

20th Anniversary Striking a Balance Caregiver Conference on Aug. 17-21

This year marks the 20th anniversary of the annual **Striking a Balance Caregiver Conference** - the largest, longest-run free caregiver conference in Central Texas, co-hosted by AGE of Central Texas and the Area Agency on Aging of the Capital Area.

During this free conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.

For 2021, participants will experience 3 days of virtual expert presentations on August 17th through 19th, followed by a celebratory luncheon on Saturday, August 21st, at the Norris Conference Center in Austin.

The online seminars will feature regional and national experts, including:

- **"Caregiver Compassion and Self-Care"** with author and national caregiving columnist Dr. Barry J. Jacobs
- **"Practical Tools for Dementia Caregiving"** with Sarah Hyde-Williams, president of Senior Living Advisors of Texas
- **"Activities Caregivers Can Share with Older Adults Living with Cognitive**

Issues" with dementia care expert Nancy Turco

- **"The Ins and Outs of Long-Term Care"** with Michael Gill, founder of Texas Senior Living Locators
- **"Caregiving Round Table – What I've Learned as a Caregiver"** with an expert Caregiver Panel
- **"What Does the Future Hold for Caregiving?"** with Bob Stephen, Vice President of Family Caregiving and Long Term Care at AARP.

The luncheon will feature special guest and television star **Chet Garner**, host of the state-wide television show *The Daytripper*, and will include an in-person Information & Resource Fair.

Registration for the online seminars, along with the celebratory luncheon, is free, but space is limited.

To register for the conference and celebratory luncheon, visit
<http://www.TinyURL.com/SABconf2021>.

Use Your Smart
Device to scan the QR
Code for the Striking a
Balance Caregiver Conference
schedule and free registration



INSIDE:

- Williamson County Caregiver Conference on September 25th
- September is National Falls Prevention Month
- AGE Memory Connections Online Program Tackles Memory Loss

Williamson County CAREGIVER CONFERENCE

September 25th
8:00 am to 2:00 pm

The 8th Annual AGE of Central Texas **Williamson County Caregiver Conference** returns on Saturday, September 25th, with a full day of expert presentations, a Resource & Information Fair, and an opportunity for family caregivers to learn new skills and access resources. Presented by AARP Texas, the free conference will be held from 8:00 am to 2:00 pm at the Wingate by Wyndham Round Rock Hotel & Conference Center (1209 North Interstate 35 Frontage Road in Round Rock).

The annual free event was created to help ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. Participants will discover local resources, acquire skills to better manage their caregiving situation, and connect with local experts on aging.

Registration for the conference is free:
visit <http://www.TinyURL.com/WilcoConf2021>
or call (512) 600-9275

**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



September is National Falls Prevention Awareness Month

September is National Falls Prevention Awareness Month, a national health campaign to help increase awareness around falls, health, and injury prevention. According to the National Council on Aging, 1 in 4 Americans aged 65+ falls every year, and falls are the leading cause of fatal and non-fatal injuries for American older adults. Falls are also the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries.

Falls are costly—in dollars and in quality of life—but there are simple things that you can do to prevent them:

- Exercise to improve balance and strength
- Have your health care provider review your medications
- Have your vision checked
- Make your home safer
- Take a free falls prevention class

AGE of Central Texas offers two free falls prevention class series through our CaregiverU education program:



Empowering YOU to Prevent Falls (online) - a two-part fall prevention course uses information from the Centers for Disease Control and Prevention to give valuable guidance on ways that older adults can prevent falls.

A Matter of Balance (in-person and online) - a robust, 6-class series that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle.

Find a free class near you at
www.CaregiverUcentTX.org

**Follow AGE on Social Media for Daily
Caregiver News, Updates & Resources:**



@AGEofCentralTX

New Memory Connections Online Program Tackles Memory Loss

By K.C. Lawrence, LMSW,
Memory Connections Program Director

Bob knew that his thinking and memory were changing, and he didn't like it. He felt like his family and friends only noticed what he was losing—not what he could do and what he can accomplish.

"No one understands that I'm going through," he thought, "and there is nothing I can do to help myself."

Bob's friend suggested he look into the new **AGE Memory Connections Online Program**. Featuring engaging small group activities offered online through Zoom, the new monthly subscription program is designed for people experiencing changes in memory or cognition.



The program features a variety of activities to promote brain health and peer social connection, including:

- Brain boosters, such as trivia, puzzles, word games
- Live music, name that tune, and music therapy
- Social hour or bingo
- Peer support group
- Opportunities to learn new things through fun presentations about travel or various topics



Hesitant at first, Bob found that when he met the staff at AGE, he felt surprisingly comfortable. He worried about fitting in and feeling tested during the activities.

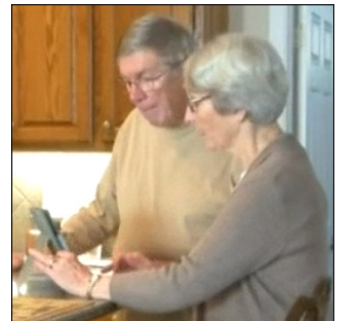
Deciding he had nothing to lose, he attended his first small group activity via Zoom. Doing trivia, puzzles, and word

games as a group was a lot of fun! When he didn't get an answer, or forgot what he wanted to say, others responded positively with "You're in good company! Don't worry about it."

He found himself laughing more than he expected. And he didn't even notice that everyone was on the computer—it felt like they were all together.

As he went to activities almost every day, Bob felt more and more connected to the group. He looked forward to getting on the computer each day and seeing his friends. He felt that his mood had improved and that his brain was getting good exercise. It was his time each day to do something that made him feel good.

Like Bob, anyone who is concerned about their memory or cognition has a community of support waiting for them. The AGE Memory Connections Online program is based on current research to promote brain health and social connection. In collaboration with you, we create a personalized schedule of activities to meet your goals, needs, and interests. In our small group activities, participants enjoy fun, challenging activities and share with others in similar situations. And their care partners can get information and resources, as well as support.



Some of the changes that occur as we get older can lead to feelings of embarrassment, isolation, fear, and concern. But you aren't alone—AGE of Central Texas is here to help. If you have any questions about aging in general, or changes in memory or cognition, please call or email us:

AGE of Central Texas Memory Connections Program
(512) 451-4611, ext. 236

Email: MemoryInfo@AGEofCentralTX.org

FREE Caregiver Education for Family Members Caring for a Loved One

CAREGIVERU
A Program of AGE of Central Texas

Classes are available online and in-person in Travis, Williamson, Hays, and Bastrop Counties; find a free class near you:

www.CaregiverUcenTX.org



AGE of Central Texas is a nonprofit 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 us 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 \$70 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 online.
- Free educational seminars and conferences with free respite services available.
- Free caregiver support group meetings every month in Austin and Round Rock.

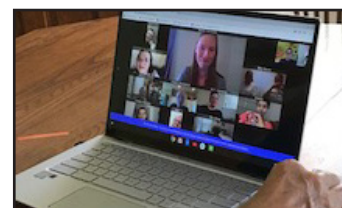


CaregiverU

- Free evidence-based courses for family caregivers, offered both online and in-person at locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org for current schedules.

Memory Connections Online

- Innovative online services for older adults and care partners, offering online group activities designed for people experiencing varying cognitive changes.
- In collaboration with you, we create a personalized service plan and provide tailored video meetings to meet your goals, needs and interests.



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.