**Helpful Resources when talking with Older Adults**

Compiled by Lori Bennett ([lbwhisler@gmail.com](mailto:lbwhisler@gmail.com)) & Amanda Vigil ([amanda@shamsiesells.com](mailto:amanda@shamsiesells.com))

**1 Recommended Books:**

# **How to Say It to Seniors: Closing the Communication Gap with Our Elders** by David Solie

Key takeaways:

1) Maintaining independence as long and as much as possible

2) Developing their legacy

1. **Stage Not Age** by Susan Wilner Golden
2. **Senior Centered Real Estate** by Dr Nikki Buckalew
3. **Joyspan** by Dr. Kerry Burnight

**2 Caregiver and Senior Resource Guides:**

1. **Caregiving in Central Texas: A Community Resource Guide** and **The Greater Austin Transportation Services & Seniors Ride Guide**   
   -Complied by Aging Services Council of Central Texas

-Free to download

1. **At the Crossroads: Family Conversations about Alzheimer's Disease, Dementia and Driving booklets**
2. **The Aging Journey: A Guide for Caregivers**

**3 Leaving a Personal Legacy:**

1. **Theory of Life Review** by Robert Butler
2. Legacy project ideas for seniors include:
3. Creating a Meminto Lifebook or Memory Book (https://meminto.com/)
4. Starting a garden.
5. Creating a recipe box.
6. Raising money for a scholarship.
7. Writing a “what I learned” letter or document. writing
8. Legacy letters.
9. Making a video or audio recording.
10. Starting a foundation or charitable cause in your name.
11. Create a digital legacy with Sacred Stories

-A local Austinite, Whitney Myers records people’s life stories on film. The mission is simple: to provide seniors and other families with a legacy film production.

**4 Legacy Contacts for Digital Resources:**

**iPhone:**

To set a person to take care of your iPhone after your death, you need to designate a "Legacy Contact"

1. Go to Settings
2. Your Name
3. Password & Security
4. Legacy Contact and choose the person you want to access your data after you pass away.

Key points about Legacy Contacts:

* **Access to data:**

Your chosen Legacy Contact will be able to access your iCloud data like photos, videos, documents, and messages after your death, with proper legal documentation.

* **Access key:**

When setting up a Legacy Contact, you will generate a unique access key that they will need to provide along with a death certificate to request access to your account.

* **Multiple contacts:**

You can choose more than one person to be your Legacy Contact.

* **Family sharing:**

If you have Family Sharing set up, the system might suggest members of your family sharing group as potential Legacy Contacts.

**Android/Google:**

A legacy contact is a person you choose to manage your digital information and accounts after you pass away. While Android doesn't have a specific legacy contact feature, you can add a legacy contact for your Google account and your phone's settings:

**Google account**

You can add a legacy contact for your Google account by following these steps:

1. Search for "Google Inactive Account Manager" in Google
2. Follow the on-screen instructions to add a legacy contact
3. Choose a trusted person to be your legacy contact
4. Grant them permission to access your information

**Phone settings**

You can add a legacy contact for your phone's settings by following these steps:

1. Open Settings
2. Scroll down and tap Digital Wellbeing & Parental Controls
3. Select Legacy Contact and then Add Legacy Contact
4. Choose a person to be your legacy contact
5. Grant them the necessary permissions
6. Confirm your selection and inform your legacy contact

A legacy contact can't log into your account, but they can make decisions about what happens to your account and its content. Depending on your settings and permissions, they might not be able to access all areas of your account.

You can also prepare your digital life for the unexpected by:

* Passing down your passwords to your family
* Using a password manager with an Emergency Access option
* Creating a secure note with your credentials and sharing it with a trusted person
* Leaving a password protected spreadsheet with your logins
* Keeping a notebook of your logins

**Facebook:**

You can add, change or remove your legacy contact in **Accounts Center** at any time. Choosing your legacy contact is currently only available for your main profile and doesn’t apply to **additional Facebook profiles**.

**Add a legacy contact for your main profile**

1. Click your profile picture in the top right of Facebook.
2. Select **Settings & privacy**, then click **Settings**.
3. Click **Accounts Center** in the left menu.
4. Click **Personal details** on the left, then click **Account ownership and control**.
5. Click **Memorialization** and select your account.
6. Click **Memorialize account**, then click **Next**.
7. Type a friend's name into the text box, then click on their profile picture.
8. Select whether to give your legacy contact permission to download a copy of what you've shared on Facebook
9. Click **Save**.
10. To let your friend know they're now your legacy contact, click **Send**, or click **Skip** if you do not want to notify them.

To change a legacy contact, follow steps 1–6 above, then select your legacy contact. From there, you can choose a new legacy contact if you'd like.

To remove your legacy contact, follow steps 1–5 above, then click **Delete after death**.

