

NORTH TEXAS
Caregiver
RESOURCE GUIDE

2022-2023

360WEST



Few people are adequately prepared to plan and provide care for elderly family members.

The *North Texas Caregiver Resource Guide* provides an essential road map for navigating the process.

This publication explores the myriad of available care options and offers essential tips on topics ranging from self-care and senior nutrition to legal and financial preparedness.

12 CAREGIVING ESSENTIALS

Caregivers Need Care Too

Almost anyone can be a caregiver. From pharmacists to doctors to social workers, the network of those who provide care for the elderly can be extensive. But the responsibilities for day-to-day care, meeting a senior's immediate needs like food and cleanliness, often fall to family members who have no formal training and only know that they are needed.

Jaime Cobb, vice president of dementia & caregiver education at James L. West Center for Dementia Care, said the industry trend is to use the term "care partners" to encompass those close relatives who do the bulk of the daily hard work.

"Because a lot of people don't define themselves as caregivers, especially spouses," she said, "It also puts people's roles in a new light."

Among the significant challenges facing these day-to-day care partners is the sense of guilt that accompanies taking a break or engaging in an activity designed to bring personal joy or fulfillment. Even meeting their own basic needs — exercise, medical care, eating — can be difficult to prioritize.

Leaving a loved one to meet friends for a standing weekly lunch, attending church, exercising, shopping, sleeping or

reading can often cause feelings of guilt and shame.

Giving up all the things you enjoy can lead to depression and anxiety. Physical health can also be affected if a person neglects self-care. Throw in life during a pandemic, when even a simple trip to the store is made more difficult, and the risk of burnout and depression is even greater.

"And caregivers are so exhausted by the end of day just doing those tasks, they don't have the energy to do those quality things if they're not taking care of themselves," Cobb said.

For those who care for people with dementia or other memory loss issues, the experience can be even more draining, said Dr. Sarah Ross, assistant professor of geriatrics at the Center for Geriatrics at University of North Texas Health Science Center. Dementia patients, for example, may say unkind things to people they don't recognize or keep caregivers on their toes by wandering off, and it is emotionally painful to see loved ones unable to recognize people close to them.

"They don't really believe those things that they say. They're at a confused state of mind," Ross said. "I think that's what makes it more emotionally draining."

While some care providers may feel guilty, time away from



WHO IS A CAREGIVER?

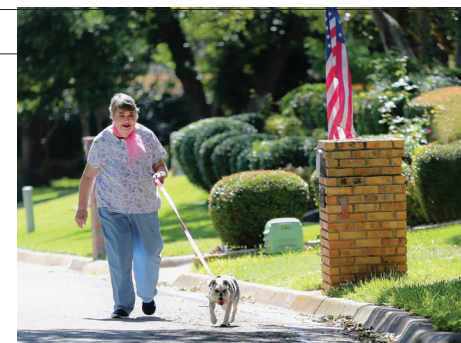
According to the AARP report "Caregiving in the U.S. 2020," Approximately 53 million Americans are considered "caregivers." Spouses, children, friends, co-workers and neighbors all fill the role, which includes a variety of unpaid duties including:

- Running errands
- Buying groceries
- Cooking
- Providing transportation
- Assisting with medical needs
- Moving someone from room to room or from a bed to a chair
- Setting up appointments
- Offering companionship

BASICS OF SELF-CARE

- Ask for help when needed.
- Spend time with friends.
- Join a support group — in person or online.
- Take breaks each day.
- Keep up with hobbies.

— National Institute on Aging



caregiving is actually a key to providing quality care.

"Stress can negatively affect your health, well-being and ability to provide care," according to the AARP's "Prepare to Care Guide." "Schedule regular time for what is important to you and get help from others."

Even an hour away for lunch or time with friends and family can be helpful.

It is vitally important to make sure you are attending to your own physical needs. An estimated 70% of caregivers experience a decline in their own health. The downturn is often exacerbated by poor diet, lack of exercise and poor sleep.

Caregivers have a tendency to wait too long to ask for help. Many caregivers do not recognize the stress they are under, so it is a good idea to listen to others when they offer help or express concern.

Nearly half of caregivers do not seek any help, according to the Family Caregiver Alliance.

Support groups or programs like Dementia CARE.S. (Caregivers Accessing Resources, Education and Support), a free, six-week education and support program offered by the

"I would say practice healthy life choices. Diet. Quality sleep. Hobbies outside the caregiving role. People outside the caregiving role. And time away."

— Jaime Cobb, vice president of dementia & caregiver education, James L. West Center for Dementia Care

"This program helps caregivers to better understand and address the changes happening with their loved ones and learn coping mechanisms," said Jane Oderberg, Dementia CARE.S. instructor and project coordinator. "It is also support from others facing similar issues and they bond to help each other."

