



The Community Connection For Older Adults

From the Aging Services Council of Central Texas

SECOND EDITION

FALL 2010

Welcome to the Community Connection. This newsletter is brought to you by the Aging Services Council and is meant to give you the latest news and information of interest to our older adult population. The Community Connection is distributed by volunteers of the Neighborhood Ambassador Program, one of the many projects of the Aging Services Council. Neighborhood Ambassadors disseminate the newsletter through contacts that they already have in place, such as neighborhood associations, civic organizations, churches, etc.

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SECTION 1 HOT TOPIC OF THE MONTH

November is National Family Caregivers Month!

Traditionally, November is the month when we reflect on all that we are thankful for in our lives. Along that theme, we are thankful for those who devote their time and energy as caregivers. How appropriate then that we celebrate National Family Caregivers Month in November!

Who are the caregivers in our lives? Caregivers include spouses, adult children, parents, grandparents, sisters, brothers, nieces, nephews, friends, neighbors, to name a few of the many possibilities.

According to the National Family Caregivers Association, "Rosalyn Carter said it best, 'There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.'" Some of the statistics provided by the NFCA website are as follows:

- More than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one. Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP; November 2009
- The value of the services family caregivers provide for "free," when caring for older adults, is estimated to be \$375 billion a year. That is almost twice as much as is actually spent on homecare and nursing home services combined (\$158 billion). Evercare Survey of the Economic Downturn and Its Impact on Family Caregiving; National Alliance for Caregiving and Evercare. March 2009
- The typical family caregiver is a 49-year-old woman caring for her widowed 69-year-old mother who does not live with her. She is married and employed. Approximately 66% of family caregivers are women. More than 37% have children or grandchildren under 18 years old living with them. Caregiving in the United States; National Alliance for Caregiving in collaboration with AARP. November 2009

As we reflect on all we give thanks for during the holidays and throughout the year, let's remember to give thanks for the loving, tireless caregivers in our lives!

SECTION 2 AGENCY SPOTLIGHT

Resources for Caregivers: AAA, AGE, Family Eldercare, and Mike's Place



The **Area Agency on Aging of the Capital Area's Caregiver Support Program** provides support for the caregiver while at the same time promoting the health, safety and well-being of both the caregiver and care recipient. Short-term care planning affords the caregiver an opportunity for respite and assistance with long-term planning. The program is designed for individuals and families caring for adults over the age of 60 (under 60 if diagnosis of Alzheimer's disease or related dementia). Respite and support may come in a number of forms while identifying the needs through in-home assessment. Services offered to meet the immediate goals may include: information and referral, education/training, service coordination, residential repair, durable medical equipment (not covered by Medicare), in-home respite and medications screening. The caregiver is the consumer and his or her needs are evaluated before services are authorized. Are you taking care of an elder? Need respite and care planning? Please contact our Intake Specialist at 512/916-6067.

The founders of **Austin Groups for the Elderly (AGE)** believed that "aging is a shared journey of triumph," and AGE aims to support caregivers at many different places along that journey. Their programs include the Caregiver Resource Center, the Durable Medical Equipment Lending Closet, and Elderhaven Adult Day Health Centers of Travis and Williamson Counties. The **Caregiver Resource Center** offers immediate and ongoing support to those who provide care to an aging person. Through free, personalized consultations, CRC staff helps to improve the quality of life and maintain an optimum level of independence for caregiver and their families. The CRC collaborates with health professionals and area organizations to connect caregivers with necessary resources, and hosts free educational seminars for caregivers several times a year. **Elderhaven Adult Day Health Centers** provide a unique bridge of support between living independently and receiving full-time care. Their therapeutic program of engaging activities, nursing care, and nutritious meals sustain seniors with physical or cognitive limitations. As the only medical-model licensed day centers in Williamson and Travis counties, Elderhaven is a great choice for seniors who want the benefits of living at home while remaining active in their communities. AGE's **Durable Medical Equipment (DME) Lending Closet** provides assistive devices at no cost to seniors and others who need these items to live safely in their homes. Available equipment typically includes wheelchairs, walker, shower chairs, and crutches. They also accept and distribute adult incontinence products. For more information about any of these AGE services, please call 512-451-4611.



Family Eldercare, Inc. is a not-for-profit agency that has been serving the Central Texas community for nearly thirty years. We want to ensure that all older adults and caregivers receive the highest quality service. Our **In Home Care and Caregiver Services** program provides quality care in the home including homemaker assistance, personal care assistance, companionship, escorted transportation, heavy housecleaning, and family caregiver relief, resources, education, and support. Services are provided on a sliding fee scale. The In Home Care and Caregiver Services program has a geriatric consultant on staff to provide comprehensive assessments, consultation, family mediation, a monthly caregiver support group meeting, and counseling or therapy that is covered by Medicare Part B. For more information regarding In Home Care and Caregiver Services, please call Dawn Lakamsani, LCSW at 512-483-3556.

