2017

"The interventions with the potential to help the greatest number of older adults were those that provided home modification delivered by an occupational therapist (38.2 million) and recommended daily vitamin D supplements (16.7 million)."

Stevens & Lee Am J Prev Med. 2018 Sep;55(3):290-297.

Decreases:
-Fall risk
-Hospital readmissions
-Health decline



Improves:
-Independence
-Quality of life
-Caregiver efficacy



Licensed occupational therapists/certified aging in place specialists providing assessments and interventions in clients homes. We provide modification plans and compensatory training to individuals with low vision, cognitive and mobility deficits. Accepting Medicare B.