If your main profile is memorialized, your legacy contact will be notified. Learn more about **what a legacy contact can do (\*learn more by clicking the link on the digital resource guide)**.

**Note:** You must be 18 or older to select a legacy contact.

**5 End of Life Binders/Boxes:**

1. The Nokbox
2. End of Life Planning Checklist
3. Life Span Planning AHEAD Workbook

**6 Estate Planning/Legal Considerations:**

In Texas, wills, trusts, and Transfer-on-Death (TOD) deeds are estate planning tools, each with unique strengths and weaknesses. Wills are straightforward for asset distribution and guardianship, but require probate; trusts bypass probate, offering privacy and control, but are more complex and costly; while TODs simplify real property transfer, but are limited to that asset type.

Wills:

* Purpose: A will is a legal document that outlines how your assets should be distributed after your death and names a guardian for minor children.
* Probate: Wills require probate, a public court process to validate the will and distribute assets.
* Cost: Wills are generally less expensive to create than trusts.
* Flexibility: Wills can be easily amended or updated.
* Disadvantages: Wills must go through probate, which can be time-consuming and costly.

Trusts:

* Purpose: A trust is a legal arrangement where assets are held and managed by a trustee for the benefit of beneficiaries.
* Probate: Trusts bypass probate, meaning assets are transferred directly to beneficiaries without court intervention.
* Cost: Trusts can be more expensive to set up and maintain than wills.
* Privacy: Trusts offer more privacy than wills, as they are not part of the public record.
* Control: Trusts allow for greater control over asset distribution and management, both during your lifetime and after your death.
* Disadvantages: Trusts can be more complex and costly to set up and maintain.

Transfer-on-Death (TOD) Deeds:

* Purpose: A TOD deed allows you to transfer ownership of real property (like land, houses, etc.) to a designated beneficiary upon your death.
* Probate: TOD deeds bypass probate for the specific property they cover.
* Cost: TOD deeds are generally less expensive than trusts.
* Scope: TOD deeds are limited to real property and cannot be used for other assets like bank accounts or investments.
* Disadvantages: TOD deeds are limited to real property and cannot be used for other assets.

**Recommended Lawyers/Law Firms:**

1. Tom Fortenberry at Silverleaf Legal Group, PLLC- [https://silverleaflegal.com/](https://silverleaflegal.com/%E2%80%93Tom)

**7 Cognitive Changes:**

**What should you do if you notice cognitive or memory changes in yourself or loved ones?**

First, bring up your concerns to your primary care doctor so they can investigate any medical, psychological, neurological, sleep, etc. causes that may be leading to cognitive/memory changes. Second, all these things can be ruled out as the cause then you will likely be referred to a neurologist for imaging and other testing as well as neuropsychologist for memory and cognitive testing. Once all the data from all these experts is collected, a proper diagnosis can be made and treatment planning can occur. These neurological and neuropsychological testing will be covered by Medicare.

Also sometimes it’s easier if both members of a couple get evaluated for memory changes to avoid the “he said-she said” issue. One of them is likely the one with the actual impairment but it is also good for the other person to have a baseline evaluation should they notice problems later. Allows each person to say face and they approach it with a team mentality.

**Mild cognitive impairment (MCI)** is the stage between the normal expected decline in memory and thinking that happens with age and the more serious decline of dementia. An estimated 10 to 20% of people aged 65 or older with MCI develop dementia over a one-year period. However, not everyone who has MCI develops dementia since it can also be caused by vitamin deficiencies, sleep disorders, medication side effects, mental health issues, medical infections like UTI’s, thyroid and vascular disorders which are treatable.

**Signs of MCI:**

1) Memory or Learning – difficulties remembering recent events or learning new things.

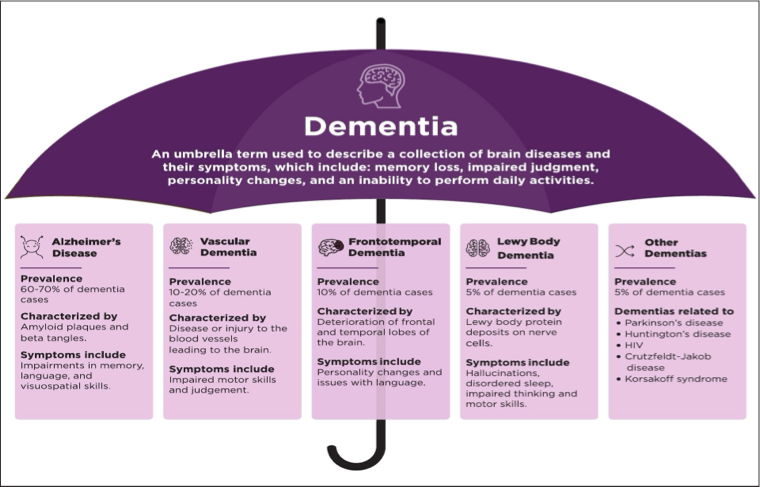
2) Reasoning – struggling to make decisions or work through everyday problems.