In addition to delivering hot, nutritious meals to the elderly, disabled, and homebound in the Greater Austin area, **Meals on Wheels and More** offers several "And More" services including **Mike's Place**. Mike's Place is a once-a-week program for folks with Alzheimer's Disease and other types of memory loss and dementia and also serves as a source of support and rest for caregivers. Time spent at Mike's Place provides each individual with an opportunity to be social and have fun, while being occupied with stimulating and appropriate activities in a warm, safe, and caring environment. At the same time, caregivers may be ensured a bit of free time to relax. Mike's Place is held every Wednesdays from 9:30 a.m. to 1:30 p.m. and the second Saturday of the month from 10 a.m. to 2 p.m. at Meals on Wheels and More, 3227 E. 5th Street, Austin. If you or someone you know would be eligible to join us at Mike's Place, please call Marjorie Murphey-Camacho at (512) 476-6325 x. 138 or email her at mmcamacho@mealsonwheelsandmore.org



Meals on Wheels and More

SECTION 3 ISSUES IN AGING

Mark your Calendar for Medicare Open Enrollment!

SHOP YOUR MEDICARE OPTIONS: *October 1- November 14*

Each October, benefit and premium information becomes available for all Medicare plans for the upcoming year. This is the time to begin comparing plans and benefits so you can make an informed decision in November.

ENROLL NOW: *November 15- December 31*

If you're already a Medicare member, this is your opportunity to make changes to your existing plan coverage. During the enrollment period you are eligible to join a Medicare Advantage plan, change Medicare Advantage plans, return to Original Medicare or change prescription drug plans. These enrollment changes take effect on January 1 of the following year.

DISENROLL: *January 1- February 15*

During this period Medicare Advantage members can disenroll from their Medicare Advantage plan and return to Original Medicare. These enrollment changes made take effect the month following the change.

LOCK-IN: *February 16- November 14*

You cannot join, switch or drop your Medicare plan for the rest of the calendar year unless you qualify for an exception. You can make changes anytime of year if you have both Medicare and Medicaid or qualify for Extra Help.

Are you celebrating turning 65?: If you are aging-in to Medicare you qualify for an exception, and have the option to enroll in a Medicare health plan for 7 months: three months prior to the month you turn 65, the month of your 65th birthday and three months after the month you turn 65.

Important Reminder: You may also qualify for Medicare due to a disability. You may apply between the three months before and three months after your 25th month of disability.

For more information call 1-800-MEDICARE (1-800-633-4227), visit www.medicare.gov, or contact the AAACAP Benefits Counselor toll free at 1-800-622-9111 or Austin area local (512) 916-6055.

SECTION 4 RESOURCE UPDATE

Capital Area Lifespan Respite Care Program



Respite services, which are defined as temporary relief from caregiving duties, is an underutilized service for caregivers. While it is currently available in the Travis-county area, capacity is limited and there is no formal method of coordination. The **Capital Area Lifespan Respite Care Program**, a new project awarded by the Texas Department of Aging and Disability Services to the Capital Area Council of Governments/Area Agency on Aging of the Capital Area, will inventory current respite care services, and increase the use of in-home respite care through the use of respite care vouchers, vendor agreements and the development of a volunteer-based respite program.

The Program will target caregivers caring for individuals of any age with any chronic health conditions(s) and/or any disability in Travis and the nine surrounding counties with specific emphasis on identifying those in rural areas and those who are not eligible for respite services through other programs.

In addition, the project will provide caregiver education. Many caregivers are unaware of the health risks involved in caregiving and the importance of proper nutrition, exercise and rest. Caregiving can result in the premature death of the caregiver due to the stress under which they are providing care for extended periods without relief. Through the presentation of caregiver education regarding self-care, and the provision of appropriate tools and techniques, it is expected that caregivers will access additional caregiver services which will include informal respite care provided by family, friends and neighbors.

For additional information, contact Jill Findlay, Program Manager, at jfindlay@capcog.org or 512-916-6060.

SECTION 5 MEETINGS AND EDUCATIONAL OPPORTUNITIES

October 9, 2010 10 a.m.- noon. End of Life Planning Issues. *Presented by AGE.*

Panel Discussion with experts: Legal documents, advance directives, financial and estate planning issues, funerals, and hospice.
AGE Building Dining Room ♦ 3710 Cedar Street ♦ Austin, TX 78705
Please RSVP for this free seminar to Bruce Kravitz by calling 451-4611 ext 236 or bkraivitz@ageofaustin.org

October 12, 2010 1:00 -1:45 p.m. Learn about the changes to Medicare for 2011. *Presented by Family Eldercare* Lifetime Connections Without Walls Phone Presentation. Call 512-628-1685 to register.

