



CREATIVE CHOICES

In this issue:	
• Salute to Caregivers	1
• AGE of Central Texas	1
• President's Message	2
• Executive Director's Message	2
• Family Eldercare	3
• Local & State Caregiver Resources	3
• Assistance with Local Transportation	4
• Living Arrangements	5
• National Caregiver Resources.....	5
• AARP Caregiving Resource Center	6
• Harvard's <i>Caregiver's Handbook</i>	6
• Austin Memorial Park Plots for Sale	7
Fall 2016	

The Newsletter of the Funeral Consumers Alliance of Central Texas

A BIG SALUTE FOR CAREGIVERS!

*There are four kinds of people in this world:
 those who have been caregivers, those who currently are caregivers,
 those who will be caregivers, and those who will need caregivers.*
 - Rosalynn Carter

In a recent talk about end-of-life care, palliative care physician Dr. Leigh Fredholm cited research indicating that, in the United States and most of the developed world, only 10% of us will experience a sudden death. The rest of us will experience a chronic, progressive, debilitating illness that, on average, will take up 10% of our life span. During this time, nearly all of us will need one or more caregivers . . . caregivers who need to take care of themselves along the way.

This issue of **Creative Choices** is dedicated to all caregivers. We hope that you will use and share the listed resources with anyone you know who is taking care of another person, often a close friend, an elderly parent or someone who is chronically ill or disabled.

	<p>This newsletter with clickable hot links is on our website at www.fcactx.org/newsletters.html</p>
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AGE OF CENTRAL TEXAS

www.ageofcentraltx.org/caregiver.php; 512-600-9275

AGE offers educational events, information, resources, and support groups for people who provide care to an aging or disabled adult. All caregiver services are provided at no cost.

AGE can help

- Anyone facing an eldercare crisis who doesn't know where to turn
- Adult children living far away from aging parents
- Adult children living locally but overwhelmed with financial concerns, logistical issues, career burdens, or a hectic lifestyle
- Families coping with loved ones who have physical disabilities, memory loss or depression
- People who need assistance to maintain their level of independence
- Physicians who are concerned about a patient's ability to transition home after rehabilitation or a hospital stay

Free Personal Consultations

The AGE staff can help you search for housing, transportation, physical and mental health resources, financial and legal resources, government benefits, educational and recreational activities, in-home and adult daycare services, and other services for seniors or family caregivers. Call 512-600-9275 or stop by the AGE building, 3710 Cedar St., Austin, TX 78705.

President's Message



Hello, FCACTX community members,

I hope you were able to celebrate the Thanksgiving holiday in a way that was enjoyable and meaningful. The holiday season can be a tough

time, especially for caregivers.

This newsletter provides you with an extensive list of resources for caregivers. Surely there will be something for everyone.

As caregiver for both of my parents and temporarily for both my brother-in-law and more than once for my sister, I could have used such a list of resources.

My father had Alzheimer's and had been living in a small Texas town. As his needs increased, finding a suitable place for him to live was one of the most difficult issues for me. In this, certainly I am not alone. Living at home or with a family member is ideal -- until it isn't.

When we were ready to move him to Austin, I discovered how many different levels of care and criteria there are in qualifying for those levels. Before a decision was reached, I had spent many hours on the internet and the phone and had visited 14 locations for potential living arrangements. At last, it was a phone call to **A Place for Mom** that helped me find living arrangements for my father.

In researching this complex topic for our newsletter, I came across **HelpGuide.org**, which appears to be a comprehensive resource with a very helpful *Senior Housing Options* page. You will find HelpGuide and other housing resources under **Living Arrangements** on page 5 of this newsletter.

Happy Holidays. We will see you in the New Year.

Sarah Reves
president@fcactx.org

Executive Director's Message



Dear friends of FCACTX,

For several years I've been championing advance directive documents, specifically the medical directives that speak for us when we are unable to speak for ourselves.

For six years I have listened to attorneys and hospice social workers discuss these medical directives. Finally, on October 26, I heard what a **physician** – Dr. Leigh Fredholm – had to say about these documents.

