

Striking a BALANCE

22nd Annual Caregiver Conference

Virtual Presentations
August 14 - 17, 2023

**Caregiver Town Hall &
Celebratory Luncheon**
August 19, 2023

10:00 a.m. to 2:00 p.m.
Doubletree Austin Hotel

Presenting Sponsor:



*AGE of Central Texas and
the Area Agency on Aging
of the Capital Area (AAACAP)
are proud partners in presenting
this free annual conference
for family caregivers.*



www.AAAcap.org
Caregiver Support Program
1-888-622-9111
Partially funded by
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Get the Family Caregiving Support You Need, When You Need it.

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

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2023 Striking a Balance Caregiver Conference

Virtual Presentations:

Monday, August 14th:

"Engaging Your Family in the Caregiving Journey" with author, columnist, and caregiving expert Dr. Barry J. Jacobs – navigating family dynamics, dealing with guilt as a caregiver, advocating for yourself within the family, and how to deal with a loved one that refuses outside help.

Tuesday, August 15th:

"Tools for Safe Caregiving" with Dena Carpenter, Occupational Therapist – how to use durable medical equipment, perform transfers, and keep yourself and your loved one safe.

Wednesday, August 16th:

"Aspects of Self-Care" with Samantha Young Cervantes, author and eldercare consultant – the importance of self-care, and how to find what works for you.

Thursday, August 17th:

"Managing Dementia through Effective Caregiving" with Faith Lane, Alzheimer's Association of the Capital Area – managing behaviors, practical information and techniques, how to find help, and why raising your voice as a caregiver is important.

Saturday, August 19th:

10:00 a.m. - 11:00 a.m.

Registration and Resource Fair
Phoenix Ballroom South

11:00 a.m. - 12:00 p.m.

Caregiver Town Hall Meeting
Phoenix Ballroom North
Facilitator: Kim Barnes

12:00 p.m. - 1:00 p.m.

Lunch and Keynote Presentation:
Chet Garner - Host of TV's *The Daytripper*

1:00 p.m. - 2:00 p.m.

Resource Fair

**Please complete a brief survey before you leave to let us know how to improve this event. Thank you!*

VITAS vs Palliative vs Home Health

	V VITAS	Palliative Care	Home Health
Eligibility Requirements	Prognosis required: ≤ 6 months if the illness runs its usual course	Prognosis varies by program, usually life-defining illness	Prognosis not required
Plan of Care	Skilled need not required	Skilled need not required	Skilled need required
Length of Care	Quality of life and defined goals	Quality of life and defined goals	Restorative care
Homebound	Unlimited	Variable	Limited, with requirements
Targeted Disease-Specific Program	Not required	Not required	Required, with exceptions
Medications Included	✓	Variable	Variable
Equipment Included	✓	X	X
After-Hours Staff Availability	✓	X	X
RT/PT/OT/Speech	✓	X	✓
Nurse Visit Frequency	Unlimited	Variable	Limited, based on diagnosis
Palliative Care Physician Support	✓	Variable	X
Levels of Care	4	1	1
Bereavement Support	✓	X	X

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Alzheimer's Association Capital of Texas

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Brain Check

Capital Area Parkinsons Society

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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.



ALZHEIMER'S ASSOCIATION®
When Alzheimer's or dementia touches your life...



We're here for you.
Scan the QR code or visit alz.org/texascapital for information and resources



Or call our free, 24/7 Helpline at **800.272.3900**

Education and support programs are available in both English and Spanish. For topics, dates and registration links visit bit.ly/alzcaptxedu



Map out a plan to approach Alzheimer's
alzheimersnavigator.org



Educational and dementia care resources
alz.org/training



Online resources for caregivers
alz.org/care

Local help with your Medicare questions.



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Featured Presenters



Dena Carpenter, M.S. OTR, CAPS

Author and Eldercare Consultant

Dena Carpenter, M.S. OTR, CAPS, is a member of the American Occupational Therapy Association NBCOT Board Certified Occupational Therapist. She earned her Master in Science in Occupational Therapy from Indiana University and has been designated as a Certified Aging in Place Specialist (CAPS) through the National Association of Homebuilders (NAHB). She currently works with the Area Agency on Aging of the Capital Area as an occupational therapist for the CAPABLE Program (Community Aging in Place, Advancing Better Living for Elders)



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Baylor Scott & White
HEALTH


Featured Presenters



Samantha Young Cervantes

Author and Eldercare Consultant

Samantha Young Cervantes is an eldercare consultant who has spent more than 25 years in long term care. She assists older and differently abled adults and has spent the majority of her career helping families navigate the often confusing eldercare system. She went from owning an adult day care to developing one of the first licensed home care agencies in Austin to founding her own home health care company. As the sole caregiver for her parents for over 10 years, she has first-hand experience with family caregiving. *10 Steps to Organized Caregiving* and the accompanying fillablepdf are the culmination of her personal and professional knowledge, organized to help put families and their caregivers in the driver's seat.



