



# NAVIGATION FOR CAREGIVERS

## February 26, 2022

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you

## ARDEN COURTS OFFERS COMPLIMENTARY HOME VISITS

Our specially trained Arden Courts memory care advisors would like to help you with your memory care needs. Our staff who have been regularly tested for COVID-19 and follow all CDC protocols and can either meet at your home or at another location of your choice to discuss:

- Planning for a crisis
- Planning for a future with dementia
- How to place in a memory care community during COVID-19
- Safety home assessment
- Memory assessment

Help is just a phone call away. Call today to schedule your personalized home visit.

By reaching out to an Arden Courts' memory care advisor, we can also provide you with many resources, free virtual dementia education information, and support group locations which can offer caregivers in coping strategies and helpful caregiving tips.

To arrange for your home visit, contact:

**Arden Courts of Austin**  
**512.918.2800**

**CALL TODAY FOR YOUR FREE COPY OF DR. TAM  
CUMMINGS' BOOK, *UNTANGLING ALZHEIMER'S:  
THE GUIDE FOR FAMILIES AND PROFESSIONALS.***



**Arden Courts**   
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Leander • Onion Creek • Pflugerville • Round Rock • Westlake



# GPS: Navigation for Caregivers Conference

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9:00 - 9:45 am:

Registration, Sponsor Fair, Breakfast

9:45 - 10:00 am:

Welcome

10:00 - 11:30 am:

Tam Cummings, PhD - Session 1

11:30 am - 12:15 pm:

Lunch and Sponsor Fair

12:15 - 1:45 pm:

Tam Cummings, PhD - Session 2

1:45 - 2:00 pm:

Break, Sponsor Fair

2:00 - 3:00 pm:

Questions and Answers with  
Tam Cummings, PhD

# Sponsors

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Thank you to our sponsors for making this event possible:

## ***Underwriting Sponsor:***

**St. David's Foundation**

## ***Presenting Sponsors:***

**Arden Courts Memory Care**

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## Hosting Organizations

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Riverbend Church aims to make Austin a great place for all people as a leading spiritual voice in our community. Creating authentic community. Celebrating the arts in our community. Serving our community. Championing the message of God's grace.



Come find your place, relax, and feel free to participate at your own pace and in your own way, just as you are. Learn more at [www.Riverbend.com](http://www.Riverbend.com)



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.



### A LIFE WELL LIVED. A LIFE WELL EARNED.

Experience the highest levels of hospitality and care at Belmont Village. Through collaboration with top healthcare institutions and universities like University of Texas Health Science Center, our evidence-based health and wellness programs keep seniors thriving.

Learn more at [BelmontVillage.com/Lakeway](http://BelmontVillage.com/Lakeway)



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Through our award-winning Montessori inspired SPARK program, your loved one will receive round-the-clock care that encourages a happy, fulfilling lifestyle. SPARK places ultimate focus on supporting our residents' ideas, choices, and independence. We empower residents to create a community that speaks to them. Our staff foster the natural spark within each individual by encouraging new ideas and helping to make these ideas reality.



The Auberge at Bee Cave and Onion Creek are premiere Memory Care communities serving Austin, Travis County, and the surrounding communities. Whether your loved one requires some help with the activities of daily living (ADLs) or is living with the effects of dementia or Alzheimer's disease, our dedicated staff takes great pride in delivering high-quality care that is compassionate, safe, and resident-centered. Our services are designed to meet our residents' physical, emotional and spiritual needs 24 hours a day, 7 days a week.



The Auberge at Bee Cave  
14058 A Bee Cave Parkway  
Bee Cave, TX 78738  
(512) 714-9543

The Auberge at Onion Creek  
11330 Farrah Lane  
Austin, TX 78748  
(512) 846-7424



## Caregiver Support Group Riverbend Church

meets via Zoom every Monday, alternating  
afternoons and evenings

For more information  
email: [sebutler@austin.rr.com](mailto:sebutler@austin.rr.com)

*"you can do this!"*



## Texas Senior Living Locators

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## Keynote Speaker

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### **Dr. Tam Cummings, PhD**

Tam Cummings, PhD is a gerontologist dedicated to untangling the complexities of dementia. An internationally recognized author, educator and keynote speaker, Dr. Tam has helped thousands of families and professional care partners throughout the United States, England, Canada, Australia, and New Zealand understand the stages of dementia and the process of the disease.

