

Striking a Balance

CAREGIVER CONFERENCE

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20 YEARS!

August 17-19, 2021

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for family caregivers.*



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2021 Striking a Balance Caregiver Conference

- Virtual Presentations Schedule -

Tuesday, August 17th:

10:00 – 11:30 am:

“Caregiver Compassion and Self-Care” with best-selling author and national caregiving columnist Dr. Barry J. Jacobs

1:00 – 2:30 pm:

“Practical Tools for Dementia Caregiving” with Sarah Hyde-Williams, Senior Living Advisors of Texas

Wednesday, August 18th:

10:00 – 11:30 am:

“Activities Caregivers Can Share with Older Adults Living with Cognitive Issues” with Nancy Turco, Dementia Care Expert

1:00 – 2:30 pm:

“The Ins and Outs of Long-Term Care” with Michael Gill, Texas Senior Living Locators

Thursday, August 19th:

10:00 – 11:30 am:

“Caregiving Round Table – What I’ve Learned as a Caregiver”
Caregiver Panel

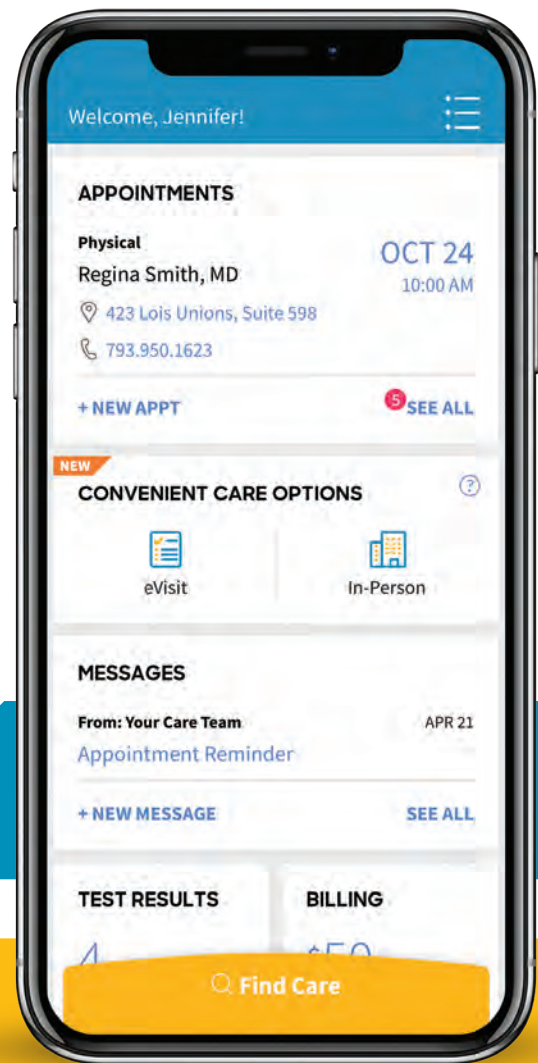
1:00 – 2:30 pm:

“What Does the Future Hold for Caregiving?” with Bob Stephen, Vice President of Family Caregiving and Long Term Care at AARP

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- ▶ Link your family's health records to your account
- ▶ Manage your prescriptions at Baylor Scott & White Pharmacies
- ▶ Review and pay your bills

Hosting Organizations

THE AREA AGENCY ON AGING OF THE CAPITAL AREA provides quality services to support and advocate for the health, safety, and well-being of the older individual in the 10-county area surrounding Austin. The agency's primary focus is to promote independence in low-income, minority individuals 60 years of age and older who reside in rural areas. The programs of the Area Agency on Aging include information, referral and assistance, benefits counseling, ombudsman services, health and wellness promotion, medications screening service, care coordination, and caregiver support. Visit www.capcog.org.



AGE OF CENTRAL TEXAS is a leading regional non-profit delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. Serving residents in Central Texas, AGE's six core programs include adult day health care, caregiver education, early memory loss support, health equipment lending, resource information, and peer-based computer classes for older adults. Founded in 1986, AGE's services cultivate strength, compassion, and community. For more information, visit www.AGEofCentralTX.org or call (512) 451-4611.



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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, Building Better Caregivers, and Chronic Disease, Diabetes, and Chronic Conditions and Chronic Pain Self-Management.

Serving Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis & Williamson Counties

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



Have a great 2021 Striking a Balance Caregiver Conference

We join AGE of Central Texas in celebrating 20 years of bringing caregiver education to the community!

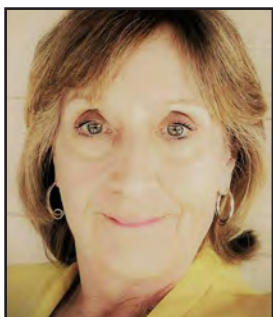
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Featured Presenters



Patricia Bordie, MPA

Area Agency on Aging of the Capital Area

Moderator - "Caregiver Panel"

Thursday, August 18 – 10:00-11:30 a.m.