Finally, remember that negative feelings are unusual. Such emotions are an expected part of caregiving as spelled out in Jo Horne's Caregiver's Bill of Rights: "I have the right to... get angry, be depressed, and express other difficult feelings occasionally."

Source: AARP, National Institute on Aging, Family Caregiver Alliance, Alzheimer's Association, American Heart Association, James L. West Center for Dementia Care, University of North Texas Health Science Center

Sever...
Dinner...
walking...
family de...
respite...
caring f...
husband...
Photos c...
of UNT...
Jill John...

University of North Texas Health Science Center, of dual benefits to caregivers. Such groups can connect a caregiver with like-minded people facing similar challenges, and the meeting offer a break from the day-to-day tasks.

Each week the program tackles a different topic, including understanding dementia, also providing companionship and support among caregivers.

Content:

Aging Resources

- Essential documents
- Tips for healthy living
- FAQs
- Checklist For Picking Care Options

Caregivers Section

- Caregiver lifestyle consideration
- How to have difficult conversations with aging family members
- Memory Care Warning Signs

Listings Section

- Glossary of Terms
- Independent Living
- Assisted Living
- Specialized Care
- Home Care
- Home health care
- Rehabilitation
- Skilled Nursing Homes
- Other long-term Care Options

Why North Texas Caregiver?

PURPOSE: Someone turning 65 today has a 70 percent chance of needing long-term care. *North Texas Caregiver* educates family members and connects them with the resources needed to help ease the burden of what can be an emotionally and financially draining process.

REACH: More than 40,000 copies of *North Texas Caregiver* reach health care and long-term care providers throughout Fort Worth, Southlake, Arlington and other cities in Tarrant County and North Texas. Key distribution partners include Empowering Seniors of Tarrant County, the James L. West Memory Care Center and the University of North Texas Health Science Center. Additional distribution includes pharmacies, bank wealth and trust departments, elder law attorneys, senior centers and select subscribers to *360 West Magazine*, which boasts a readership of wealthy business and family decision makers.

SHELF LIFE: 2022-23

18 | ESTATE PLANNING

Know Your Documents

Throughout life, individuals deal with a number of vital documents that protect their legal and health interests.

Such documents become even more important for seniors organizing their wishes for distribution of property and possessions after they die, as well as providing for their

end-of-life care and comfort.

While such subjects can be difficult to discuss, and knowing what you need and where to find it may take a bit of time, having the proper documents can be a great comfort, saving time, money and heading off potential family conflict.

BASIC DOCUMENTS

These are the records that are often top of mind when getting affairs in order. They are the documents recording important stages in life, including birth, marriage, adoption and death records (in the event of a deceased spouse).

Divorce decrees, military records, driver's licenses, passports and copies of deeds and estate tax bills would fall under this category.

WILL/TRUST

Most important among documents is a will or trust, which legally outlines the distribution of property and possessions. A will should be drawn up with an attorney and should not be confused with a living will. Having a will provides you with the power to distribute property, rather than leaving decisions to the state.

DURABLE POWER OF ATTORNEY FOR HEALTH CARE

Also called a medical power of attorney or health care proxy, this is someone chosen to make health care decisions in the event the individual becomes mentally or physically unable. A DPOA for health care should be separate from DPOA for finances.

Important health care documents include Medicare card and Medicare Savings Program (MSP) information (if the individual qualifies). Also included are Medicaid number and identification card, Medicare prescription drug coverage information and insurance policy numbers and providers for all types of coverage including health, life, disability and long-term care.

DURABLE POWER OF ATTORNEY AND FINANCIAL INFORMATION

Documentation of trusts and amendments, bank and credit accounts and safe deposit box numbers are among the records necessary to help organize finances.

Durable Power of Attorney (DPOA) designates someone to conduct matters on behalf of another person in almost every area of life. The powers granted the DPOA become effective as soon as the document is signed, and the rights continue until the person who issued it passes away.

In assigning a DPOA it is important to ensure it meets the requirements of the state where you and your loved ones live.

DPOA gives a person responsibility to conduct matters in areas like real estate, banking and finances, government benefits, trust and beneficiary transactions and personal and family maintenance issues.

ADVANCE DIRECTIVES

Actually a collection of documents, this is one of the most important details for an individual to arrange. The Advance Directives Act is in Chapter 166 of The Texas Health and Safety Code.

Advance directives are legal documents that allow you to convey your decisions about end-of-life care ahead of time. They provide a way for you to communicate your wishes to family, friends and health care professionals, and to avoid confusion later.

Advance directives include declaration for mental health treatment, directive to physicians and family or surrogates form, living wills, medical and durable powers of attorney and do not resuscitate (DNR) orders. These allow you to make medical and mental health decisions about treatment in advance and deal with the use of life support machines, feeding by tube, organ donation and types of end-of-life comforts ranging from music and blankets to loved ones present.