As a gerontologist, Dr. Tam provides private consultation and education services to families; extensive education courses for nurses, social workers, administrators, activity directors, and marketers; keynote addresses and breakout sessions on dementia or the aging process for national, state, or regional conferences; and individualized programming for dementia and memory care communities.

Dr. Tam has worked in dementia communities for more than two decades – providing her firsthand experience with persons living with dementia, their struggles and behaviors, and the frustration families and professionals face daily. She has used that experience to develop her Stages of Dementia tool. She is dedicated and passionate about helping care partners learn the skills needed to provide for care.

Dr. Tam has been the director of social work for a skilled nursing facility, the program director for memory care communities and a geriatric case manager for persons with dementia. She has been in private practice for more than four years.

Earning a master's degree from Baylor University's Institute of Gerontological Studies, Dr. Tam complemented her education with post-graduate studies in educational psychology at Baylor and rural public health at Texas A&M University. She is a member of the National Gerontological Society and Sigma Phi Omega, the National Society for Professional Gerontologists.

Dr. Tam's book, *Untangling Alzheimer's*, is designed to allow the first time caregiver and the longtime professional to gain the understanding and skills they will need to work effectively with persons with dementia. Her dementia staging tool, the DBAT, is adapted from the Global Deterioration Scale. Updated with the behaviors easily recognized in each stage of dementia, the DBAT allows families to track the disease process, prepare for the future and recognize how the behaviors of their loved ones are directly related to damage in the brain's lobes.

**"Planning now, for  
peace of mind later."**



Founded in 2004, Mir Senior Care Management, Inc. & Care Consultants serves individuals facing the challenges and complexities of aging and special needs by delivering the highest quality of life care management services.

Our staff of licensed and certified professionals offer:

- Family Coaching & Support
- Health Advocacy
- Household Coordination
- Quality of Life Advocacy
- Innovation in Transition of Care
- Financial Coordination
- Legal Referrals & Collaboration
- Certified Guardian Program
- Expertise in Special Needs Trusts

We assist families, individuals, adult elder children, medical professionals, lawyers, trust officers and healthcare professionals.



512-975-2444 | [info@mircareconsultants.com](mailto:info@mircareconsultants.com) | [mircareconsultants.com](http://mircareconsultants.com)

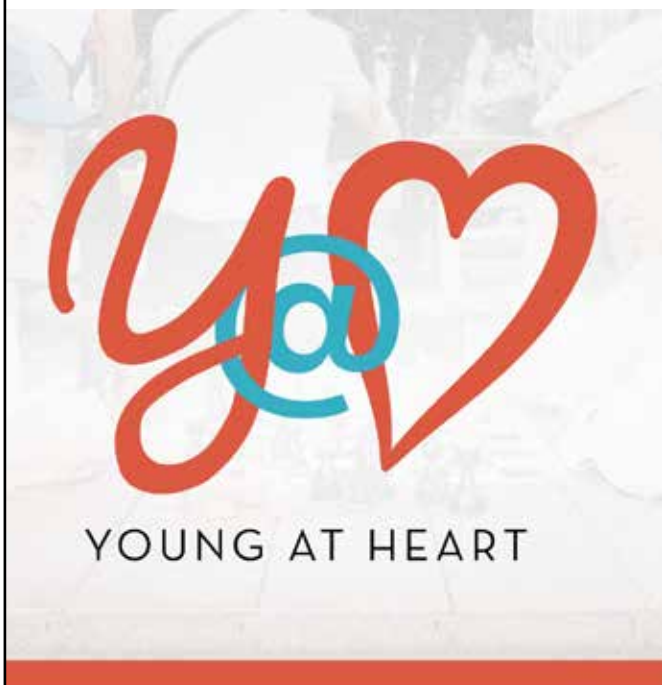
Servicing Austin, Corpus Christi, San Antonio, Round Rock, Georgetown, the Rio Grande Valley and neighboring communities

# Spark Memories at Town Square

Resembling a classic, small town from the 1950's, Town Square is an adult day enrichment center designed to serve those living with dementia and other medical needs. Step back in time with us!