Dr. Fredholm brought into sharp focus research indicating that only 10% of us are likely to experience a sudden death. The rest of us will experience a chronic, progressive, debilitating illness that, on average, will take up 10% of our life span. During that time, most of us will depend on family and friends to do for us what we cannot do for ourselves, at least not without assistance. Clearly, we and our caregivers need information, support, and assistance.

Fortunately, we have a variety of resources in our area. For example, AGE of Central Texas has a resource center, a free Health Equipment Lending Program, an adult day health center, and a team of professionals you can speak with in person or by phone.

In addition to AGE's resources, this newsletter lists a wide assortment of organizations that help seniors and caregivers through times of change and transition.

I encourage you to share this newsletter with anyone who is facing the challenges of caregiving. Call or email us for additional copies. Our newsletters are also available under the Resources tab on our website at www.fcactx.org.

All the best to all of you, now and throughout the coming holidays.

Nancy Walker
execdir@fcactx.org



Smile Break!

Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"

— Hunter S. Thompson

AGE OF CENTRAL TEXAS (continued from page 1)

Free Monthly Caregiver Support Groups in Austin and Round Rock

For more information, call Barbara Wiederaenders: 512-451-0684.

Free Caregiver Seminars

www.ageofcentraltx.org/caregiver_workshops.php

Seminars four to five times a year on Saturday mornings, covering various topics

Free Classes Provided by CaregiverU

www.caregiverucentx.org; contact Faith Unger: 512-600-9279; funger@ageofcentraltx.org

CaregiverU is a collaboration of more than thirty Central Texas nonprofit agencies and community organizations, joining together to provide free support and resources for caregivers. Classes occur multiple times throughout the year at various locations in **Travis, Williamson, Hays, and Bastrop** counties. Class days and times vary depending on which agency is hosting the course.

Free Health Equipment Lending Program

www.ageofcentraltx.org/help.php; 512-600-9288

Health and mobility equipment available to the community through free, no-time-limit loans of donated equipment. Call to see if they have what you need and/or to schedule pick-up or donations.

AGE's Adult Day Health Centers

www.ageofcentraltx.org/adc.php; Austin: 512-458-6305; Round Rock: 512-255-4865

Caregivers who need time off may want to consider day care for their loved one. AGE's centers in Austin and Round Rock are the longest-operating, licensed adult day care programs in Central Texas. In their secure facilities, your loved one will receive expert care from compassionate staff members trained to handle complex health and memory-loss-related needs.

To watch a five-minute video about AGE's adult day health program and its participants, go to

www.youtube.com/watch?v=c04ROfclVck.

To schedule a free tour, call the Day Health Center in Austin (512-458-6305) or the Day Health Center in Round Rock (512-255-4865).

FAMILY ELDERCARE

www.familyeldercare.org; Main: 512 450-0844; Georgetown: 512-450-0844; In-Home Care & Caregiver Services: 512-467-6168

Full range of caregiving services from consultation and guardianship to money management and more

Family Eldercare's program, **Lifetime Connections Without Walls (LCWW)**, is building a community of seniors over the phone. The program, which is open to anyone over the age of 50, offers socialization, brain fitness activities and educational presentations to homebound older adults who are socially or physically isolated in the community. For more LCWW information: 512-626-1508;

www.familyeldercare.org/services/lifetime-without.html

MORE LOCAL AND STATE ORGANIZATIONS SUPPORTING CAREGIVERS

Adult Day Health Care Association of Texas

www.adcat.org/what-is-adult-day-health-care; 877-560-5955

Suggestions on getting the most out of Adult Day Health Care

Alzheimer's Texas

www.txalz.org; 512-241-0420

Information, referrals, and a variety of support programs for caregivers, family members and professionals providing care to persons with Alzheimer's disease and related dementias

Area Agency on Aging

www.capcog.org/divisions/area-agency-on-aging/services; 512-916-6000

Provides links to a wide variety of resources

Offers free, short-term, temporary caregiver support services

- Full assessment of the caregiving situation
- Information about services and support to meet caregiving needs
- Assistance in making a long-range caregiving plan
- Arrangement of support services, which may include
 - Respite Care - provision for a brief rest or relief from caregiving responsibility
 - Emergency Response System
 - Adaptive equipment for personal safety, if not covered by another source

