



## 2017 Impact Report

### I. Mission Statement

To eliminate Alzheimer's disease through the advancement of research and to enhance care and support for individuals, their families, and caregivers. We have proudly served Central Texas since 1982.

### II. Program Service Accomplishments

Alzheimer's Texas provides a variety of support and education services to persons affected by Alzheimer's disease and related disorders, their families, caregivers, and professionals.

*22,903 clients were reached to all service and program channels. Of that, 7,305 clients directly participated in a program service.*

#### Service Channels



- **Information & Referral**

*790 clients served* - Alzheimer's Texas provides valuable information, resources, support and assistance to Central Texans facing Alzheimer's disease and related disorders. While most clients utilize our 24/7 Helpline, many will connect with us via email or stop by the office. Trainings are periodically held to ensure the staff is knowledgeable about services and local resources, and calls are handled in a sensitive manner.

- **Care Consultations**

*168 clients served* - A care consultation is a high-level interaction requiring more in-depth information and support handled senior staff.

Level I: Guidance in specific areas of concern and action steps.

Level II: Provided by senior staff, problem solving, family consultations

- **Increasing Awareness at Health Fairs and Tabling Events**

*51 events reached 16,031 clients* - Alzheimer's Texas honors as many requests for as possible because they are an invaluable way to increase awareness about Alzheimer's and related disorders, provide in-person information and referral, as well as, Care Consultations. Volunteers are utilized when needed.

- **Education Programs and Conferences**

79 events reach 1,723 clients

- **Annual Alzheimer's Symposium in Temple, TX** - Held at the Mayborn Convention Center, this half day conference featured Tam Cummings, Ph.D. who took us from diagnosis to death.
- **GPS Caregiver Workshop** – A partnership with Riverbend Church providing a ½ day workshop at no cost to caregivers of aging family members.
- **Caldwell Co. Caregiver Workshop** – A partnership with Golden Age Home bringing speakers and a vendor fair to the residents of Caldwell Co.
- **Rural Outreach - Lunch N' Learns** - Started in 2008, Lunch N' Learns are the centerpiece of our non-urban education and awareness outreach. The goals are to provide education that is not readily available and open doors for the development of future programs. There is no charge to attend and lunch is provided. The topic for 2017 was Effective Communication.
- **Alzheimer's Disease and Alzheimer's Texas Services** - Frequently requested by community groups, this presentation provides an overview of Alzheimer's and related disorders. Information on services and how we help families touched by the disease is also covered.
- **Introduction to Alzheimer's: ALZ 101** – ALZ 101 is intended for anyone wanting to learn about Alzheimer's disease and related disorders. Disease information, diagnosis and treatment, risk and prevention and coping are some of the topics shared. A standing class is offered monthly in Travis Co. and available upon request.
- **Caregiver Education Series: Positive Approach to Care and Validation Therapy** – Offered twice in 2016, this 4 part series covers nationally recognized techniques developed by Teepa Snow and Naomi Feil. Classes are taught by a certified trainer.
- **Healthy Habits for Healthy Aging** - Teaches participants what the current research says about healthy aging in relationship to maintaining a healthy body and mind.
- **Understanding Behaviors and Enhancing Communication** - This course hones in on tips to manage difficult behaviors and enhance communication through all disease stages. Do's and Don'ts, as well as, specific steps and techniques are shared with participants.
- **Psychological Health During the Caregiving Journey** – Learn how to manage the stresses of caregiving for a person with Alzheimer's and related disorders. Techniques to maintaining mental health are taught.
- **Savvy Caregiver** - A six weeks course where caregivers learn strategies to integrate a contented involvement with the person they are caring for into their daily life. Main focus areas: Information and Knowledge, Skills, and Attitudes.
- **Powerful Tools for Caregivers** - A six weeks course where caregivers learn how to build their tool box and self-care techniques through weekly action plans.
- **Respite Volunteer Training** – Start- up and on-going training for respite program volunteers on proper ways to interact and engage with program participants.
- **Care for the Caregiver** – Shares information about the disease and steps to take to ensure you are maintaining self-care through the disease process.
- **Activities of Daily Living** – Learn about how to assist with activities of daily living in a positive way, based on disease progression.
- **Speaking Engagements** – Alzheimer's Texas strives to fill every request for a speaker, regardless of the topic or location. Alzheimer's Texas fulfilled 34 speaker requests in 2017.

