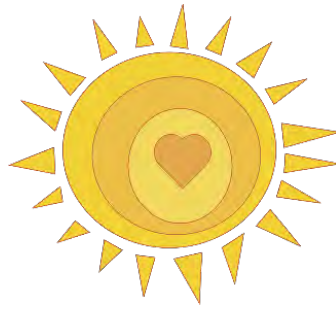




**Caregiver
Resources**



A Caregiver's Bill of Rights

By Jo Horne

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer need my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

WE'RE BACK

With Medicare 1 on 1s

We're ready to assist you with your Medicare needs and questions for you and the people you serve.



REMINDERS:

- Open Enrollment is Oct. 15-Dec. 7.
- You have 7 months for your initial enrollment period
- Make sure you have signed up for all parts of Medicare to avoid penalties
- Call your local SHIP office
1.888.622.9111 or 512-916-6078 for additional information.

GET HELP WITH:

MSP, LIS/Extra Help, Medicare Advantage Plans, Medigap Supplemental Plans, & more!

Contact Yvette McVey,
512-916-6166 or
ymcvey@capcog.org, to schedule
your outreach event.

**OPEN ENROLLMENT STARTS OCT. 15, 2021
AND GOES TO DEC. 7, 2021**



We advocate for and support the health, safety and well being of adults 60 and older.

Information & Referral/Assistance — Helps older adults find and access community resources, programs, and services.

Benefits Counseling — Educates and advises older adults and caregivers about insurance issues, benefits and consumer problems related to Medicare & other public benefits.

Ombudsman Program — Advocates for older adults living in nursing or assisted living facilities.

Health and Wellness — Promotes and assists with healthy aging, such as physical activity and fall prevention, with the goal of supporting the independence of older adults.

Care Coordination — Coordinates short-term services for older adults who are recuperating at home after a health care crisis.

Caregiver Support Services — Provides support to people who care for an older adult or someone with a disability; grandparents or non-parent relatives age 55 or older with formal or informal custody of a child age 18 years or younger.

Nutrition Programs — Provides in-home and group setting meals.

Medication Screening — Reviews prescribed or over the counter medications, supplements, and ointments; summarizing their purpose to inform about potential negative interactions and give tips for safe medication management.

Aging and Disability Resource Center — Assists with finding resources for housing, transportation, and long-term care services and supports for older adults, people with disabilities and their caregivers.

Area Agency on Aging of the Capital Area

1-888-622-9111 or 512-916-6062

Aging and Disability Resource Center of the Capital Area

1-855-YES-ADRC or 1-855-937-2372

AAACAP.ORG and ADRCCAP.ORG

Serving Bastrop, Blanco, Burnet, Caldwell,
Fayette, Hays, Lee, Llano, Travis and
Williamson counties

Funded in part by
Texas Health and Human Services

Defendemos y apoyamos la salud, la seguridad y el bienestar de los adultos de 60 años y mayores.

Información y Referencia — Ayudar a las personas de mayor edad en la búsqueda y en el acceso de recursos, programas y servicios en sus áreas locales.

Orientación Sobre Beneficios — Educar y aconsejar adultos mayores y cuidadores sobre problemas de seguro médico, beneficios y problemas relacionados con Medicare u otros beneficios públicos.

Programa de Ombudsman de Atención a Largo Plazo — El Ombudsman (Defensor) defiende la calidad de vida y atención de los residentes de entorno residencial, como una casa para convalecientes y viviendas en residencias asistidas.

Salud y Bienestar — Promover y ayudar con el envejecimiento saludable, como la actividad física y la prevención de caídas, con el objetivo de apoyar la independencia de los adultos mayores.

Coordinación de Cuidado — Coordinar los servicios a corto plazo para las personas quien están recuperando en casa de una crisis médica.

Servicios de Apoyo para Cuidadores — Brindar apoyo a las personas que cuidan de un adulto mayor o de una persona con discapacidad. Servicios disponibles para abuelos u otro familiar de 55 años o más (distintos de los padres), que tengan custodia formal/informal de un niño de 18 años o menor.

