

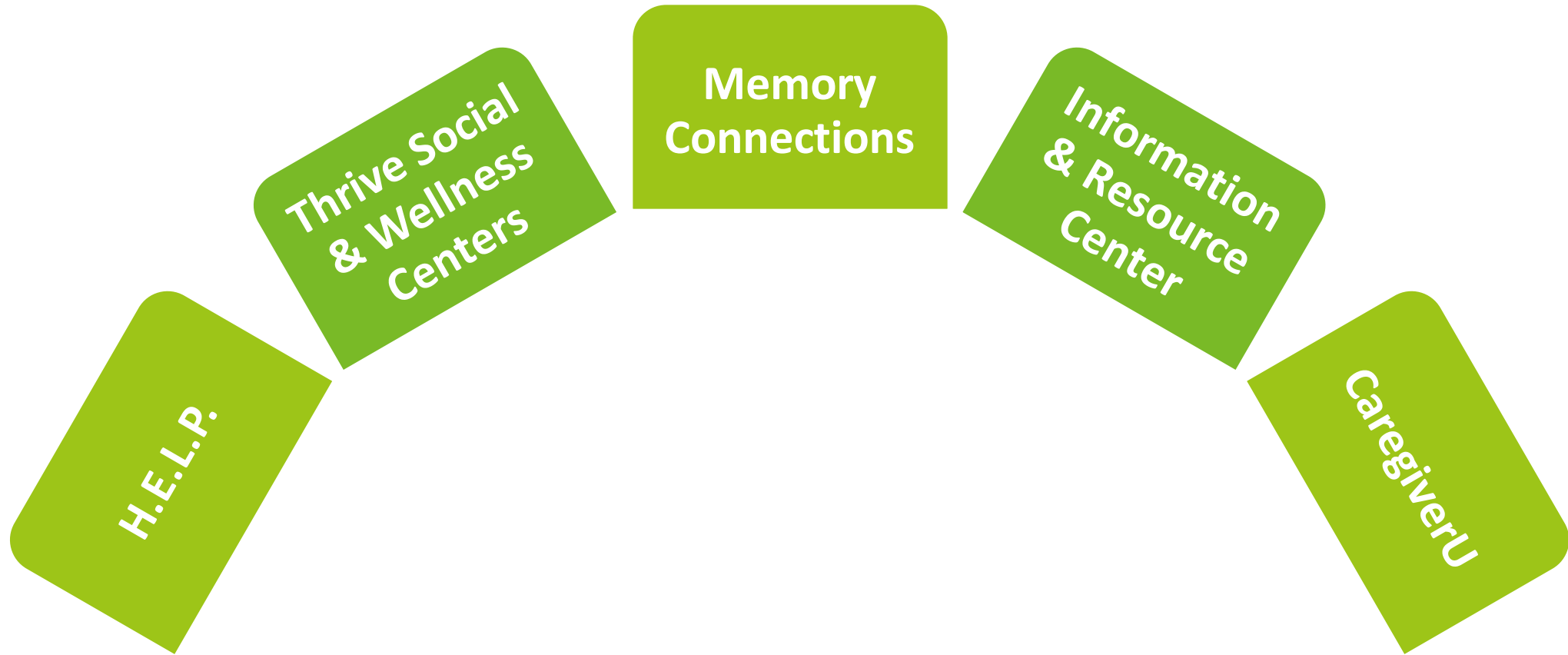
Caregiver Playbook

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All About AGE of Central Texas

AGE of Central Texas helps older adults and their caregivers thrive as they navigate the realities and opportunities of aging and caregiving.



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

6 Stages of Caregiving

The Expectant
Caregiver™

The Freshman
Caregiver™

The Entrenched
Caregiver™

The Pragmatic
Caregiver™

The Transitioning
Caregiver™

Life After Caregiving™



The Expectant Caregiver™

- Key word: Ask
- Prepare, research, gather information
- “In the near future, I may help a family member or friend”
- I am concerned but don't have a formal diagnosis



The Freshman Caregiver™

- Key word: Find
- Find solutions; what works and what doesn't
- "I'm beginning to help a family member or friend"
- Early-stage dementia causing disease or mild cognitive impairment



The Entrenched Caregiver™

- Key word: Receive
- Find the strength to continue
- Accept help and support
- “I am helping a family member or friend.”
- Mild to moderate dementia symptoms



The Pragmatic Caregiver™

- Key word: Welcome
- Approach caregiving practically and realistically
- Welcome opportunities for connection and forgiveness
- “I am *still* helping a family member or friend.”
- Moderate dementia symptoms



The Transitional Caregiver™

- Key word: Allow
- Focus on your relationship with the person
- Supervise care
- “My role is changing.”
- Severe or late-stage dementia symptoms



Life After Caregiving™

- Key word: Treasure
- “My caregiving has ended.”
- Finding new meaning and purpose in life after caregiving.
- Integrate your former role as a caregiver into your life going forward.



Resources for the Journey



Additional Central Texas Resources

AREA AGENCY ON AGING OF THE CAPITAL AREA

512-916-6062 or 888-622-9111

<https://www.capcog.org/divisions/area-agency-on-aging/>

AGING AND DISABILITY RESOURCE CENTER (ADRC) OF THE CAPITAL AREA

855-937-2372

<https://www.capcog.org/divisions/area-agency-on-aging/#aging>

MEALS ON WHEELS CENTRAL TEXAS

512.476.MEAL(6325)

<https://www.mealsonwheelscentraltexas.org/>

ALZHEIMER'S FOUNDATION

866-232-8484

<https://alzfdn.org/>

ALZHEIMER'S ASSOCIATION OF CENTRAL TEXAS

800-272-3900

<https://www.alz.org/>

ALZHEIMER'S TEXAS HOTLINE

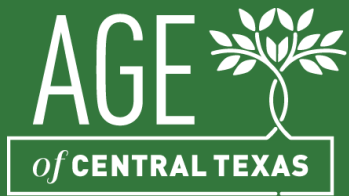
512-241-0420

<https://www.txalz.org/>

AARP

888-687-2277

<https://www.aarp.org/>



Additional Central Texas Resources

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



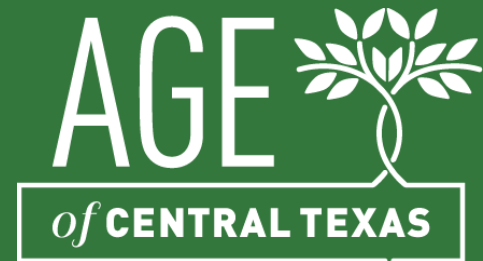


Sources

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

AGE Information & Resource Center

Phone: 512-600-9275

Email: resourcecenter@ageofcentraltx.org

FREE 1-1 Consultations by phone or Zoom