- **Early Stage Support**

*305 clients served*

- **Early Stage Phone-Based Support Group** - This 6 week support and educational group is led by trained staff via conference call. Topics include everything from disease basics, to coping and management, and tools for maintain independence.
- **Early Stage Social Engagement Program** - "Talking Baseball" consists of 6 meetings where participants and volunteer share their love for everything baseball. These meetings are led by dedicated volunteers from SABR.

- **Caregiver Support Groups**

*56 groups meeting monthly reached 4,319 clients* - Alzheimer's Texas offers monthly support group meetings to provide support and information to caregivers. Groups receive a support packet containing the Event Calendar, News You Can Use, Caregiver Connection article, supplies and other relevant information. Meetings were held in Bell, Blanco, Burnet, Caldwell, Fayette, Gillespie, Kays, Lee, Mason, San Saba, Travis, and Williamson Counties.

- **Community Based Respite Organization**

Using the guide and recommendations created by Alzheimer's Texas, we offer assistance in program development, start-up, volunteer training and on-going support to organizations interested in developing community based respite programs. Since the original grant funding from St. David's Foundation in 2004, Alzheimer's Texas has assisted with the opening 17 programs. These programs serve approximately 150 clients per month.

- **Advocacy**

Alzheimer's Texas engaged in several advocacy activities in this year to raise public awareness of Alzheimer's and its impact on individuals, families and society.. Alzheimer's Texas is a member of:

- Aging Services Council of Central Texas
- Bright Horizon's Advisory Board
- Texas Disability Task Force on Emergency Management Meeting
- Texas MOST Coalition
- Texas State Plan Partnership

- **Resources and Informational Materials, Lending Library**

Alzheimer's Texas maintains a variety of resource lists, which are updated annually. In addition to the resource lists, Alzheimer's Texas carries approximately 40 brochures and over 150 topic sheets. New materials are constantly being added to the Lending Library keep the inventory up-to-date. Materials can be picked up at the office, or mailed to a constituent.

- **Communication**

**Monthly E-Newsletter** - The monthly E-Newsletter contains pertinent information about Chapter happenings and disease information. Approximately 2,750 constituents receive our newsletter monthly. Sent via Constant Contact, each edition includes the following sections:

- Feature Article – used to highlight Chapter fundraisers and other important activities
- News You Can Use – news headlines and stories
- In Our Community – spotlights groups in our community who hold 3<sup>rd</sup> party events which benefit the Chapter
- Living with Alzheimer's – full of tips and strategies on how to maintain function and cope in the early stage of Alzheimer's

- Events – calendar of educational offerings, presentations and partnership events  
Caregiver Connection - a monthly article addressing topics relevant to caregivers of persons with dementia.

**Website** – Alzheimer’s Texas maintains a website that is used to promote programs and services, facilitate fundraisers, educate caregivers and persons in the early stage, and advance the mission of the organization. Special features include:

- Blog – houses archives of the Monthly Caregiver Connection articles.
- Videos – informative videos on Alzheimer’s, Clinical Trails, and more
- Research – information about current clinical trials and partners such as the Texas Alzheimer’s Research and Care Consortium and the Darrell K Royal Research Fund for Alzheimer’s Disease.

**Social Media** – Alzheimer’s Texas maintains a presence on Facebook, Twitter and Instagram and uses the platforms to promote all activities of the organization.

**TV, Radio and Print Media** – Alzheimer’s Texas relies primarily on free exposure gained through press releases, granted ad space, in-kind donations, and media being present at events. Some ad placements are made throughout the year to promote educational programs and fundraisers.

**III. Board of Directors and Officers**

- Ron DeVere, M.D., Chair
- Ed Clements, Vice Chair
- Ava Late, Treasurer
- Sunny Smith, Secretary
- Laura Beuerlein
- J.E. “Buster” Brown
- Robert Canon
- Joseph E. Cosgrove, Jr.
- Julie Crenshaw
- Marci S. Dell
- Marion Gillcrist
- Clint Hackney
- Char Hu, Ph.D.
- Bobby Jenkins
- DK Reynolds

**III. FY17 Financial Summary**

<b>Expenses:</b>		<b>Revenue:</b>	
Program	\$431,461	Special Events	\$433,767
General Administrative	\$53,652	Individuals	\$89,139
Fundraising	\$4,921	Corporations and Foundations	\$74,190
<b>Total</b>	<b>\$490,034</b>	<b>Total</b>	<b>\$597,096</b>

Fiscal Year End Net Assets: \$764,051