Austin Seniors' Guide: www.seniorsguide.net/austin/

Austin area resources for seniors and their families (free digital monthly newsletter)

Capital Area Parkinson's Society: www.capitalareaparkinsons.org; 512-371-3373

Support groups and online resources

Capital City Village: <http://capitalcityvillage.org>

Austin's virtual community of seniors committed to aging in place and community

Caregiving Cafe: www.caregivingcafe.com

Meetings at various locations in the Austin area; online forum; useful links, contacts, resources, and information about all aspects of caregiving

Caregiver Forum: www.50plusforum.com/forums/being-a-caregiver

Articles and a forum where caregivers can ask questions and discuss common problems

City of Austin Senior Services: www.austintexas.gov/department/seniors-programs-and-services

City seniors programs and services, including transportation for people 60 years or older

Faith in Action Georgetown: www.faithinactiongt.org; 512-868-9544 (9 am to noon)

Medical Equipment Closet

Meals on Wheels Central Texas: www.mealsonwheelscentraltexas.org; 512-476-6325

Home-delivered meals, grocery shopping, and more

Take Time Texas (provided by Texas Department of Aging and Disability Services)

- Respite resources in your area: www.dads.state.tx.us/taketimetexas
- Information about respite care: www.dads.state.tx.us/taketimetexas/what-is-respite.html
- Dialing 2-1-1 for a list of services available in our area (Region 7)

FREE OR LOW-COST ASSISTANCE WITH LOCAL TRANSPORTATION

City of Austin, Department of Parks & Recreation: 512-974-1464

Transportation to promote independence for persons 60 years or older residing within Austin city limits:

www.austintexas.gov/sites/default/files/files/Parks/Senior_Activity_Centers/Sr_Tran_General_Info.pdf

- Regular Routes / Lunch Programs: FREE (\$1.00 donation optional)
- Reserve-a-Ride (door-to-door service): \$3.00 each way
- Group Travel: \$6.00 per rider (round trip)

Drive a Senior Programs

- [Drive a Senior](#) – Elgin: 512-281-6065; elgin@driveasenior.org
- [Drive a Senior](#) – North Central Austin: 512-453-2273 (9am to noon); nc@driveasenior.org
- [Drive a Senior](#) – Northeast Austin: 512-459-1122; admin@driveasenior.org
- [Drive a Senior](#) – Round Rock, Pflugerville, and North Austin: 512-310-1060
- Drive a Senior – South Austin: 512-445-5552; sa@driveasenior.org
- [Drive a Senior](#) – Southwest Austin: 512-364-6501; sw@driveasenior.org

- [Drive a Senior](#) – West Austin: 512-472-6339, westaustin@driveasenior.org
Publishes **Ride Guide: Senior Transportation Options for the Greater Austin Area**. Call 512-472-6339 for locations where the spiral-bound **Guide** is available.
- [Faith in Action / Drive a Senior](#) – Northwest Austin (parts of Northwest Austin, Cedar Park and Leander): 512-250-5021 (9 am to 4 pm), rides@driveaseniornorthwest.org

Free
Ride
Guide!

LIVING ARRANGEMENTS

AGE of Central Texas

www.ageofcentraltx.org; 512-600-9275

Free consultations in person, by phone, or via email

Help Guide

<http://www.helpguide.org/home-pages/senior-housing.htm>

Senior Housing Options: Excellent information on six senior living options; services and costs of independent living, assisted living, and nursing homes; and more

A Place for Mom

www.aplaceformom.com; 844-609-5803

- A free, search-by-city database to find Independent Living, Assisted Living, Residential Care, and Memory Care
- Extensive senior care resources: <http://www.aplaceformom.com/senior-care-resources>

NATIONAL CAREGIVER RESOURCES

American Association for Caregiver Education: <http://caregivered.org/research.html>

Help Guide

- Caregiving Resources: www.helpguide.org/home-pages/caregiving.htm
- Extremely helpful article: [Late Stage and End-of-Life Care](http://www.helpguide.org/articles/caregiving/late-stage-and-end-of-life-care.htm)
www.helpguide.org/articles/caregiving/late-stage-and-end-of-life-care.htm

Family Caregiver Alliance

www.caregiver.org

Resources organized by health issues; webinars; videos; free e-newsletter; and much more

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In addition to providing useful information and caregiver support, many of the national organizations and agencies listed below have contact information for local and/or state offices.

