

Caregiver Playbook

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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.



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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

AGE Information and Resource Center



- Offers caregivers and older adults:
 - 8 educational seminars
 - 4 conferences
 - Individual consultations with those who are seeking supportive programs and resources
 - Caregiver support groups
- All services are free
 - Conferences are financially supported by financial sponsorships from community partners
- Contact Information:
 - 512-600-9275
 - resourcecenter@ageofcentraltx.org
- What we DON'T do:
 - Case Management
 - Counseling

Caregiver Playbook

Overview

1. The six stages that caregivers go through during their caregiving journey
(based on the framework by Denise M. Brown, CareGiving.com)
2. The domains of caregiving tasks
3. Tasks for each stage of caregiving
4. A brief list of resources to get you started in each stage of caregiving



Key to symbols

Resource



AGE of Central Texas
www.ageofcentraltx.org



Website



Caregiving in Central Texas:
A Community Resource Guide
www.agingservicescouncil.org



Publication, booklet, or book

Domain of Caregiving



Maintaining the Household



Advocacy &
Care Coordination



Physical Support



Decision-making &
Surrogacy



Emotional & Social Support



Caregiver self-care



Health & Medical Care

Caregiving changes over time





What stage of caregiving am I in?

**Stage 1:
The Expectant
Caregiver™**

In the near future, I may help a family member or friend.

- Feeling concerned about person needing assistance, based on person's age, medical condition(s), and/or living situation.

**Stage 2:
The Freshman
Caregiver™**

I'm beginning to help a family member or friend.

- Starting to assist person and learning about what caregiving tasks need to be done

**Stage 3:
The Entrenched
Caregiver™**

I am helping a family member or friend.

- Experiencing daily or constant involvement with caregiving

**Stage 4:
The Pragmatic
Caregiver™**

I am *still* helping a family member or friend.

- Approaching caregiving with a practical and realistic approach, caregiver has accepted the caregiving role
- Using community services to help person

**Stage 5:
The
Transitioning
Caregiver™**

My role is changing.

- Caregiving as I know it is ending, because my person lives in a care facility.

**Life After
Caregiving**

My caregiving has ended.

- Finding new meaning and purpose in life after caregiving

Additional Central Texas Resources



Area Agency on Aging of the Capital Area
(512) 916-6062 or (888) 622-9111
AAAinfo@capcog.org

Aging and Disability Resource Center
(855) 937-2372
adrc@capcog.org

Meals on Wheels Central Texas
512-476-6325
email@mealsonwheelscentraltexas.org

Family Eldercare
(512) 450-0844
(512) 459-6436
info@familyeldercare.org

Drive A Senior (6 Branches/Service Areas)
Website: <https://driveasenior.org/>

NAMI Central Texas
[512-420-9810](tel:512-420-9810) (for information & resources only)
info@namicentraltx.org
<https://namicentraltx.org/>

Alzheimer's Foundation – AFA Helpline
9 am-9 pm ET on weekdays and 9 am-5 pm ET on weekends
(866) 232-8484
<https://alzfdn.org/afahelpline/>

Alzheimer's Association 24/7 hotline (800) 272-3900

Alzheimer's Texas hotline
(800) 367- 2132
<https://www.txalz.org/how-we-can-help-programs-services/>

Institute on Aging
24-hour toll-free Friendship Line 800-971-0016
<https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

AARP's toll-free Family Caregiving Resource Line
Monday-Friday, 7 a.m. to 11 p.m. ET
English: 1-877-333-5885
Spanish: 1-888-971-2013
<https://www.aarp.org/caregiving/basics/info-2018/support-line.html>

Additional Central Texas Resources

- Support Groups
- Counseling Support
- Geriatric Care Managers
- Senior Living Advisors
- Disease Specific Organizations
- Subscriptions

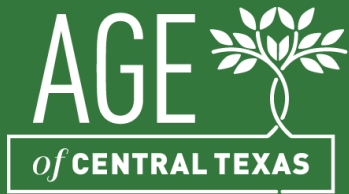


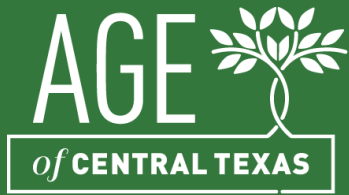
AGE Resource and Information Center

Phone: 512-600-9275

Email: resourcecenter@ageofcentraltx.org

FREE 1-1 Consultations by phone, email, or Zoom.





Sources

1. The Caregiving Years: An Introduction and The Caregiving Years Tip Sheet
Denise M. Brown, Founder of CareGiving.com
<https://www.caregiving.com/the-caregiving-years/>
2. Stages of Alzheimer's, Alzheimer's Association
<https://www.alz.org/alzheimers-dementia/stages>
3. Patient Safety and Quality: An Evidence-Based Handbook for Nurses, Chapter 14 Supporting Family Caregivers in Providing Care
<https://www.ncbi.nlm.nih.gov/books/NBK2665/>
4. Families Caring for an Aging America, Chapter 3 Family Caregiving Roles and Impacts
https://www.ncbi.nlm.nih.gov/books/NBK396398/#sec_000057
5. Caregiver Burden in Different Stages of Alzheimer's Disease
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5439478/>



THANK YOU!



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