



CAREGIVER **TRAINING CAMP**

Caregiver Resources

AGE of Central Texas

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!
(512) 451-4611

Thrive Social & Wellness Centers

Austin: (512) 458-6305 | Round Rock: (512) 255-4865

- Providing vibrant 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, with specialized care in secure facilities for individuals with dementia or memory loss.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: engaging activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$70 per day.

AGE of Central Texas Is an Equal Opportunity Provider

Resource & Information Center - (512) 600-9275

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars, workshops, and conferences, with respite services available.
- Free monthly caregiver support groups throughout Central Texas.

Health Equipment Lending Program

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email Help@AGEofCentralTX.org to request and reserve items.

Virtual Connections

- Monthly subscription program offering weekly small group virtual activities to older adults experiencing challenges with their memory or cognition, combined with caregiver support groups and resources.
- Email MemoryInfo@AGEofCentralTX.org to schedule a consultation or to request more information.

Memory Connections

- Brain exercises and emotional support for older adults living with early stage dementia or early memory loss, to improve quality of life through evidence-informed activities and a facilitated support group.
- Several Central Texas community locations with sessions from 9:30 am to 2:30 pm.
- Includes caregiver support groups for family and friends of Memory Connections participants.

CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round virtually and at convenient locations in Travis, Williamson, Hays, and Bastrop Counties; visit www.CaregiverUcentx.org to find a free caregiver class near you.

AGE Computer Lab

- Peer-to-peer technology instruction and personal coaching for older adults.
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit www.AGEcomputer.org for class schedules and more information.



Proud grant partner of



(512) 451-4611 | www.AGEofCentralTX.org

Central Office and Austin Thrive Center:
3710 Cedar Street, Box 2; Austin, TX 78705

Williamson County Thrive Social & Wellness Center:
475 Round Rock West Drive, #120; Round Rock, TX 78681

CAREGIVERU

A Program of AGE of Central Texas

CaregiverU is a collaboration of numerous Central Texas non-profit agencies and community organizations, joining together to provide free classes offering support and resources to family members that are caring for an older loved one.

Classes are offered at no cost to participants, and the courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:
www.CaregiverUcentx.org

Powerful Tools FOR Caregivers

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.



According to the Centers for Disease Control, one out of three older adults experience a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults. **A Matter of Balance** is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work.

SAVVY Caregiver

Taking care of a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven, professional-level training for the non-professional, family caregiver. The small group discussion format addresses the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities.



For more information and services, contact:

AGE of Central Texas

(512) 451-4611 | www.AGEofCentralTX.org

CaregiverU funding provided
through a generous grant from



@ageofcentraltx

Use your smart
device to find
a free class
near you:



CAREGIVERU

A Program of AGE of Central Texas

FREE Virtual Courses



Education and Support for
Family & Professional Caregivers

“Empowering YOU to Be a Smart and Healthy Caregiver”

Being smart and healthy is important, because caring for an older adult can be both rewarding and overwhelming, both frustrating and fulfilling. Learning new tools can increase the rewards, ease the frustrations and equips you to care for yourself as you care for another person.



“Empowering YOU to Prevent Falls”

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.



“Empowering YOU to Be a Strategic Dementia Caregiver”

Being strategic is important, because caring for an older adult with dementia can be both rewarding and overwhelming, both frustrating and fulfilling. Learning about the disease causing the dementia – and learning new tools to manage daily life – can increase the rewards and ease the frustrations. Being strategic can also equip you to care for yourself as you care for another person.

Find a Free Class: www.CaregiverUcentx.org



Virtual Caregiver Support Groups

Please note: Virtual support programs are continually changing to fit community needs. This document will be updated regularly with any new information. Please contact the organization listed below prior to attending a support group to make sure that there haven't been any changes and to see if the group is a good fit for you. For help finding resources or information, please contact Natalie Alcorta, Caregiver Support Manager at AGE of Central Texas at 512-600-9275 or resourcecenter@ageofcentraltx.org.



Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
AGE of Central Texas	Early stage dementia	Fridays 10:30am	Zoom	Preregistration is required. Please call or email the AGE Information & Resource Center at 512-600-9275 or resourcecenter@ageofcentraltx.org	Facilitated by a licensed counselor
AGE of Central Texas	General Caregiving	3 rd Tuesday of the month 12:00-1:30	Zoom	Preregistration is required. Please call or email the AGE Information & Resource Center at 512-600-9275 or resourcecenter@ageofcentraltx.org	
AGE of Central Texas	General caregiving	4 th Wednesday of the month 12:00-1:30pm	Zoom	Preregistration is required Please call Barbara Wiederaenders 512.451.0684	
AGE of Central Texas	General caregiving	2 nd Tuesday of the month 12:00-1:30pm	Zoom	Preregistration is required Please call Barbara Wiederaenders 512.451.0684	

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
AGE of Central Texas Adult Child Caregiver Support	Dementia	Bimonthly on 2 nd and 4 th Weds. at 6pm	Zoom	Preregistration is required. Please call or email the AGE Information & Resource Center at 512-600-9275 or resourcecenter@ageofcentraltx.org	
Alzheimer's Texas 512-241-0420 TXPrograms@TXAlz.org	Dementia	Tuesdays 1pm	Telephone	Preregistration is required. Please visit: https://alzheimertexas.salsalabs.org/telesupportgroup5192020/index.html	Conference Call Information will be sent to you the day before by Stephen Catoe
Alzheimer's Foundation of America 866-232-8484	Dementia	Mondays 6-7pm Thursdays 6-7pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.
Alzheimer's Foundation of America 866-232-8484	For family members of someone in a care facility	Wednesdays 2:30-3:30pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
Alzheimer's Foundation of America 866-232-8484	Family conflict and stress	Fridays 2:30-3:30pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.
Lewy Body Dementia Association	Lewy Body Dementia	1 st & 3 rd Saturday of each month 10am	Zoom	Call to register Sarah Hyde-Williams 832-794-8810 mobile Sarah@SLAAustin.com	Facilitated by a Central TX Lewy Body Dementia Educator/ Facilitator
HopeHealth	Dementia	Fridays 10 -11:30am	Video meeting via Zoom link	Click this link to join the meeting; https://hopehealthco.zoom.us/j/612379574	
HopeHealth	General caregiving	Tuesdays 3-4:30pm	Video meeting via Zoom link	Click this link to join the meeting; https://hopehealthco.zoom.us/j/95415840170?pwd=d1loT2Q3Z0VLTfhqRUU1WE5FZXByQT09&status=success	

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
Alzheimer's Association of North Central Texas 800.272.3900	Dementia (For family members of someone in a care facility)	Wednesdays 4pm	Video support group	Preregistration is required. Please visit: https://www.alz.org/northcentraltexas/helping_you/support_groups	If registering for a session starting in less than 24 hours, please call to register by phone.
Alzheimer's Association of North Central Texas 800.272.3900	Dementia	Fridays 10:30am	Video support group	Preregistration is required. Please visit: https://www.alz.org/northcentraltexas/helping_you/support_groups	If registering for a session starting in less than 24 hours, please call to register by phone.
Family Caregiver Alliance	General caregiving	Anytime	Email	To register visit: http://lists.caregiver.org/mailman/listinfo/caregiver-online lists.caregiver.org	A group is an email based discussion group that is self-monitored and based on self-help models. For an FAQ please visit: https://www.caregiver.org/caregiver-online-faq

Updated 12.09.2020

Community Based Respite Groups

*Please contact the Director or contact number prior to attending. Eligible participants must be in the Early to Middle stage of Alzheimer's or related dementia. Participants must be able to toilet, eat, and move independently. Groups with an * were opened with the organizational and financial support of the Alzheimer's Texas. They receive training and on-going assistance from the Alzheimer's Texas. Bolded groups indicate participation in the Walk and support the full mission of the Alzheimer's Texas.*

