

Williamson County **CAREGIVER CONFERENCE**

Resources and Additional Information

NOTE: Due to COVID-19, be sure to contact these resources in advance to inquire about their adjusted services and availability.



FREE Virtual Caregiving Course for Individuals
Caring for an Older Adult Living with Dementia

“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.

Sept. 20, 22, and 24
From 1:00 to 2:00 p.m.

Session 1:

- Understand dementia causing diseases
- Understand how dementia can affect daily life

Session 2:

- Understand the effect of confusion
- Learn how to plan daily activities

Session 3:

- Learn practical principles for healthy caregiving
- Build a toolbox of coping skills

*This free caregiver education series is designed for the unpaid family caregiver,
and is presented in partnership with CaregiverU and AGE of Central Texas*

Registration is required and space is limited.

Register for Free: Email reginamos@gmail.com

or call [512-814-8107](tel:512-814-8107) for registration assistance



AGE of Central

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

Give Us a Call!
(512) 451-4611

Thrive Social & Wellness Centers 4865

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

- 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



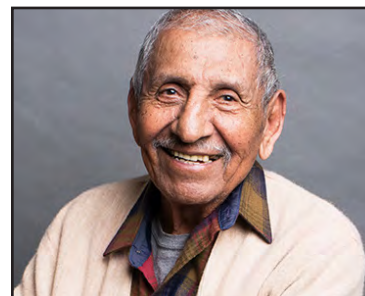
Proud grant partner



(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



Thrive Social & Wellness Centers

- The longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, providing vibrant daytime care for older adults with physical or cognitive needs
- A variety of daily activities planned by activity directors to engage both the body and mind – including exercise, dancing, gardening, pet therapy, discussion groups, music, Brain Booster programs, and much more
- Full-time nurse at each location to assist with medication management and health monitoring
- All-inclusive member services including activities, meals and snacks, and transportation options
- Open Monday - Friday, 7:00 am - 5:30 pm
- Accepting Medicaid, Veterans Administration benefits, long-term care insurance, or private pay at \$70 per day



AGE of Central Texas is an Equal Opportunity Provider

AGE of Central Texas is a non-profit organization dedicated helping older adults and their caregivers thrive as they navigate the realities and opportunities of aging and caregiving. AGE's interrelated programs enhance the health and well-being of older adults and those who care for them, to make aging a shared journey marked by connection, strength, and vitality.

Call today for more information and to schedule a free tour:

**Thrive Social & Wellness
Center - Austin**

3710 Cedar Street
Austin, Texas 78705
(512) 458-6305

**Thrive Social & Wellness Center -
Williamson County**

475 Round Rock West Drive, #120
Round Rock, Texas 78681
(512) 255-4865

Scan with your
smart device for
more information:



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



For more information and to schedule a free admissions interview, contact us today!
MemoryInfo@AGEofCentralTX.org

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

Memory Connections Online Program Summary

- Engaging small group activities offered online over zoom through a monthly subscription program
- Designed for people experiencing changes in memory or cognition
- Variety of activities to promote brain health and peer social connection, including:
 - Brain boosters, such as trivia, puzzles, word games
 - Live music, music therapy or name that tune
 - Social hour or bingo
 - Peer support group
 - Opportunities to learn new things through presentations about travel or various topics
- Activities are usually offered Monday to Friday at 10:30am and 2pm
- In collaboration with you, we create a personalized schedule of activities to meet your goals, needs, and interests

"Having a group like this is really special. I really look forward to these times together. Groups like this help me tolerate more frustrations. Thank you!"



Program Cost

\$100 per calendar month

Please contact us to discuss sliding scale fees - we don't want finances to be an obstacle to joining us.



ANIMALS AROUND THE GLOBE

COMPILED BY AGE OF CENTRAL TEXAS



"I always laugh when I come here, it's enjoyable and makes my day. I think of all of you as friends."

"Zoom has opened new horizons for people like us. When we can't drive, we can still come."

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



Celebratory Luncheon
RESCHEDULED

New Date: January 22, 2021

11:00 am - 2:00 pm

Norris Conference Center in Austin



Plus: Resource & Information Fair

Guest Speaker: Chet Garner
TV's "Daytripper"

To Register, Call (512) 916-6182