3) Attention – finding it more challenging to focus on a task or filter out distractions.

4) Language – having difficulties finding the right word in conversation.

Examples: losing things often, forgetting to go to important events or appointments, and having more trouble coming up with words than other people of the same age.

**Types of Dementia:**



https://www.palmvistaseniorliving.com/understanding-the-diseases-of-dementia/

**8 Giving Up Driving/ Senior Driving Evaluations:**

Talking with an older person about his or her driving is often difficult. For many older adults, “giving up the keys” means a loss of freedom of choice and movement. Here are some tips that might help when talking with someone about no longer driving:

1. **Be prepared.** Learn about local community services to help someone who can no longer drive before you have the conversation with them. Identify the person’s transportation needs.
2. **Avoid confrontation**. Use “I” messages rather than “you” messages. For example, say, “I am concerned about your safety when you are driving,” rather than, “You’re no longer a safe driver.”
3. **Stick to the issue**. Discuss the driver’s skills, not their age. Focus on safety and maintaining independence. Be clear that the goal is for the older driver to continue the activities they currently enjoy while staying safe. Offer to help the person stay independent. For example, you might say, “I’ll help you figure out how to get where you want to go if driving isn’t possible.”
4. **Be positive and supportive.** Recognize the importance of a driver’s license to the older person. Realize they may become defensive, angry, hurt, or withdrawn during your conversation. You might say, “I understand that this may be upsetting,” or “Let’s work together to find a solution.”
5. **Consider broaching the topic gradually.** Some experts suggest a gentle introduction of the driving conversation, and then revisiting it gradually over time.

**Recommended Local Driving Evaluations:**

**Functional Stability & Mobility, LLC**

Copperas Cove, Texas | Phone: (254) 290-3333

Offers medical driving evaluations to help seniors and their families assess driving safety. Services include clinical assessments and on-road driving tests. They are the first private practice in Central Texas to provide comprehensive driving evaluations and modified driving training by occupational therapist driver rehab specialists. They serve Central Texas including, but not limited to, the communities of Killeen/Ft. Hood, Temple/Belton, Waco, Round Rock/Georgetown, Austin, Lampasas/San Saba, and the greater San Antonio area.

**St. David’s Rehabilitation Hospital Adaptive Driving Program**

Information: 512.544.8140 | Scheduling: 512.544.5116

\*Wait time can be several months for evaluation

**9 Free Local Transportation for Seniors:**

**Seniors Access**

Round Rock, Pflugerville, Hutto, East Austin, and Manor | (512) 310-1060

Free transportation, Ollie’s Lending Closet (wheelchairs and other medical devices), Minor Household Services and Repairs, and Senior Access volunteers also provide: reading through complicated paperwork, filling out on-line paperwork/applications, personal visits during the week, and telephone calls during the week

**Faith in Action Georgetown**

Georgetown| (512) 868-9544

Faith in Action Georgetown transportation services are adaptable to the needs of individual clients. They provide door-through-door service, help seniors navigate medical complexes and provide assistance filing medical paperwork. The Go-Van-Go is ready to take clients to grocery trips and social outings. The Buddy Program is a way to help senior adults. Volunteers are matched with seniors in need who they call regularly to check in or just chat. The medical supply closet offers free medical supplies to seniors in need.

**Drive a Senior Northwest**

Parts of Northwest Austin, Cedar Park and Leander- | (512) 250-5021

They assist their senior neighbors by driving them to critical medical appointments and grocery stores, as well as volunteering in other ways such as providing handyman services or friendly visitors/callers. They also host a Senior Day Out social time on the 2nd and 4th Thursday of each month to help reduce social isolation in our most vulnerable population.

**Drive a Senior ATX**

North Central Austin & West Austin |512-472-6339

Serving seniors aged 65 or older living in the central corridor of Austin from 45th Street to SH 45 toll road; west of I-35; east of Burnet Road and MoPac. This includes Crestview, North Loop, Georgian Acres, Domain, North Lamar, Tanglewood Estates, Gracywoods, Walnut Creek, Quail Creek, Lamplight Village, Wells Branch, Scofield Farms and several other neighborhoods. And west Austin, bounded by the Colorado River to the west and south and Loop 360 and US 183 to the north, this region serves downtown Austin as well as Central Austin, Old West Austin, Hyde Park, Rosedale, Tarrytown, Allandale, Northwest Hills and North Shoal Creek.