Programas de Nutrición — Proveer comidas a domicilio o en entornos de grupo.

Evaluación de Medicamentos — Revisión completa de medicamentos prescritos y sin receta por un farmacéutico. Recibirá un informe personalizado de consejos informativos y alertas sobre posibles interacciones negativas y sugerencias para el manejo seguro de medicamentos.

Centro de Recursos para Adultos Mayores y Personas

Discapacitadas — Ayudar a encontrar recursos para la vivienda, transporte y servicios de atención u otros tipos de apoyo a largo plazo para adultos mayores, personas con discapacidades y sus cuidadores.

Agencia para Adultos Mayores de la Área de la Capital

1-888-622-9111 or 512-916-6062

Centro de Recursos para Adultos Mayores y Personas Discapacitadas

1-855-YES-ADRC or 1-855-937-2372

AAACAP.ORG y ADRCCAP.ORG



Se proporcionan servicios a los condados de
Bastrop, Blanco, Burnet, Caldwell, Fayette,
Hays, Lee, Llano, Travis y Williamson.

Financiado en parte por el
Departamento de Salud y Servicios Humanos de Texas

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

- Free personalized resource and information navigation.
- Free educational seminars, workshops, and conferences for family caregivers and older adults.
- 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.

Memory Connections Online

- A new program of innovative virtual services for older adults experiencing challenges with their memory or cognition.
- Monthly subscription program offering a variety of 60-90 minute virtual activities throughout the week. Each small group session is interactive and strengths-based.
- In collaboration with you, we create a personalized video meeting schedule to meet your goals, needs, and interests.
- Brain Exercise such as trivia, word, and logic games; Discussion & Reminiscence such as educational and travel presentations; Creative Activities such as live music, art, and creative writing; plus emotional support groups, physical exercise, and social time to connect with others.
- Email MemoryInfo@AGEofCentralTX.org to schedule a consultation or to request more information.

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

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FOUNDATION

(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

The
National
Institute on Aging
is building a new
data base
regarding
daily activities,
with a goal
of helping people
stay in their
own home longer.



You may qualify to participate in this National Study and earn \$1350

**if you are over 65,
have some forgetfulness,
and someone is with you at least 6 hours a week.**

**Visit birkelandcurrent.com/nia-study
or call 254 742-6030 to request a
contact and more information**



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Empowering You to be a Smart and Healthy Caregiver



- **Part 1: Caregiving & Self-Care**
Tue, Nov 2, 10:00 a.m. to 11:00 a.m.
- **Part 2: Problem-Solving & Resources**
Tue, Nov 9, 10:00 a.m. to 11:00 a.m.

 Space is limited. 

Contact Faith Unger to register at
512-600-9279 or funger@ageofcentraltx.org



CAREGIVERU
A Program of AGE of Central Texas



**CEDAR
PARK**
PUBLIC LIBRARY



For more information and to schedule a free admissions interview, contact us today!

MemoryInfo@AGEofCentralTX.org

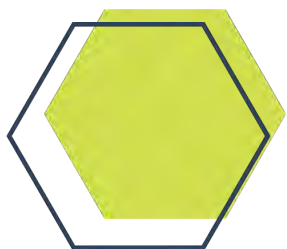
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Please do reach out even if you don't have access to technology – we can help you get connected!



MEMORY CONNECTIONS ONLINE PROGRAM

for people experiencing changes in cognition or memory



Feeling alone?

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.'



Try something new!

Hesitant at first, Bob found that when he met the staff he felt surprisingly comfortable. He worried about feeling tested during the activities. Deciding he had nothing to lose by trying, he attended his first small group activity over 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, "You're in good company! Don't worry about it." He found himself laughing more than he expected. And he didn't even notice the computer – it felt like they were all together.



You may find...

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

AGE OF CENTRAL TEXAS

Email preferred: MemoryInfo@AGEofCentralTX.org

Phone: 512-451-4611

www.AGEofCentralTX.org