City	Day	Time	Respite Center	Location	Address	Director	Phone	
Austin	North							
	Tuesday	9:30 - 1:30	Radiant Friends*	Great Hills Baptist Church	10500 Jollyville Rd.	Stephen McDaniel	(325)305-6207	ZOOM
	Wednesday	10:00 - 2:00	New Adventures	St. Thomas Moore Catholic Church	10205 RR 620 North	Chantelle Morris	(512) 771-1899	ZOOM
	Thursday	9:30-1:30	House of Friends*	Bethany United Methodist Church	10010 Anderson Mill Rd.	Susie Petersen	(512) 258-6017	ZOOM
	Tuesday	10:00 - 2:00	MPAC	St. Matthews Episcopal Church	8134 Mesa Drive	Martha Galie	(512) 456-7074	
	Central							
	Tuesday and Weds	9:30 - 1:30	Mike's Place	Meals on Wheels and More	3227 E. 5th Street	Mikhayla Gustafson	(737) 218 - 4130	ZOOM
	Thursday	9:30-1:30	Circle of Friends*	Congregation Beth Israel Synagogue	3901 Shoal Creek	Theresa Lyons	(512) 845-5374	
	Friday	11:00 - 2:00	Senior Retreat	Town Lake YMCA	1100 W. Cesar Chavez	Elizabeth Doss	(512) 542-9622 X223	
	South							
	Wednesday	9:30-1:30	The Gathering	Westlake Hills Presbyterian Church	7127 Bee Cave Rd	Debbie Wilder	(512) 327-1116	ZOOM
Bastrop	Tuesday	10:00-2:00	Sunshine Respite	First United Methodist Church	1201 Main St.	Marcia Poole	(512) 321-2201	
Burnet	Tuesday	9:30-1:30	Highland Lakes Respite Center*	First United Methodist Church	301 East Graves	Mary Jane Shanes	(806) 292-6912	
Copperas Cove	Wednesday	9:00 - 1:00	Angel Care Regional Respite	Grace United Methodist Church	101 W. Ave. F	Mary Morton	(254) 547-3729	
Dripping Springs	Thursday	10:00-2:00	Harmony Place	Dripping Springs Presbyterian Church	26650 RR 12	Crystal Emmons	(512) 569-5165	
Georgetown	Monday	10:00-2:00	PALS Place*	First United Methodist Church	410 University Dr.	Barb Twyford	(512) 863-3935	

Georgetown	Friday	10:00 - 2:00	Close Friends Respite	Well Spring United Methodist	6200 Williams Dr.	James Thompson	(512) 868-1349	
Lakeway	Monday	10:00 - 2:00	Bright Horizons	Emmaus Catholic Church	1718 Lohmans Crossing	Pat Thompson	(512) 970-7063	
Llano	Monday	10:00 - 2:00	Caregiver's Day Out*	Grace Episcopal Church	1200 Oatman St.	Sally Daniel	(325) 423-1705	
Marble Falls	Thursday	9:30 - 1:00	Kendall Respite Center*	Fellowship Baptist Church	2702 Mormon Mills Rd.	Connie Stringer	(830) 613-8819	
	Thursday	9:00 - 1:30	Wesley Respite Center*	First United Methodist Church	1101 Bluebonnet	Allie Bennett	512-639-2295	
Smithville	Thursday	10:00 - 2:00	New Hope Respite Center*	First United Methodist Church	300 Olive Street	Brenda Zimmerman	(512) 581-2691	
Sun City	Thursday	10:00-2:00	Special Friends*	The Worship Place	811 Sun City Blvd	Lou Gibson	(512) 864-1380	
Temple	Tuesday	1:00 - 4:30	Tuesday's Solace*	St. Francis Episcopal	5001 Hickory Rd.	Barbara Walsh	(254) 778-6157	
	Thursday	9:30-1:30	Thursday Club*	First Lutheran Church	1515 W. Adams Ave.	Lorraine Brians & Sandi Vos	(254) 654-7887	
Wimberley	Thursday	10:00-2:00	Circle of Friends	Wimberley Community Center	14068 Ranch Rd 12	Velma Morales	(512) 847-1781	

Licensed Adult Day Care Providers

Please contact prior to attending.