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The **INFRONT-3 study** is currently enrolling patients (aged 25 to 85 years old) to evaluate the benefits and side effects of an investigational treatment for frontotemporal dementia (FTD). To participate, you need to have a diagnosis of FTD or be at risk for developing FTD symptoms, and have a confirmed progranulin gene mutation.

Additional exclusion and inclusion criteria apply. For more information, call **650-826-2454**, email **clinicaltrials@alector.com**, or visit us at our table.

Clinical Trial NCT number: **NCT04374136**

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Get Paid to Play Brain Games.

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Requirements

We are looking for individuals 50 years of age or older who are generally healthy without neurological conditions or any condition that may affect your memory.

Testing Locations

Houston, Austin, Seattle

For more info

Visit **BrainCheck.com/study**
or call **(888) 874-1847**

SCAN CODE



TO REGISTER

Featured Presenters



Dr. Barry J. Jacobs

Best-Selling Author and National Caregiving Columnist

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 recently-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.



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Founded in 1984 the Capital Area Parkinson's society (CAPS) is a 501(c)(3) non profit organization dedicated to supporting the needs of people with Parkinson's and those who care for them. Support Groups, education, respite/socialization, medical resource navigation and CAPS cares, a fund helping with food, transportation, and much more are some of the ways CAPS services people with PD. Call 512-371-3373 or email info@capitalareaparkinsons.org for more information or to volunteer today!

Featured Presenters



Faith Lane

Alzheimer's Association of the Capital Area

Faith Lane is an experienced community development professional, with 15 years in the Texas nonprofit sector. After earning her undergraduate degree from Texas A&M University, she then pursued a Masters in Community & Economic Development from Pennsylvania State University. She joined the Alzheimer's Association, Capital of Texas chapter, in 2021 and now works to raise awareness around Alzheimers and all forms of dementia through community engagement and education opportunities.

Celebratory Luncheon Keynote Speaker

Chet Garner



Chet is the creator, executive producer, writer, and host of TV's *The Daytripper*. Around these parts, they call him the "trail boss."

Chet loves Texas and loves barbecue, which means he considers his job to be the greatest job on earth.

Chet is also a proud husband, proud father of 5, Eagle Scout, monthly contributor to *Texas Highways Magazine*.

AGE of Central Texas needs your help to continue providing FREE, year-round resources and educational opportunities like the annual “Striking A Balance” Caregiver Conference!

Make a gift today to help keep these community resources free to those in the community who need them.

Scan the QR Code to make a donation!



Caregiver Support Program

1-888-622-9111

Partially funded by Health and Human Services

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.

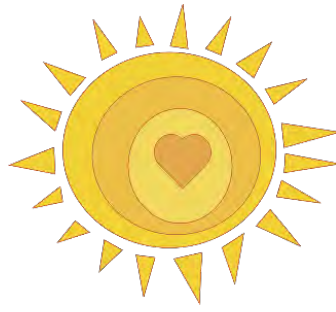
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A Program of the Capital Area Council of Governments, partially funded by Health and Human Services

Striking a BALANCE

CAREGIVER CONFERENCE

Caregiver Resources



A Caregiver's Bill of Rights

By Jo Horne

I have the right:

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer need my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.



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Website: www.aaacap.org

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www.capcog.org





We advocate for and support the health, safety and well being of adults 60 and older.

Information & Referral/Assistance — Helps older adults find and access community resources, programs, and services.

Benefits Counseling — Educates and advises older adults and caregivers about insurance issues, benefits and consumer problems related to Medicare & other public benefits.

Ombudsman Program — Advocates for older adults living in nursing or assisted living facilities.

Health and Wellness — Promotes and assists with healthy aging, such as physical activity and fall prevention, with the goal of supporting the independence of older adults.

Care Coordination — Coordinates short-term services for older adults who are recuperating at home after a health care crisis.

Caregiver Support Services — Provides support to people who care for an older adult or someone with a disability; grandparents or non-parent relatives age 55 or older with formal or informal custody of a child age 18 years or younger.

Nutrition Programs — Provides in-home and group setting meals.

Medication Screening — Reviews prescribed or over the counter medications, supplements, and ointments; summarizing their purpose to inform about potential negative interactions and give tips for safe medication management.

Aging and Disability Resource Center — Assists with finding resources for housing, transportation, and long-term care services and supports for older adults, people with disabilities and their caregivers.

Area Agency on Aging of the Capital Area

1-888-622-9111 or 512-916-6062

Aging and Disability Resource Center of the Capital Area

1-855-YES-ADRC or 1-855-937-2372

AAACAP.ORG and ADRCCAP.ORG

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Fayette, Hays, Lee, Llano, Travis and
Williamson counties

Funded in part by
Texas Health and Human Services

Defendemos y apoyamos la salud, la seguridad y el bienestar de los adultos de 60 años y mayores.