**Schedule a tour today!**

1-512-375-4328  
[www.TownSquare.net/nwaustin/](http://www.TownSquare.net/nwaustin/)  
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## RIVERBEND SENIOR ACTIVITY CENTER

Thursdays from 10:00 - 3:00  
Come play games, enjoy movies and  
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Find out more and get membership  
application by emailing  
[mcathey@riverbend.com](mailto:mcathey@riverbend.com)

Jessica Lizel Cannon  
The Proactive Caregiver  
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your loved ones.



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In Westlake Hills, a half mile south of  
Pennybacker Bridge and just north of  
Westlake Blvd on Loop 360

[www.Riverbend.com](http://www.Riverbend.com)

On Sunday morning we offer multiple service styles, each featuring a thoughtfully prepared, Biblically inspired message about real life issues in real life terms. We provide this variety of expression so that you will be able to find a service style that suits you and makes you feel at home.

Come find your place, relax, and feel free to participate at your own pace and in your own way, just as you are.

- **11:00AM Resonate** — Worship is modern, introspective, and experimental.  
In our main auditorium, The Home for Hope.
- **9:30AM Celebration** — Worship is contemporary, and wide-ranging in styles.  
In our main auditorium, The Home for Hope.
- **8:30AM Heritage** — Worship is traditional, intimate, and hymn-based with piano and vocals. In the Smith Family Chapel.

# Caregivers,

get connected with  
resources that can help



## SENIOR RESOURCE *guide*

[srgtexas.com/subscription](http://srgtexas.com/subscription)

Get fresh + local caregiver content  
delivered straight to your mailbox two  
times a year!

Don't miss out on **30% off** with code:  
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For tools to help you provide more confident  
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**The Essential Caregiver Toolkit:**

[srgtexas.com/caregiveraccess](http://srgtexas.com/caregiveraccess)



# Are you interested in a once-a-week day respite program for caregivers and their loved ones?

Coming Soon to Riverbend Church



for more information about participation or if you  
would like to volunteer

email: [butler1708@gmail.com](mailto:butler1708@gmail.com)





## ***A CAREGIVER'S PRAYER***

Heavenly Father, help me better understand and believe I can do what You ask me to do. Forgive me for the times, even now, when I question Your judgments.

As I go about the many daily tasks of caregiving, give me energy. As I watch my loved one oh-so-slowly walk across the room give me strength.

As I answer his/her repeated question just one more time, give me patience. As I look for solutions to whatever is the most recent concern, give me wisdom.

As I reminisce with him/her about the “good old days,” give me a moment of laughter. As I get to know my loved one in a new way, seeing both his/her strength and frailty, give me joy.

As I sit beside my loved one's bed waiting for his/her pain medication to take effect, give me comfort.

Lighten my burden, answer my prayer, and give me the strength to do what so often seems impossible.

Give me a quiet place to rest when I need it and a quieting of my anxieties when I'm there. Change my attitude from a tired, frustrated and angry caregiver to the loving and compassionate one I want to be.

Remain my constant companion as I face the challenges of caregiving and when my job is through and it is time for me to let go, help me remember he/she is leaving my loving arms to enter your eternal embrace.

In the name of Christ, I pray.

Amen.

*—Dean Busboom  
Senior Adults Ministry Pastor  
Riverbend Church*

# 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](mailto: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](mailto: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](http://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](http://www.AGEcomputer.org) for class schedules and more information.



Proud grant partner of



**(512) 451-4611 | [www.AGEofCentralTX.org](http://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 to 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  
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