

Family Eldercare



Do You Know the Signs of Depression?

An estimated 6 million Americans aged 65+ are diagnosed with depression. This statistic only accounts for those who have sought out medical help. Family Eldercare understands how critical it is to recognize, as well as treat, the symptoms of depression for your loved one so that they remain healthy and able to age in place. Caregivers, please visit our [Facebook page](#) throughout the month of October to learn how to identify and combat depression.

According to an Aging Texas Well survey, 39% of older adults have a mental health diagnosis, with depression accounting for 23% of this total. Seniors are at high risk for depression because they often experience many losses, such as homes, lifestyles, friends and family members. Signs that an older adult may be suffering from depression include: sleeplessness, memory problems, confusion, sadness, withdrawal from social situations and irritability.

Depression is not a normal part of growing old but rather a treatable medical illness. Studies show that seniors who have a support network are more likely to pull through a depressive episode than those who are isolated. Family Eldercare provides a support network that many seniors need to stay happy and healthy; Family Eldercare's programs offer the simple companionship needed for many to overcome depression.

For example, our [In-Home Care & Caregiver Services](#) brings friendly, professional Caregivers to seniors' homes to address their basic needs and provide socialization. Our [Aging In Place Initiative](#) keeps older adults active and engaged in their community through social activities and volunteer projects. The [Lifetime Connections Without Walls Program](#) allows many homebound seniors to socialize and form friendships over the phone.

Phone Conversations Combat Depression and Loneliness



Seniors aging in their own homes often find it challenging to get out in into the community to socialize; as their social networks shrink, they risk becoming socially isolated and lonely. Family Eldercare's [Lifetime Connections Without Walls Program](#) (LCWW) was created to overcome this challenge by "creating a community over the phone" for homebound seniors. Participants' positive experiences with

the program show that having a support network helps seniors overcome bouts of depression and loneliness.

In This Issue:

[Depression Awareness](#)

[LCWW Combats Loneliness & Depression](#)

[Georgetown Aging Initiative](#)

[Golf Tournament Oct 17](#)

[IBM Thank You](#)

Quick Links

[Family Eldercare's Website](#)

[In-Home Care Website](#)

[Find a Caregiver](#)

[Contact Us](#)

[Email Us](#)

[Volunteer](#)

[Join us on Facebook](#)

[Donate Now](#)

Oct 17 Golf Tournament



The "Swinging Fore Seniors" Golf Tournament is fast approaching!

[Visit our website](#) to register for this annual event or call (512) 483-3557.

IBM Donates New Server

Family Eldercare received a donation of a new server from IBM valued at more than \$3,200. IBM is celebrating its centennial anniversary this year. Many thanks to IBM for their generosity!



Please visit our website at

Ruth, a 90 year old former nurse, once held a very active lifestyle, traveling around the world for her job. After her husband passed away and her health began to decline she became socially isolated, lonely and depressed. Ruth was referred to the Lifetime Connections Without Walls Program so that she could become socially involved again, despite her crippling health issues. LCWW participants immediately embraced Ruth and encouraged her to share stories about her travels throughout the world; she quickly became the "life of the party." Ruth confided that LCWW calls are usually the only calls that she receives and that she looks forward to this time of interaction each day. It is still difficult for her to get out to socialize, but Ruth has gained the friends that she needs to overcome her depression through Family Eldercare's Lifetime Connections Without Walls Program.

Survey Helps "Grow A City of Excellence" In Georgetown

The city of Georgetown has experienced a 141% increase in its population of citizens 60 years and older in the last decade; those aged 60+ now make up almost 27% of the city's population! This extreme demographic change has led city leaders and community members to question if adequate programs and community offerings are in place to ensure the well-being of their aging residents.

Thanks to a city-wide survey through the Georgetown Aging Initiative, this question will no longer go unanswered. Family Eldercare is helping the Georgetown Aging Initiative Advisory Committee conduct a survey for Georgetown community members "60 and better." The survey is currently available in paper format at [various locations](#) throughout the city and will be available [online](#) starting in November.

The goal of the survey is to collect information and measure Georgetown's readiness level to support the well-being of its increasingly aging population. To gather this information, participants will be asked to answer questions about 33 quality of life indicators; topics include health and social services, transportation and social and civic engagement offerings. The results will shape the priorities of Georgetown, ensuring that it is a community of excellence for its older residents and their caregivers.

For more information about the survey [visit the website](#) or call (512) 628-1685.

About Family Eldercare

Family Eldercare provides essential services to seniors, adults with disabilities, and caregivers.

Family Eldercare
1700 Rutherford Lane
Austin, TX 78754

805 W. University Avenue
Georgetown, TX 78626

(512) 450-0844
info@familyeldercare.org

**StDavid's
FOUNDATION**



United Way Capital Area



www.familyeldercare.org.

Please [Click Here](#) to donate to Family Eldercare.

[Join Our Mailing List](#)

[Forward email](#)



This email was sent to bbiddle@familyeldercare.org by kwilson@familyeldercare.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Family Eldercare | 1700 Rutherford Lane | Austin | TX | 78754