Patricia "Patty" Bordie, MPA, is the Director of the Area Agency on Aging and Aging and Disability Resource Center at the Capital Area Council of Governments. There she oversees Older Americans Act services and specialized information, referral and system navigation to long term services and supports. Ms. Bordie has spent her career in the aging network serving older adults and their caregivers in local, regional and state level programs. She is committed to better coordination with critical healthcare partners with a focus on social determinants of health to promote increased positive health outcomes for older adults.

Her tenure includes program and policy development in evidence-based prevention and wellness interventions, caregiver support programs and service delivery models which promote streamlined community access and successful aging in communities of choice. She serves on the City of Austin Commission on Seniors, the Aging Texas Well Advisory Committee, and the UT School of Nursing Center for Excellence in Long Term Care Advisory Committee and the Texas Center for Disability Studies Community Advisory Committee.



Michael Gill, CSA

Texas Senior Living Locators

"The Ins and Outs of Long-Term Care"

Wednesday, August 18 – 1:00-2:30 p.m.

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 healthcare, 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

Featured Presenters

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.



Sarah Hyde-Williams, CDP CADDCT CDCM CMDCP CALM

Senior Living Advisors of Austin

"Practical Tools for Dementia Caregiving"

Tuesday, August 17 – 1:00-2:30 p.m.

Sarah Hyde-Williams is deeply passionate about serving seniors and their families in navigating the various options offered by the senior housing and eldercare industry. She has long been an elder care expert and community resource through her various roles within Assisted Living and Dementia-Supportive Communities, along with Home Health and Hospice Care. She has profound respect for the families she guides through what is often a difficult and overwhelming time, becoming a trusted resource and unbiased confidant. Her focus of practice includes senior housing placement, advance care planning, educational/speaking events, training and support groups.

She currently serves the Central Texas area as the Facilitator/Educator for the Lewy Body Dementia Association, and active member of both National Association of Senior Advocates and National Placement & Referral Alliance. She currently holds the following certifications and licensures: State of Texas Certified Assisted Living Manager, Certified Dementia Practitioner, Certified Alzheimer's Disease & Dementia Care Trainer, Certified Montessori Dementia Care Professional, Certified Dementia Care Manager, Certified Online Training Professional.



Dr. Barry J. Jacobs

Best-Selling Author and National Caregiving Columnist

"Caregiver Compassion and Self Care"

Monday, August 17 – 10:00-11:30 a.m.

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.

Featured Presenters



Bob Stephen

Vice President of Family Caregiving and Long Term Care at AARP

"What Does the Future Hold for Caregiving?"

Thursday, August 19 – 1:00-2:30 p.m.

Bob Stephen is the Vice President of Family Caregiving and Long Term Care at AARP. He has dedicated almost a decade to spearheading this effort, leading AARP's development and implementation of strategy to support all family caregivers in America. Whether through advocacy, products/services, market influence, digital tools, community change efforts or consumer programs, Stephen has set the caregiving strategies for the entire nation and established partnerships with leading caregiving and health organizations to increase AARP's impact.

He is a leader with more than 20 years of professional experience working in organizations ranging from start-up firms to large corporations. Leading change to ensure all adults have the care options they want and need as they age. He holds an M.B.A. in Finance and Business Policy, University of Chicago Graduate School of Business.



Nancy Turco

Dementia Care Expert

"Activities Caregivers Can Share with Older Adults Living with Cognitive Issues"

Wednesday, August 18 – 10:00-11:30 a.m.

Nancy has worked with Alzheimer's residents and families for more than 25 years, with music therapy and activities. In addition to having written and performed jingles and parodies for KVET/Clear Channel radio, Nancy is currently working on her third exercise DVD with sing-along music for older adults.

She is the facilitator of a monthly support group for families supporting a loved one living with Alzheimer's disease, and she has facilitated numerous workshops, seminars, and conferences for families of those living with Alzheimer's disease, as well as for nurses, social workers, and activity directors. She is also an Ambassador for the Alzheimer's Association.

She specializes in working with those living with dementia, and motivating them with music and meaningful activity programs, as well as being a support system for families traveling through this difficult journey. Her exercise videos are available at Best Alzheimer's Products.



Celebratory Luncheon **RESCHEDULED**

New Date: January 22, 2022

11:00 am - 2:00 pm

Norris Conference Center in Austin



Plus: Resource & Information Fair

Guest Speaker: Chet Garner
TV's "Daytripper"

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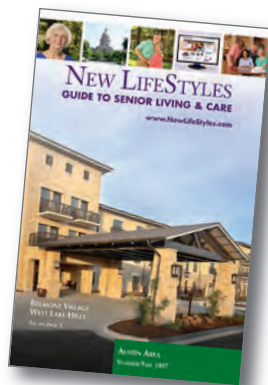
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Topics for this year's conference include:

- Adaptive Driving Program for Older Adults and Family Caregivers
- Cumulative Stress and Mental Health Support
- Understanding Dementia

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www.TinyURL.com/WilcoConf2021

For assistance in registering, call (512) 600-9275

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