Any competent adult may at any time execute a written advance directive without the aid of a lawyer.



LIVING WILL AND PROXY

This is the document that includes the person's wishes regarding life-sustaining treatments, should they become unable to communicate. It is a written, advance directive that informs physicians and other providers of an individual's end-of-life wishes as carried out by the DPOA for health care.

The person named on the health care proxy form only has authority if the individual becomes permanently unconscious or unable to speak for himself and has a terminal condition.

DO NOT INTUBATE

After meeting the proper health professionals for individuals cannot intubate (DNR) directives if do the insertion of tube or if the v process of resu as too damaging. A DNI or DNR filed with the p or respiratory also displayed visible place in it can be seen response perso

Sources: [khan, jenn, jenn](#), [Trans A&M University Research Center](#)

Any competent adult may at any time execute a written advance directive without the aid of a lawyer.

Reach aging Texans and their family members through a targeted distribution network including:

- Hospitals
- Wealth and trust managers
- Elder law firms
- Senior centers
- Physicians offices
- Pharmacies
- Long-term care facilities
- 360 West subscribers

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Tarrant County Commissioner Gary Fickes



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How to Find the Right Medicare Plan

The annual Medicare enrollment period runs Oct. 15 through Dec. 7.

It's a time when millions of seniors 65 and older and those with certain disabilities can make changes to their Medicare coverage.

It's also a time to do research, evaluate options, shop for the best deals and select a plan that fits your budget and health needs.

A Plan For You

The most basic decision to make in the enrollment period is whether to select Original Medicare or a Medicare Advantage plan. While the majority of

Americans use Original Medicare, nearly 4 in 10 (39%) of all Medicare beneficiaries — 24.1 million people — were enrolled in Medicare Advantage plans in 2020. Additionally, the Congressional Budget Office (CBO) projects that the share of all Medicare beneficiaries enrolled in Medicare Advantage plans will rise to about 51% by 2030.

Medicare Advantage plans are approved by Medicare but are offered through private health insurance companies like Wellcare and Wellcare by Allwell. These plans tend to offer lower copays and deductibles than Original Medicare and other added benefits to help members improve their overall health and well-being, such as care coordination and disease management; in-home support services; wellness programs and fitness memberships; vision, hearing and dental benefits; and medical transportation.

Research from the Better Medicare Alliance shows 98% of seniors on Medicare Advantage were satisfied with their health plan.



The Wellcare Advantage

For more than 20 years, a range of Medicare Advantage plans cover affordable access to hospitals and additional Original Medicare, such as vision services.

Wellcare also stands by to offer an easy, hassle-free experience so members can focus on their health insurance.

Learn More

There are dozens of ways to help you select a Medicare Advantage plan. To learn more, visit [wellcare.com](https://www.wellcare.com).

For more information on Medicare Advantage options, visit [wellcare.com](https://www.wellcare.com).

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Rates

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The Right Care at the Right Time

Nothing in life stays the same — we advance, evolve, face complex challenges and receive remarkable opportunities. As we grow older, it's worthwhile to plan for these changes, rather than be taken by surprise.

One way to prepare for the future or respond thoughtfully in the present is to consider the forms of care you or a loved one may need. A Life Plan Community, providing on-site health care services and multiple levels of care in addition to independent living residences, is a valuable option that can alleviate stress associated with an injury, the need for extra help around the house or memory-impairing illnesses.

A knowledgeable, compassionate Life Plan Community shapes its continuum of care around each resident. Like a favorite glove, perfectly formed to the contours of the hand, an experienced team will adapt to individual lifestyle and health care needs. The community focus should be on supporting residents through every step of life's journey while facilitating an exceptional lifestyle of joy and comfort.

Additionally, a high-caliber Life Plan Community allows residents to leave life's daily hassles behind thanks to convenient services and amenities, which may include housekeeping, maintenance, transportation, on-site banking, salon services and restaurants.

Other considerations include around-the-clock security and in-room emergency call systems. A thoughtful Life Plan Community provides peace of mind, leaving residents free to enjoy a carefree lifestyle while taking part in a wealth of activities.



MEMORY SUPPORT

For those suffering from Alzheimer's or other memory-impairing illnesses, first-rate Memory Support Programs offer a curated combination of specially trained staff, adaptive programs and purposeful physical space to enable residents and their families to find joy and meaning each day. A deliberate approach to memory support seeks to minimize behaviors associated with dementia and restore idyllic, peaceful feelings from the past.