October 19, 2010 1:00 - 1:45 p.m. Learn about Social Security Benefits. *Presented by Family Eldercare* Lifetime Connections Without Walls Phone Presentation. Call 512-628-1685 to register.

October 26, 2010 1:00 - 1:45 p.m. Coping with Grief During the Holidays. *Presented by Family Eldercare* Lifetime Connections Without Walls Phone Presentation. Call 512-628-1685 to register.

October 29, 2010 10:00 a.m. - 12:00 p.m. Fraud Expo covering identity theft, investment scams, and Medicare fraud. Jonestown Senior Center ♦ 18649 FM 1431 #6A ♦ Jonestown, TX 78645. Call 512-628-1685 to register. *Sponsored by Family Eldercare.*

November 3, 2010 12:30 p.m. - 2:30 p.m. Fraud Expo: Identity theft, investment scams, Medicare fraud, and reverse mortgages. Round Rock Allen R. Baca Center in the Grand Meeting Room ♦ 301 West Bagdad Avenue ♦ Round Rock, TX 78664. Call 512-628-1685 to register. *Sponsored by Family Eldercare*

November 4, 2010 2:00 p.m. - 3:00 p.m.

Learn about changes to Medicare for 2011 and how to prevent Medicare fraud. *Presented by Family Eldercare.*
North Loop Public Housing Apartments ♦ 2300 West North Loop Blvd ♦ Austin, TX 78756. Call 512-628-1685 to register.

November 4 & 5. Engaging Aging: Innovative Strategies for Health and Wholeness.

Featuring Tieraona Low Dog, MD and Naomi Feil, MS, ACSW. *Hosted by Texas Long Term Care Institute at Texas State University*
Wyndham Garden Hotel ♦ 3401 South IH-35 ♦ Austin, TX 78741.
Contact (512) 245-8234 or LTC-Institute@txstate.edu for registration information.

November 13th, 2010 10 AM- Noon. Health Insurance Options for Seniors. *Presented by AGE.*

Learn about the newest changes and additions for health care for seniors.
AGE Building Dining Room ♦ 3710 Cedar Street ♦ Austin, TX 78705
Please RSVP for this free seminar to Bruce Kravitz by calling 451-4611 ext 236 or bkraivitz@ageofaustin.org

November 16, 2010 1:00 -1:45 p.m. Learn about changes to Medicare for 2011. *Presented by Family Eldercare.* Lifetime Connections Without Walls Phone Presentation. Call 512-628-1685 to register.

Recurring. ALZ 101: An Introduction to Alzheimer's Disease *Presented by Alzheimer's Association Capital of Texas Chapter* Topics include 10 Warning Signs, disease progression, prevention, plus things to know and do when facing the disease. To register for the class, call 800-367-2132 or 512-241-0420. This presentation is repeated at the following times and locations each month:

Round Rock (First Thursday): October 7, November 4, December 2 from 10 am - 11:15 am
Allen R. Baca Center (Arts & Crafts Room) ♦ 301 W. Bagdad, Bldg. 2 ♦ Round Rock, TX

Austin (Second Tuesday): October 12, November 9, December 14 from 6 pm -7:15 pm
Capital of Texas Chapter Office. ♦ 3429 Executive Center Drive, Hubbard Bldg., Suite 100 ♦ Austin, TX 78731

San Marcos (Fourth Tuesday): October 26, November 23, December 28 from Noon - 1:15 pm
Community Fish Hatchery Bldg at Plaza Park ♦ 204 CM Allen Parkway ♦ San Marcos, TX 78666

Recurring. Days Gone By Education Series featuring author Deana Lueckenotte

Monthly series. Topics include: end of life issues, behavior management, caregiver tips and community resources.
Offered October 6, November 3, December 1 from 10 - 11 am
Cowan Creek Amenities Center, Florence Room ♦ Sun City, TX ♦ RSVP to (254) 535-7584.
Presented by Scott & White Hospice and Home Care, Tiffin House and Alzheimer's Association Capital of Texas Chapter

ADDITIONAL INFORMATION

To learn more about the Neighborhood Ambassador Program, Aging Services Council of Central Texas or this newsletter, email: ambassador@capcog.org, or call 512-916-6053.

Information in this newsletter does not constitute endorsement by the Aging Services Council of Central Texas of any service or product.