National Organization / Caregiver Resource	Telephone
Alzheimer's Association ----- www.alz.org	800-272-3900
American Cancer Society ----- www.cancer.org	800-227-2345
American Diabetes Association ----- www.diabetes.org	800-342-2383
American Heart Association ----- www.heart.org/heartorg	800-242-8721
American Liver Foundation ----- www.liverfoundation.org	800-465-4837
American Lung Association ----- www.lung.org	800-586-4872
American Parkinson Disease Association ----- www.apdaparkinson.org	800-223-2732
Amyotrophic Lateral Sclerosis Association (Lou Gehrig's Disease) ----- www.alsa.org	800-782-4747
Arthritis Foundation ----- www.arthritis.org	800-571-4357
Cystic Fibrosis Foundation ----- www.cff.org	800-344-4823

National Organization / Caregiver Resource	Telephone
HIV/AIDS Treatment Information Service ----- https://aidsinfo.nih.gov	800-448-0440
Huntington's Disease Society of America ----- http://hdsa.org	800-345-4372
Leukemia & Lymphoma Society ----- www.lls.org	914-949-5213
Lupus Foundation ----- www.lupus.org	800-558-0121
Medicaid (national) ----- www.medicaid.gov	800-333-4636
Medicaid in Texas ----- www.benefits.gov/benefits/benefit-details/1640	800-333-4636
Medicare and Medicare Hotline ----- www.medicare.gov	800-633-4227
Medicare Appeals ----- www.medicareappeal.com	
Muscular Dystrophy Association ----- www.mda.org	800-572-1717
National Cancer Institute ----- www.cancer.gov	800-422-6237
National Institute of Diabetes & Digestive & Kidney Diseases ----- www.niddk.nih.gov	800-860-8747
National Kidney Foundation ----- www.kidney.org	800-622-9010
Mental Health America ----- www.mentalhealthamerica.net	800-969-6642
National Institute on Aging ----- www.nia.nih.gov	800-222-2225
National Multiple Sclerosis Society ----- www.nationalmssociety.org	800-344-4867
National Osteoporosis Foundation ----- www.nof.org	800-231-4222
National Parkinson's Foundation ----- www.parkinson.org	800-473-4636
National Stroke Association ----- www.stroke.org	800-787-6537
Project Lifesaver International ----- www.projectlifesaver.org	877-580-5433
Information on radio frequency location devices for wanderers	
Sickle Cell Association of America ----- www.sicklecelldisease.org	800-421-8453
Social Security Administration ----- www.ssa.gov	800-772-1213
Spina Bifida Association ----- http://spinabifidaassociation.org	800-621-3141
Stroke Connection , a free quarterly digital magazine from the American Heart Association ----- http://strokeconnection.strokeassociation.org/Subscribe	800-242-8721
United Cerebral Palsy Association ----- http://ucp.org	800-872-5827

AARP CAREGIVING RESOURCE CENTER

www.aarp.org/home-family/caregiving

AARP provides extensive online resources with tools, tips and information. Resources include

- Help for First-Time Caregivers
- Help Caring for a Loved One at Home
- Help With Common Caregiving Conflicts
- Help for Long-Distance Caregivers
- Advocate for Aging Parents
- Legal Preparations for Caregiving
- Tips for Choosing a Caregiving Tech
- Securing Your Home for Older Parents
- Medication Management
- Tips for Choosing **Caregiver Apps** (technology for caregivers), such as
 - CareZone
 - CaringBridge
 - Lotsa Helping Hands