City	Day	Time	Name	Website	Address	Phone	Cost
Austin	Monday - Friday	7:00 - 5:30	AGE of Central Texas Adult Day Health Center	www.ageofcentraltx.org	3710 Cedar Street	(512) 458-6305	~\$60/day
Round Rock	Monday - Friday	7:00 - 5:30	AGE of Central Texas Adult Day Health Center	www.ageofcentraltx.org	475 Round Rock W., #120	(512) 255-4865	~\$60/day

Updated 1.23.2020

5 IMPORTANT LEGAL DOCUMENTS FOR CAREGIVERS

(adapted from <https://dailycaring.com/5-important-legal-documents-for-caregivers/>)



Getting the legal stuff done now benefits everyone

One day, your older adult won't be able to manage their own legal matters and will rely on you to act in their best interests.

Planning ahead and getting the legal stuff squared away before a crisis allows your older adult and your family to stay in control of critical decisions. The downside to not having proper legal paperwork in place is being forced to allow lawyers and courts to get involved in family matters.

Legal basics for caregivers

There's a lot for caregivers to manage, so we've narrowed the list to the 5 most important legal documents. This list doesn't cover every situation and shouldn't be considered legal advice, but it will help you cover the basics.

1. Power of attorney (POA)

- This allows your older adult to authorize someone to make legal decisions when they are no longer competent.
- POA also covers authority to make financial decisions

2. Durable power of attorney for health care (also known as a health care proxy)

- This allows your older adult to authorize someone to make all decisions regarding health care, including choosing health care providers, medical treatment, and end-of-life decisions.
- This power only goes into effect when your older adult is unable to make decisions for themselves.

3. Living will or advance directive

- This allows your older adult to state, in advance, what kind of medical care they do and do not want to receive.
- This also covers what life-support procedures they would not like to have.
- This is used when a person isn't able to make their wishes known on their own.

4. Living trust

- This allows your older adult (the grantor) to create a trust and appoint someone (a trustee) to manage the trust assets when they aren't able to manage their finances.
- A person or a financial institution can be the trustee.

5. Will

- Your older adult's will names an executor and beneficiaries.
- The executor is the person who will manage your older adult's estate at the time of death.
- Beneficiaries will receive the estate at the time of death.

What happens if you don't plan ahead

If no planning is done before your older adult becomes incapacitated, family members must ask a court to appoint a conservator or guardian.

A conservatorship can be difficult for families because almost every action or decision on behalf of your older adult must be court supervised and approved.

How to get started with legal documents

For legal matters, hiring an elder law attorney is always recommended. It's also smart to do your own research so you understand what's happening.

In addition, you can usually seek advice on legal issues from social workers or clergy, free of charge.

5 WAYS CAREGIVING ROUTINES MAKE DAILY LIFE EASIER

(adapted from: <https://dailycaring.com/5-ways-caregiving-routines-make-your-life-easier/>)



Routines simplify and smooth life for caregivers

A top caregiving goal is to make life easier for your older adult, yourself, and others who are involved.

One way to do that is to create a consistent daily routine for your older adult. This helps days run more smoothly.

Daily routines can reduce uncertainty, arguments, and decision-making – decreasing overall stress for both you and your older adult.

In addition, sticking to a routine might free up some mental energy to help you find more ways to take breaks and take care of yourself.

What are caregiving routines?

A routine is doing the same basic activities around the same time every day. This gives structure and a natural flow to the day.