**10 Downsizing & Aging in Place Long-Term Planning:**

**Suggested Professionals:**

1. Amanda Vigil with Traditions: Senior Moves and Downsizing
2. Bridget Mathis with Golden Years Consulting
3. Lacie Petsch PTA, CSA with Care Patrol of North Austin Long-term care planning
4. Man and a Dolly
5. Quality Moving
6. A Line Moving
7. Hive House
8. Modi Frank
9. Loyal Home Concierge
10. Kay Dunning Bostleman with Let’s Organize Your Life

**11 Aging in Place Tools:**

**A collage of various objects

AI-generated content may be incorrect.**

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**12 Fall Prevention:**

Patient and caregiver resources, and fall awareness and prevention guide are both linked on the digital resource guide.

**Suggested Professionals:**

1. Kristen Hullum, MSN, RN-Trauma Injury Prevention Coordinator

Trauma Department St. David’s Round Rock Medical Center

(512) 341-6118 | Kristen.Hullum@stdavids.com

1. Age of Central Texas

They have regular fall prevention seminars/classes as well as other wonderful senior information

**13 Mental Health Providers Specializing in Seniors or Senior Issues:**

**Blue Moon Senior Counseling** (855) 241-7160

Tele-therapy services–Beneficial for both seniors and caregivers. Medicare beneficiaries don’t need a doctor’s referral. Covered by Medicare–phone, video and chat options available

**Family Eldercare In-Home Counseling (**512) 450-0844

Through the process of talk therapy, we help older adults transition and cope with issues related to aging. Therapy sessions are offered in the comfort of the client’s home or virtually.

Family Eldercare’s counselors specialize in empowering clients to maximize their strengths and independence. Professional, compassionate staff provide counseling/therapy for a wide range of challenges including: Depression, Anxiety, Caregiver Stress, Family Conflicts, Decreased Coping Skills, Loss of a Spouse or Adult Child, Life Transitions & Medical Issues, Early Stages of Dementia, Emotional Trauma, and Unresolved Grief

\*\*\*see page 45-46 in the Caregiving in Central Texas Community Resource Guide for many more options

**14 Local Senior Centers:**

**Round Rock’s Allen R. Baca Center**

The Allen R. Baca Center offers a wide variety of programming designed to meet the needs of Round Rock’s active 50+ population. Programs focus on physical activity, social engagement, education, arts, creativity, and healthy lifestyles. These programs are designed to serve adults of all abilities – those who are physically active, those who are just becoming active, and programs for those who have age-related limitations. Many of the members boast about making meaningful social connections, losing weight, increasing flexibility and balance, and traveling to regional destinations.

**Georgetown Parks and Recreation:**

Georgetown Parks and Recreation offers a variety of programs and services to enhance the quality of life for active seniors 60 and better. Activities include cultural events, travel, fitness and wellness, technology classes, fine arts, socializing with friends new and old, dancing, and more!

**Senior Social Activities** (Donuts and Coffee, Senior Adult Book Exchange, and Georgetown Bridge Club)

**Senior Adult Day Trips** (Painted Churches, Main Street Bethlehem, LBJ President Library & the Harry Ransom Center, etc.)

**Senior Dance** (Ballroom, Country Western, and Private Lessons)

**Senior Adventure Program** (Fishing, Archery, Zipline, Hiking, Kayaking, Indoor Skydiving)

**Fitness & Wellness** (SilverSneakers fitness classes, designed to improve your strength, balance, and flexibility in a fun, supportive environment. For a unique twist on staying active, try our Granny Basketball Practices, where you can enjoy a friendly game and stay fit with fellow seniors.

**Lifelong Learners GTX:**

Classes held at various locations throughout Georgetown. Life Long Learners offers 2-6 weeks terms with over 20 courses in the Fall and Winter, 1 week series of 10 lectures, special presentations , and more.

**Leander Active Adult Program (55+):**

The Active Adult Program by the Leander Parks and Recreation Department serves the 55+ community in Leander and surrounding areas with recreation and leisure activities, National Day celebrations, fitness classes, educational talks, special events, and day trips. All programs, trips and activities are subject to change.

**Treasure of the Hills, Cedar Park’s Senior Center:**

Treasure of the Hills offers seniors 50 and over opportunities to participate in social gatherings including card games, board games, breakfast, lunch, exercise classes, day trips, golfing, dancing and music. We are always open to new ideas. We participate in seminars, expos and city wide events to help seniors be a part of their community.

**LT Senior Services:**

LT Senior Services, a non-profit organization founded in 2018, consists of businesses and nonprofit organizations that are passionate about serving the aging adult community of the Lake Travis area. They host monthly seminars, two Shred Days annually, our annual Aging Well Expo, and various social events. All events hosted by LT Senior Services are free to attendees.

**Lakeway Activity Center:** The Lakeway Activity Center has a variety of classes ranging from exercise classes to card games to nature clubs for senior members to enjoy.