

Alzheimer's Texas

MONTHLY NEWS

February

Dear Alzheimer's Texas Supporters,

Happy February! We are so excited to share these upcoming events in our Central Texas community. Please see below for event information, updates to our respite and support groups, and the sign-up for our next Caregiver Conversation session.

- Alzheimer's Texas Team

News From Alzheimer's Texas Respite and Support Groups

Upcoming Conference: GPS: Navigation for Caregivers Conference



Riverbend Church is partnering with AGE of Central Texas for the 10th annual “GPS: Navigation for Caregivers” Conference on **February 25th**. The free event will be hosted both in-person at Riverbend Church (4214 N Capital of Texas Hwy, Austin, TX 78746) and virtually via Zoom.

For more information, please see the event flyer.

ALZHEIMER'S
TEXAS PRESENTS

CAREGIVER CONVERSATIONS

Hosted by
Joan Asseff, LCSW-S

Join us Tuesday,
February 21st at 1:00 PM

Upcoming Caregiver Conversation!

Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and much more. Please register below for these supportive, solution-focused conversations about caring for their loved ones living with dementia. Registration space is limited, so register today for our next session on **Tuesday, February 21st, at 1:00 PM.**

Selecting the Right Level of Care for Your Loved One



Families and caregivers supporting those living with Alzheimer's Disease and other dementias can experience many transitions through various levels of care. These decision-making processes are often complex, confusing, and fast.

In this presentation, Joan Asseff, LCSW-S, helps families and caregivers understand various levels of care for people living with dementia, including services provided and insurance coverage. Strategies for identifying the most appropriate level of care for a person living with dementia are also shared.

[Watch Presentation](#)

[*Each presentation also includes additional research articles and materials to provide further learning opportunities.](#)

I Live Here
I Give Here™

Amplify Austin Day

Save the Date for Amplify Austin Day

This year, we invite you to join us on **March 1-2** for the biggest giving event in Central Texas, Amplify Austin Day. On Amplify Austin Day, you can make an impact on our collective community with a gift of \$5 or more.

At Alzheimer's Texas, our mission is to eliminate this disease and to enhance the care, and support for individuals, their families, and their caregivers. Our work relies on the generosity and passion of the people in our community who take action for good by donating and volunteering with us. Save the date for Amplify Austin Day to support Central Texas nonprofits like ours. You can make your donation now at AmplifyATX.org

Support Alzheimer's Texas

Blog Feature: Types of Care for Alzheimer's



Check out our blog to read more about the following types of care to consider for Alzheimer's: informal, respite, emergency respite, residential, and hospice.

Read more

Alzheimer's Texas Respite and Support Groups

Caregiver support groups can be a vital lifeline for caregivers of persons with dementia. Support groups help attendees understand they are not alone, share their feelings about what they are facing, and are a great way to learn from each other. Our groups are volunteer-run and meet at a variety of times and locations.

We keep current respite and support group information on our [website](#). Please email txprograms@txalz.org if you have any questions!

Donate

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Alzheimer's Texas

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