For example, part of a regular daily routine for your older adult might be to wake up at 8am, use the toilet, brush teeth, and comb hair. Then, change from pajamas to regular clothes and sit down for a hot breakfast of oatmeal, apples, and tea. Late afternoons might be reserved for audiobooks, puzzles, or no-fail household tasks.

It might take a little experimenting to create a daily routine that works well for your older adult and you. Start with the timing and activities you think work best and make adjustments as needed.

5 ways caregiving routines make daily life easier

1. Stop the power struggles

Most people dislike being told what to do and when to do it and seniors are no exception. But if your older adult has a consistent daily or weekly routine, the activity is simply what's done at that time (getting dressed, eating, bathing, etc.).

Once a routine becomes a natural part of their life, they'll be more likely to go with the flow of activities and won't feel like you're suddenly forcing them to do a certain activity.

2. Increase cooperation

Nobody likes surprises. When you and your older adult both know what's going to happen and when, there's less stress and uncertainty in your lives. And when someone is able to anticipate the next task or activity, they can mentally prepare and will be more willing to participate than if they feel surprised by a seemingly random activity.

Even if your older adult has dementia, their subconscious can develop a sense for the regular rhythm of the day. That helps them feel more comfortable and secure even if they aren't outwardly aware of the routine.

3. Reduce the need for decision-making

Making decisions all day is tiring, even if they're minor ones.

A regular daily routine saves valuable mental energy because most of the tasks, timing, and activities have already been decided. This significantly reduces the number of choices you'll have to make so you can spend your brainpower on other things.

4. Improve your sleep

Quality sleep is essential for good health and a daily routine can also help older adults sleep better and more regularly.

Plus, having a steady sleep schedule helps both of you get better rest overall.

5. Build in time to enjoy each other

With all the responsibilities of caregiving, spending quality time with your older adult often gets pushed to the bottom of the To Do list.

Make it easier to spend quality time together by building it into their daily, weekly, or monthly routine. It could be as simple as starting each morning with a hug, ending the day with a bedtime song, enjoying a nice walk in the park every Sunday afternoon, or having lunch at their favorite restaurant once a month.

AgePage

Online Health Information: Is It Reliable?

Many older adults share a common concern: “How can I trust the health information I find on the Internet?”

There are thousands of medical websites. Some provide reliable health information. Some do not. Some of the medical news is current. Some of it is not. Choosing which websites to trust is an important step in gathering reliable health information.

Where Can I Find Reliable Health Information Online?

The National Institutes of Health website, *www.nih.gov*, is a good place to start for reliable health information.

As a rule, health websites sponsored by Federal Government agencies are good sources of information. You can reach all Federal websites by visiting *www.usa.gov*. Large professional organizations and

well-known medical schools may also be good sources of health information.

MedlinePlus.gov is a website from the NIH’s National Library of Medicine that has dependable consumer information about more than 1,000 health-related topics. Use their online tutorial to learn how to evaluate health information online at <https://medlineplus.gov/webeval/webeval.html>.

Questions to Ask Before Trusting a Website

As you search online, you are likely to find websites for many health agencies and organizations that are not well-known. By answering the following questions, you should be able to find more information about these websites. A lot of these details might be found in the website’s “About Us” section.

1. Who sponsors/hosts the website? Is that information easy to find?

Websites cost money to create and update. Is the source of funding (sponsor) clear? Knowing who is funding the website may give you insight into the mission or goal of the site. Sometimes, the website address (called a URL) is helpful. For example:

■ **.gov** identifies a U.S. government agency

- **.edu** identifies an educational institution, like a school, college, or university
- **.org** usually identifies nonprofit organizations (such as professional groups; scientific, medical, or research societies; advocacy groups)
- **.com** identifies commercial websites (such as businesses, pharmaceutical companies, and sometimes hospitals)

2. Who wrote the information? Who reviewed it?

Authors and contributors are often, but not always, identified. If the author is listed, ask yourself—is this person an expert in the field? Does this person work for an organization and, if so, what are the goals of the organization? A contributor’s connection to the website, and any financial stake he or she has in the information on the website, should be clear.

