

# Caregiver Playbook

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# 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](mailto: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](mailto:MemoryInfo@AGEofCentralTX.org) to schedule a consultation or to request more information.

## **Memory Connections**

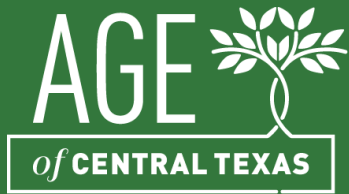
- Brain exercises and emotional support for older adults living with early stage dementia or early memory loss, to improve quality of life through evidence-informed activities and a facilitated support group.
- Several Central Texas community locations with sessions from 9:30 am to 2:30 pm.
- Includes 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 at convenient locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit [www.CaregiverUcentx.org](http://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](http://www.AGEcomputer.org) for class schedules and more information.



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FOUNDATION

# AGE Information and Resource Center



- Offers caregivers and older adults:
  - 8 educational seminars
  - 4 conferences
  - Individual consultations with those who are seeking supportive programs and resources
  - Caregiver support groups
- All services are free
  - Conferences are financially supported by financial sponsorships from community partners
- Contact Information:
  - 512-600-9275
  - [resourcecenter@ageofcentraltx.org](mailto:resourcecenter@ageofcentraltx.org)
- What we DON'T do:
  - Case Management
  - Counseling

# Caregiver Playbook

## Overview

1. The six stages that caregivers go through during their caregiving journey  
(based on the framework by Denise M. Brown, CareGiving.com)
2. The domains of caregiving tasks
3. Tasks for each stage of caregiving
4. A brief list of resources to get you started in each stage of caregiving



## Key to symbols

### Resource

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AGE of Central Texas  
[www.ageofcentraltx.org](http://www.ageofcentraltx.org)



Website



Caregiving in Central Texas:  
A Community Resource Guide  
[www.agingservicescouncil.org](http://www.agingservicescouncil.org)



Publication, booklet, or book

### Domain of Caregiving

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Maintaining the Household



Advocacy &  
Care Coordination



Physical Support



Decision-making &  
Surrogacy



Emotional & Social Support



Caregiver self-care



Health & Medical Care



## Caregiving changes over time





## What stage of caregiving am I in?

**Stage 1:  
The Expectant  
Caregiver™**

**In the near future, I may help a family member or friend.**

- Feeling concerned about person needing assistance, based on person's age, medical condition(s), and/or living situation.

**Stage 2:  
The Freshman  
Caregiver™**

**I'm beginning to help a family member or friend.**

- Starting to assist person and learning about what caregiving tasks need to be done

**Stage 3:  
The Entrenched  
Caregiver™**

**I am helping a family member or friend.**

- Experiencing daily or constant involvement with caregiving

**Stage 4:  
The Pragmatic  
Caregiver™**

**I am *still* helping a family member or friend.**

- Approaching caregiving with a practical and realistic approach, caregiver has accepted the caregiving role
- Using community services to help person

**Stage 5:  
The  
Transitioning  
Caregiver™**

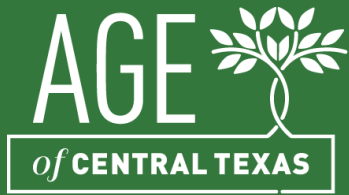
**My role is changing.**

- Caregiving as I know it is ending, because my person lives in a care facility.

**Life After  
Caregiving**

**My caregiving has ended.**

- Finding new meaning and purpose in life after caregiving



## Sources

1. The Caregiving Years: An Introduction and The Caregiving Years Tip Sheet  
Denise M. Brown, Founder of CareGiving.com  
<https://www.caregiving.com/the-caregiving-years/>
2. Stages of Alzheimer's, Alzheimer's Association  
<https://www.alz.org/alzheimers-dementia/stages>
3. Patient Safety and Quality: An Evidence-Based Handbook for Nurses, Chapter 14 Supporting Family Caregivers in Providing Care  
<https://www.ncbi.nlm.nih.gov/books/NBK2665/>
4. Families Caring for an Aging America, Chapter 3 Family Caregiving Roles and Impacts  
[https://www.ncbi.nlm.nih.gov/books/NBK396398/#sec\\_000057](https://www.ncbi.nlm.nih.gov/books/NBK396398/#sec_000057)
5. Caregiver Burden in Different Stages of Alzheimer's Disease  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5439478/>



# Additional Central Texas Resources



**Area Agency on Aging of the Capital Area**  
(512) 916-6062 or (888) 622-9111  
[AAAinfo@capcog.org](mailto:AAAinfo@capcog.org)

**Aging and Disability Resource Center**  
(855) 937-2372  
[adrc@capcog.org](mailto:adrc@capcog.org)

**Meals on Wheels Central Texas**  
512-476-6325  
[email@mealsonwheelscentraltexas.org](mailto:email@mealsonwheelscentraltexas.org)

**Family Eldercare**  
(512) 450-0844  
(512) 459-6436  
[info@familyeldercare.org](mailto:info@familyeldercare.org)

**Drive A Senior (6 Branches/Service Areas)**  
Website: <https://driveasenior.org/>

**NAMI Central Texas**  
[512-420-9810](tel:512-420-9810) (for information & resources only)  
[info@namicentraltx.org](mailto:info@namicentraltx.org)  
<https://namicentraltx.org/>

**Alzheimer's Foundation – AFA Helpline**  
9 am-9 pm ET on weekdays and 9 am-5 pm ET on weekends  
(866) 232-8484

<https://alzfdn.org/afahelpline/>

**Alzheimer's Association 24/7 hotline** (800) 272-3900

**Alzheimer's Texas hotline**  
(800) 367- 2132  
<https://www.txalz.org/how-we-can-help-programs-services/>

**Institute on Aging**  
24-hour toll-free Friendship Line 800-971-0016  
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

**AARP's toll-free Family Caregiving Resource Line**  
Monday-Friday, 7 a.m. to 11 p.m. ET  
English: 1-877-333-5885  
Spanish: 1-888-971-2013  
<https://www.aarp.org/caregiving/basics/info-2018/support-line.html>

# Additional Central Texas Resources

- Support Groups
- Counseling Support
- Geriatric Care Managers
- Senior Living Advisors
- Disease Specific Organizations
- Subscriptions



# AGE Information & Resource Center

Phone: 512-600-9275

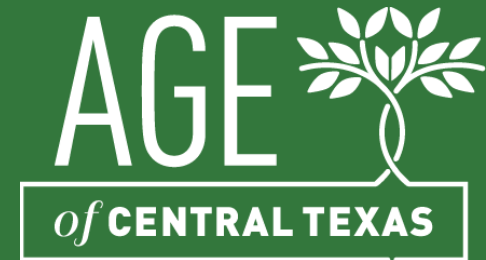
Email: [resourcecenter@ageofcentraltx.org](mailto:resourcecenter@ageofcentraltx.org)

**FREE 1-1 Consultations by phone or Zoom**





THANK YOU!



[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) | (512) 451-4611