HARVARD HEALTH PUBLICATION: CAREGIVER'S HANDBOOK

Experts at Harvard Medical School explain how to meet the needs of the person you love — whether you take it on yourself, share the responsibilities with family, or hire professional help — and still take care of yourself. You'll discover how to

- Discuss issues with family members peacefully and productively
- Help inactive people become more independent
- Find a doctor that can improve your loved one's chances of living independently — and even increase their quality of life

(continued on page 7)

THREE DONATED PLOTS AVAILABLE AT AUSTIN MEMORIAL PARK CEMETERY

The Seattle-based granddaughter of Stephen D. Heffington, Sr. (Travis County Tax Collector-Assessor, 1925 - 1962) has donated three plots to FCACTX for fundraising purposes. Plots 6, 7 and 8 are located in **Section 1, Lot 464** at Austin Memorial Park, 2800 Hancock Drive. Plots 9–12 are occupied by members of the Heffington family.

Austin Memorial is currently selling adult plots for \$2,675. FCACTX is offering the donated plots for \$2,000 each, plus deed transfer/administrative fees.

For details, contact Lamar Hankins at 512-396-0317.



HARVARD HEALTH PUBLICATION: CAREGIVER'S HANDBOOK (continued from page 6)

- Cut costs to ease financial burdens
- Decide if you need an elder care attorney
- Get long-term care without putting your loved one in a nursing home

A detailed **Needs Questionnaire** will help you create an individualized caregiving plan.

The handbook's **Care for the Caregiver** section covers

- Balancing work and caregiving — and how your employer can help
- How to lift and move loved ones with mobility problems — *without hurting your back*
- How to say “no” so you don’t end up “doing it all”
- Three great ways to de-stress and unwind
- How to get others to help out and lighten your load

You can purchase the handbook (hard copy and/or digital version) at

www.health.harvard.edu/aging/caregivers-handbook-a-guide-to-caring-for-the-ill-elderly-disabled--and-yourself. Or you can borrow it from the library in our office.

Contact us at 512-480-0555 or office@fcontext.org to borrow this item.



Send address, email and phone number changes, editorial items, testimonials, letters, and inquiries to office@fcontext.org

~ OR ~



Mail to
FCA of Central Texas
3710 Cedar Street, Mailbox 13
Austin, TX 78705-1449

Visit us at www.fcontext.org

- * To join or donate to FCACTX
- * To download advance-planning forms, newsletters, surveys, and other items of interest



Follow us on [Facebook](https://www.facebook.com/fcontext) at <http://tinyurl.com/gbupvud> to read a variety of interesting articles. (Please LIKE us, too!)

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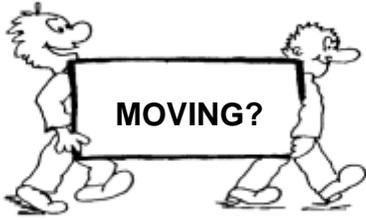
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Newsletter: Nancy Walker, Editor; Lamar Hankins, June Chase Hankins, Jo Schneider

Notary Services: Clint Henderson

Webmaster: Judy Mataya

Fall 2016



Email us at office@fcactx.org, call us at 512-480-0555, or complete and mail this form to our office.

Please update my contact info:

Street or P. O. Box

City, State, Zip

Phone

Email address

Help me transfer my membership to an FCA affiliate outside the Central Texas area.

**Funeral Consumers Alliance
of Central Texas
3710 Cedar Street, Mailbox 13
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Items for YOUR 2017 Calendar

FCACTX Annual Meeting and Presentation of FCACTX's 2017 Funeral Home Price Survey

Saturday, February 25, 2 to 4 p.m.

Hyde Park Christian Church, 610 E. 45th Street, Austin

Details in our next newsletter

Exploring End-of-Life Options:

Do You Have Your Ducks in a Row?

FCACTX's 8-session class offered through Lifetime Learning Institute (LLI)

Thursdays, February 16 – April 6, 1 to 3 p.m.

Class limited to 20 participants

If you have questions about the class or would like to be notified when registration opens, call 512-480-0251 or email office@fcactx.org.