



# Family Eldercare

## How Does Family Eldercare Promote Healthy Aging?

The number one thing that older adults want is to "age in place"- to be able to stay in their own homes, living independently and autonomously for as long as possible. Aging in place is not only a less expensive option for our communities - we simply cannot afford to send everyone to an institution or a nursing home once they reach a certain level of cognitive or ambulatory impairment - but it also promotes the health and wellness of older adults.

Family Eldercare proactively addresses healthy aging from all angles offering options to improve physical, mental, social and financial health as well as opportunities for improved caregiver life balance. Our services are for individuals of all income levels.

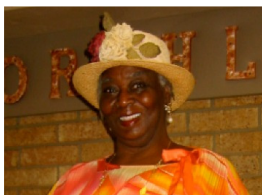
While you may already know that Family Eldercare's In-Home Care services can help your aging loved one with difficult physical tasks such as bathing, dressing and housecleaning, you may not know that we also implement fall prevention techniques, offer medication reminders and transportation to doctor's appointments. Additionally, we coordinate exercise and dance classes at several senior housing communities. Exercise not only lowers your chances of falling by improving strength and balance but it may also lower an older adult's risk of developing dementia by 30-40%.

Family Eldercare also promotes mental and social health through Lifetime Connections Without Walls' social activities over the phone, companionship visits, depression screenings as well as counseling. Our Money Management program helps manage finances for those who are no longer able to and for those who simply need help with budgeting or writing checks.

[Family Eldercare works hand-in-hand with families](#) to help caregivers - sons, daughters or spouses-find the support they need to provide care to an aging loved one. We also help aging adults find and accept help from family or professional caregivers to allow them to stay safely in their homes and communities.

[Click Here to read Five Ways Central Texas is Aging with Style](#)

### Bessie's Healthy Aging Story



Bessie, like many of the individuals Family Eldercare serves, benefits from the continuum of services that we offer. She is a resident at North Loop Apartments, one of the four Housing Authority of the City of Austin (HACA)



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### Powerful Tools for Caregivers Begins September 27

Powerful Tools for Caregivers is a series of **six weekly classes** for relatives or friends providing unpaid care for a senior. It is an educational program that equips family caregivers with effective tools that make caregiving less stressful.

All caregivers, whether helping a parent, spouse, or friend, living at home, in a nursing home, or across the country, will learn how to more successfully manage the demands of caregiving.

The class will be led by Cheryl Young, LCSW of Family Eldercare and Annette Juba, LCSW of AGE. Classes will be held in Georgetown beginning September 27th. To [register](#) please contact [Cheryl Young](#) 512-483-3556.

### Oct 17 Golf Tournament

properties where Family Eldercare offers Service Coordination.

Bessie is a dynamic and outgoing woman so it was no surprise that she was one of the first residents to volunteer for an in-depth assessment when Service Coordination was first offered at her apartment complex. The assessment identified several needs including reinstatement of Medicaid benefits and help organizing and paying bills. A Family Eldercare Service Coordinator helped her manage her bills, reapply for Medicaid, and apply for food stamps.

Once all of Bessie's basic needs were met she began to focus on her social life. She quickly became a regular participant in a variety of arts and crafts classes offered at her apartment complex through the Aging In Place Initiative and will soon begin volunteering at a local hospital. She also calls in to participate in many of our social activities over the phone through the Lifetime Connections Without Walls Program. Her favorite LCWW session each week is the writing course.

### United Way of Williamson County Gives \$20K Grant

[United Way of Williamson County](#) has awarded \$20,000 to Family Eldercare to help seniors remain living in the community by identifying and alleviating common problems that lead to hospitalization and premature institutionalization. The grant will help seniors age in place in three crucial ways.

- First, the grant will pay for in-home care so that Williamson County seniors can receive help with basic tasks such as bathing, dressing, meal preparation and transportation to medical appointments.
- Second, a survey will be conducted to identify the presence or risk of chronic health problems such as diabetes, heart disease or high blood pressure amongst Williamson County seniors. Chronic diseases such as these are a major cause of illness and disability among seniors.
- Last, based on the survey results, seniors will receive recommendations on how to better manage their health. This information will be provided on an individualized basis at the senior's home, Medication screenings will also be completed to ensure that prescribed medicines are not combining to cause adverse reactions.

Family Eldercare is very honored to have been chosen as one of the twenty nonprofit organizations to be awarded funding through the 2011-2012 Community Investment Grants Program.

### About Family Eldercare

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

**Family Eldercare**  
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**St David's**  
**FOUNDATION**



Mark your calendars for Family Eldercare's "Swinging Fore Seniors" Golf Tournament.

Visit our website for more details about this annual event or call (512) 483-3557 if you are interested in sponsoring or playing!

### Thank You to Fire Depts

With Central Texas enduring one of its hottest summers on record, Family Eldercare extended the Fan Drive past its initial July 31st end date. We would like to thank the Austin Fire Department for also extending its collection through August 31st to support the effort. To learn more about the Austin Fire Department click on the logo below.



Additionally, we would like to thank the San Marcos and Georgetown Fire Departments for opening their doors to accept donations from the community throughout the drive. These collection points make it possible for Family Eldercare to get fans to those who need them during our intense summer heat.

### AMD Employees Raise More Than \$15,000!

During its 13th year of supporting the Summer Fan Drive, AMD employees were able to raise over \$15,000! This Team Fan Drive is possible each year through the

**(512) 450-0844**  
[info@familyeldercare.org](mailto:info@familyeldercare.org)

generosity of individual employee donations and corporate matching. Family Eldercare would like to thank AMD for its continued dedication to the Summer Fan Drive!

Please visit our website at [www.familyeldercare.org](http://www.familyeldercare.org).

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

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