Is the health information written or reviewed by a healthcare professional? Dependable websites will tell you where their health information came from and how and when it was reviewed.

Trustworthy websites will have contact information that you can use to reach the site’s sponsor or authors. An email address, phone number, and/or mailing address might be listed at the bottom of every page or on a separate “About Us” or “Contact Us” page.

Be careful about testimonials. Personal stories may be helpful and comforting, but not everyone experiences health problems the same way. Also, there is a big difference between a website, blog, or social media page developed by a single person interested in a topic and a website developed using strong scientific evidence (that is, information gathered from research).

No information should replace seeing a doctor or other health professional who can give you advice that caters to your specific situation.

3. When was the information written?

Look for websites that stay current with their health information. You don’t want to make decisions about your care based on out-of-date information. Often, the bottom of the page will have a date. Pages on the same site may be updated at different times—some may be updated more often than others. Older information isn’t useless, but using the most current, evidence-based information is best.

4. What is the purpose of the site?

Why was the site created? Know the motive or goal of the website so you can better judge its content. Is the purpose of the site to inform or explain? Or is it trying to sell a product? Choose information based on scientific evidence rather than one person’s opinion.

5. Is your privacy protected? Does the website clearly state a privacy policy?

Read the website's privacy policy. It is usually at the bottom of the page or on a separate page titled "Privacy Policy" or "Our Policies." If a website says it uses "cookies," your information may not be private. While cookies may enhance your web experience, they can also compromise your online privacy—so it is important to read how the website will use your information. You can choose to disable the use of cookies through your Internet browser settings.

6. How can I protect my health information?

If you are asked to share personal information, be sure to find out how the information will be used. Secure websites that collect personal information responsibly have an "s" after "http" in the start of their website address (https://) and often require that you create a username and password.

BE CAREFUL about sharing your Social Security number. Find out why your number is needed, how it will be used, and what will happen if you do not share this information. Only enter your Social Security number on secure websites. You might consider calling your doctor's office or health insurance company to give this information over the phone, rather than giving it online.

These precautions can help better protect your information:

- Use common sense when browsing the Internet. Do not open unexpected links. Hover your mouse over a link to confirm that clicking it will take you to a reputable website.
- Use a strong password. Include a variation of numbers, letters, and symbols. Change it frequently.
- Use two-factor authentication when you can. This requires the use of two different types of personal information to log into your mobile devices or accounts.
- Do not enter sensitive information over public Wi-Fi that is not secure. This includes Wi-Fi that is not password protected.

Be careful what information you share over social media sites. This can include addresses, phone numbers, and email addresses. Learn how you can keep your information private.

7. Does the website offer quick and easy solutions to your health problems? Are miracle cures promised?

Be careful of websites or companies that claim any one remedy will cure a lot of different illnesses. Question dramatic writing or cures that seem too good to be true. Make sure you can find other websites with the same information. Even if the website links to a trustworthy source, it doesn't mean that the site has the other organization's endorsement or support.

Health and Medical Apps

Mobile medical applications (“apps”) are apps you can put on your smartphone. Health apps can help you track your eating habits, physical activity, test results, or other information. But, anyone can develop a health app—for any reason—and apps may include inaccurate or misleading information. Make sure you know who made any app you use.

When you download an app, it may ask for your location, your email, or other information. Consider what the app is asking from you—make sure the questions are relevant to the app and that you feel comfortable sharing this information. Remember, there is a difference between sharing your personal information through your doctor’s online health portal and posting on third-party social media or health sites.

Social Media and Health Information

Social media sites, such as Facebook, Twitter, and Instagram, are online communities where people connect with friends, family, and strangers. Sometimes, you might find health information or health news on social media. Some of this information may be true, and some of it may not be. Recognize that just because a post is from a friend or colleague it does not necessarily mean it’s true or scientifically accurate.