Información y Referencia — Ayudar a las personas de mayor edad en la búsqueda y en el acceso de recursos, programas y servicios en sus áreas locales.

Orientación Sobre Beneficios — Educar y aconsejar adultos mayores y cuidadores sobre problemas de seguro médico, beneficios y problemas relacionados con Medicare u otros beneficios públicos.

Programa de Ombudsman de Atención a Largo Plazo — El Ombudsman (Defensor) defiende la calidad de vida y atención de los residentes de entorno residencial, como una casa para convalecientes y viviendas en residencias asistidas.

Salud y Bienestar — Promover y ayudar con el envejecimiento saludable, como la actividad física y la prevención de caídas, con el objetivo de apoyar la independencia de los adultos mayores.

Coordinación de Cuidado — Coordinar los servicios a corto plazo para las personas quien están recuperando en casa de una crisis médica.

Servicios de Apoyo para Cuidadores — Brindar apoyo a las personas que cuidan de un adulto mayor o de una persona con discapacidad. Servicios disponibles para abuelos u otro familiar de 55 años o más (distintos de los padres), que tengan custodia formal/informal de un niño de 18 años o menor.

Programas de Nutrición — Prover comidas a domicilio o en entornos de grupo.

Evaluación de Medicamentos — Revisión completa de medicamentos prescritos y sin receta por un farmacéutico. Recibirá un informe personalizado de consejos informativos y alertas sobre posibles interacciones negativas y sugerencias para el manejo seguro de medicamentos.

Centro de Recursos para Adultos Mayores y Personas

Discapacitadas — Ayudar a encontrar recursos para la vivienda, transporte y servicios de atención u otros tipos de apoyo a largo plazo para adultos mayores, personas con discapacidades y sus cuidadores.

Agencia para Adultos Mayores de la Área de la Capital

1-888-622-9111 or 512-916-6062

Centro de Recursos para Adultos Mayores y Personas Discapacitadas

1-855-YES-ADRC or 1-855-937-2372

AAACAP.ORG y ADRCCAP.ORG



Se proporcionan servicios a los condados de
Bastrop, Blanco, Burnet, Caldwell, Fayette,
Hays, Lee, Llano, Travis y Williamson.

Financiado en parte por el
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AGE of Central Texas

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

Give Us a Call!
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Thrive Social & Wellness Centers - Central: (512) 458-6305 | Williamson County: (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 living with dementia, memory loss, or physical changes due to aging.
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Central Austin Center:

Williamson County Center:

South Austin Center:

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Information & Resource Center - (512) 600-9275 | Email: ResourceCenter@AGEofCentralTX.org

- Free personalized resource and information navigation.
- Free monthly caregiver support groups throughout Central Texas and online.
- Free educational seminars, workshops, and conferences for family caregivers and older adults.
- We are here to answer your questions about aging and caregiving!

Health Equipment Lending Program - (512) 600-9288 | Email: Equipment@AGEofCentralTX.org

- Free gently-used durable medical equipment and free incontinence products available.
- We welcome donations of basic durable medical equipment and incontinence products.
- For an appointment, call (512) 600-9288 or email Equipment@AGEofCentralTX.org to request or donate items.

Memory Connections - (512) 763-2148 | Email: MemoryInfo@AGEofCentralTX.org

- A comprehensive online support program for older adults experiencing mild or early-stage cognitive changes.
- Monthly subscription program helps participants take a proactive approach to maintaining their quality of life.
- Central Texas' only source for Cognitive Stimulation Therapy, an evidence-based intervention designed to actively stimulate the brain in a positive social environment.
- Includes "The Trailhead" brain health series, support groups for participants and care partners, daily online activity schedule, and ongoing individualized support.

CaregiverU - (512) 600-9279 | Email: CaregiverU@AGEofCentralTX.org

- Free evidence-based caregiving courses for non-professional, family caregivers as well as courses for older adults who want to prevent falls.
- Classes offered year-round online and in-person 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.
- Visit www.AGEcomputer.org for class schedules and more information.



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Central Office and 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

South Center and Thrive Center:

9400 Alice Mae, Austin, TX 78748

CAREGIVERU

A Program of AGE of Central Texas

CaregiverU is a collaboration of numerous Central Texas non-profit agencies and community organizations, joining together to provide free classes offering support and resources to family members that are caring for an older loved one.

Classes are offered at no cost to participants, and the courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:
www.CaregiverUcentx.org

Powerful Tools FOR Caregivers

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

According to the Centers for Disease Control, one out of three older adults experience a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults. **A Matter of Balance** is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work.

SAVVY Caregiver

Taking care of a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven, professional-level training for the non-professional, family caregiver. The small group discussion format addresses the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities.



For more information and services, contact:

AGE of Central Texas

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

CaregiverU funding provided
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Use your smart
device to find
a free class
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