A choice Memory Support Program should offer:

- Emphasis on living with — not suffering from — dementia
- Specially trained and certified staff

- Actively involved loved ones
- Intimate, secured location with outdoor space
- Three-course meals and snacks
- Music, planned activities and exercise programs
- Access to skilled nursing and rehabilitation on-site

LEVELS OF CARE

ASSISTED LIVING

A choice Assisted Living Program offers personalized assistance, tailored supportive services and compassionate care. This approach provides an ideal solution for seniors who need some help with daily activities like bathing, dressing and medication reminders, while still maintaining the highest possible level of independence. Many assisted living communities offer spacious apartments with full kitchens designed to help residents maintain their treasured autonomy.

The experience of an excellent Assisted Living Program should allow residents to continue their vibrant, full lives. When older adults transition to high-quality assisted living, they gain resources that encourage them to thrive. It's a stabilizing foundation that allows residents to maintain the lifestyle they cherish, with fewer headaches and greater comfort.

SKILLED NURSING

For those recovering from an illness or injury or those requiring nursing services for longer periods, a Skilled Nursing and Rehabilitation Program bridges the gap between hospital and home. These programs will offer both short- and long-term care. A Life Plan Community should have an on-site Skilled Nursing and Rehabilitation Center — which may include premium resources like a therapy pool, as well as speech, occupational and physical therapies focused on helping individuals progress quickly and successfully in their recovery, ensuring the transition from hospital to home is a smooth one.

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Share your expertise as a caregiving professional or facility through sponsored content. Working in collaboration with *North Texas Caregiver* staff, you can help educate readers through an article on the topic of your choice.

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(limited to one article per topic)

Topic Ideas:

- Protecting Family Assets
- Nursing Home Insurance
- Importance of Monitoring Prescriptions
- Asking Tough Questions of Healthcare Providers

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Recommendations for Post-COVID-19 Outcomes

Health care providers had to learn rapidly in the early stages of the COVID-19 pandemic as they attempted to gain insight from physicians and therapists whose patients were hit hard in early 2020. Many were fortunate to collaborate online with a range of specialists, doctors, therapists and medical schools in California, New York and Illinois regarding their experiences. They could provide the scientific facts and information to help front-line clinicians provide patients with an appropriate plan of care in a COVID-19 environment. Providers found themselves in uncharted waters facing challenging circumstances. They had to draw upon their clinical skills and training to expand techniques and innovate clinical practice management to bring services and comfort to patients and their families.

Since early 2020, there have been more than 33 million cases of COVID-19 in the U.S. and 600,000 deaths, according to the Centers for Disease Control and Prevention (CDC). Patients post-COVID-19 may experience pulmonary



limitations, weakness and cardiac impairments. It was learned that those with chronic conditions are at higher risk of severe illness. Despite 57.4% of Americans being vaccinated

with at least one dose by late July, many are experiencing symptoms lasting more than 12 weeks, possibly affecting their functional ability and quality of life, which cannot

be explained by other comorbidities. The acute signs and symptoms of COVID-19 typically last up to four weeks. "Long-COVID" is now being used to describe both ongoing symptomatic COVID-19 and post-COVID-19 syndrome.

An article published by Oxford University Press on behalf of the American Physical Therapy Association reviewed 48 worldwide studies. All studies reviewed included rehab recommendations for outcomes that included the following: Exercise tolerance, respiratory function, muscle strength and activities of daily living (ADLs) or functional independence. Recommended treatments included respiratory rehabilitation, exercise therapy, education, psychological support, ADL and gait training, traditional Chinese medicine and cognitive and vocational rehabilitation.

Two consistently recommended treatments were aerobic and resistance exercise. Aerobic activity recommendations included walking, jogging or swimming, beginning with light exercise and gradually increasing as tolerated. Duration recommendations ranged from five to 30 minutes, with the activity occurring three to six times per week. Resistance exercise included progressive training for large muscle groups using body weight, resistance bands and dumbbells with



electrical stimulation. Intensity training loads were gradually increased, with one to three sets at least two to three times per week.

Clinicians and researchers do not yet possess a comprehensive understanding of the causes and pathophysiology of post-acute effects of COVID-19. Late effects may result from a combination of factors related to the severity of the case, treatments, ongoing disease, lifestyle changes imposed by the pandemic and the number of comorbidities associated with an individual.

In the absence of clinical trials documenting the efficacy of comprehensive rehabilitation post-COVID-19, therapists must rely on consensus guidelines. Positive lifestyle practices will be important in improving outcomes post-COVID-19. Therapy programs will need to encompass respiratory rehab, as well as cardiac and diabetes rehab, musculoskeletal assessment and interventions related to fatigue, weakness and pain.

Sponsored by Advanced Healthcare Solutions with Rehab Synergies

NORTH TEXAS Caregiver RESOURCE GUIDE

SALES CLOSE

July 15

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July 25

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For more information, contact Lindsey Corder at
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