A Quick Checklist

You can use the following checklist to help make sure that the health information you are reading online can be trusted. You might want to keep this checklist by your computer.

1. Is the sponsor/owner of the website a Federal agency, medical school, or large professional or nonprofit organization, or is it related to one of these?
2. If not sponsored by a Federal agency, medical school, or large professional or nonprofit organization, is the website written by a healthcare professional or does it reference one of these trustworthy sources for its health information?
3. Why was the site created? Is the mission or goal of the website sponsor clear?
4. Can you see who works for the agency or organization and who authored the information? Is there a way to contact the sponsor of the website?
5. When was the information written or webpage last updated?
6. Is your privacy protected?
7. Does the website offer unbelievable solutions to your health problem(s)? Are quick, miracle cures promised?

Check the source of the information, and make sure the author is credible. Fact-checking websites can also help you figure out if a story is reliable.

Trust Yourself and Talk to Your Doctor

Use common sense and good judgment when looking at health information online. There are websites on nearly every health topic, and many have no rules overseeing the quality of the information provided. Use the information you find online as one tool to become more informed. Don't count on any one website and check your sources. Discuss what you find with your doctor before making any changes to your health care.

For More Information About Reliable Health Websites

MedlinePlus: Evaluating Internet Health Information National Library of Medicine

[www.medlineplus.gov/
evaluatinghealthinformation.html](http://www.medlineplus.gov/evaluatinghealthinformation.html)
<https://medlineplus.gov/webeval/webeval.html>

Centers for Medicare & Medicaid Services

1-800-633-4227 (toll-free)
1-877-486-2048 (TTY/toll-free)
[https://www.medicare.gov/forms-help-resources/
help-fight-medicare-fraud/tips-prevent-fraud](https://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud/tips-prevent-fraud)

Centers for Disease Control and Prevention (CDC)

1-800-232-4636 (toll-free)
1-888-232-6348 (TTY/toll-free)
cdcinfo@cdc.gov
www.cdc.gov

HealthFinder.gov

www.healthfinder.gov

U.S. Food and Drug Administration

1-888-463-6332 (toll-free)
druginfo@fda.hhs.gov
[www.fda.gov/forconsumers/protectyourself/
healthfraud/default.htm](http://www.fda.gov/forconsumers/protectyourself/healthfraud/default.htm)

For more information about health and aging, contact:

National Institute on Aging Information Center

1-800-222-2225 (toll-free)
1-800-222-4225 (TTY/toll-free)
niaic@nia.nih.gov
www.nia.nih.gov

Visit www.nia.nih.gov/health to find more health and aging information from NIA and subscribe to email alerts. Visit <https://order.nia.nih.gov> to order free print publications.



**National Institute
on Aging**

NIH...Turning Discovery Into Health®

October 2018

MY PERSONAL MEDICATION RECORD

My Personal Information

Date of Birth

Phone Number

Emergency Contact

Name

Relationship

Phone Number

Primary Care Physician

Name

Phone Number

Pharmacy/Drugstore

Pharmacist

Phone Number

Other Physicians

Name of Physician

Specialty

Phone Number

Name of Physician

Specialty

Phone Number

Name of Physician

Specialty

Phone Number

My Allergies

My Medical Conditions

How to Use This Guide

- Save this document to your PC
- Keep track of your medications (including prescription drugs, over-the-counter drugs, herbal supplements, and vitamins)
- Share the information with your doctors and pharmacists at all visits
- Keep a printed copy always with you

You should review this record when you

- Start or stop a new medicine
- Change a dose
- Visit your doctor

	What I'm taking	Form (pill, injection, liquid, patch, etc.)	Dosage	How Much and When	Use (regularly or occasionally)	Start/Stop Dates (1/5/05 - 3/5/05) (1/5/05 - ongoing)	Notes, Directions, Reasons for Use
Be sure to include ALL prescription drugs, over-the-counter drugs, vitamins, and herbal supplements.							
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