

# Williamson County CAREGIVER CONFERENCE

Virtual on September 21-23, 2021



Hosted by:



Presenting Sponsor:



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# **2021 Williamson County Caregiver Conference**

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**Tuesday, September 21st:**

**“Cumulative Stress and Caregiving Resilience:  
Put Your Oxygen Mask on First”**

Lynn Hartje  
Bluebonnet Trails Community Service

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**Wednesday, September 22nd:**

**“Maybe You Should Talk to Someone:  
Q & A with a Dementia Counselor”**

Alyssa Aguirre, LCSW  
University of Texas Dell Medical Center

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**Thursday, September 23rd:**

**“Driving While Aging -  
Safety Considerations for the Aging Population”**

Jennifer Perez Del Rio, OTR  
St. David's Adaptive Driving Program



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## Hosting Organization

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AGE of Central Texas is a leading regional non-profit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community. Visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.

Caregiver Information and Resources.....512-600-9286  
Thrive Social & Wellness Centers - adult day health care:  
Austin.....512-458-6305  
Round Rock.....512-255-4865  
Free Health Equipment Lending.....512-600-9288  
Early Memory Loss Support.....512-600-9275  
Peer-Based Computer Classes for Seniors.....512-524-8519

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## Have a great 2021 8th Annual Williamson County Caregiver Conference!

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

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## Caregiver Support Program

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[www.AAACAP.org](http://www.AAACAP.org)

### 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.

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

## Keynote Speaker

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### Alyssa Aguirre, LCSW

University of Texas Dell Medical School



Alyssa Aguirre is the Assistant Director of Dementia Care Transformation at UT Dell Medical School Department of Neurology and Assistant Professor of Practice for the UT Steve Hicks School of Social Work. She has been a practicing clinical social worker for 12 years and has dedicated her career to implementing evidence-based Alzheimer's interventions, advocating for early diagnosis, and supporting family caregivers. She received her Master's in Social Work from the University of Michigan as a Hartford Fellow and holds a Specialist in Aging certificate. She completed her undergraduate degree in psychology and graduated summa cum laude from the University of Minnesota in 2008. In her current role, she provides counseling at the UT Health Austin Comprehensive Memory Center and works on several research studies.

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Wednesday, September 22nd - 10:00 a.m. - 11:30 a.m.:

#### **Maybe You Should Talk to Someone:**

#### **Q & A with a Dementia Counselor**

This presentation will cover everything from diagnosis to counseling services. Have you ever wondered, "What is the difference between dementia and Alzheimer's disease?" Or, have you ever thought to yourself, "I get so frustrated when they ask the same question over and over again!" Attendees will learn what to expect in a comprehensive evaluation for dementia, review commonly used memory tests, and share suggestions for how to respond to your loved one. If you have ever thought about seeing a counselor, this is your opportunity to ask any questions you'd like.



## Featured Presenters

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### **Lynn Hartje, MS, LPC-S**

#### **Bluebonnet Trails Community Services**

Lynn Hartje is a Licensed Professional Counselor, working for Bluebonnet Trails Community Services, the local Mental Health Authority. He received his graduate degree from Texas A&M University and is currently a clinical consultant, leading the Criminal Incident Response Team, the Critical Incident Stress Management Team, and provides clinical training for teams across the state of Texas.

Lynn was in private practice for the first 20 years of his career, working with adults and adolescents as a psychotherapist. He then entered the public mental health services field as Behavioral Health Services Director at Collin County MHMR, then Helen Farabee Regional MHMR Centers, prior to his work with Bluebonnet Trails.

Lynn has chaired or served on several statewide committees and has served on the boards of numerous organizations, including Texas Council of Community Services, Behavioral Health Director's Consortium, United Way of North Central Texas, NAMI Board of Directors, Homeward Bound Homeless Coalition, and others.

Lynn is certified to teach Mental Health First Aid for Youth, Adults and Law Enforcement; Applied Suicide Intervention Skills Training, as well as Clinical Services mentoring and training.

### **Jennifer Perez Del Rio, OTR**

#### **St. David's Adaptive Driving Program**

Jennifer has more than 20 years of experience working as an occupational therapist and certified driver rehabilitation specialist at St. David's Adaptive Driving Program in Austin, TX. Jennifer specializes in driver safety assessments and training for clients of all ages and diagnoses, with a goal of helping families navigate the complexities of driving and independent community mobility. Jennifer enjoys reaching out to the community to educate clients and caregivers about driver safety so that our community safe.



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# Caregiving CAN BE DIFFICULT

To help you provide more confident and less-stressed care for your loved one, get free access to **The Essential Caregiver Toolkit**.

This comprehensive toolkit features instant access to tools and resources covering an array of topics, such as Caregiving 101, Self Care/Burnout Prevention, Diet & Lifestyle, Legal & Financial, Mental Health, COVID & Caregiving, Home Care, Senior Living, Hospital, Medication Management, Memory/Alzheimer's/Dementia, and End of Life Planning.

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