



Empowering the
transition from
independent to
assisted living

Bringing together pivotal resources for transitioning
from independent to assisted living such as:

- Alzheimer's & Dementia Management
- Senior Placement
- Medicaid Application & Law
- Home Care - Therapy and Podiatry
- Legacy Planning & Protection
- Wheelchair Transportation
- Real Estate
- Living Wills & Elder Law

www.cuidarcommunity.org





COMPASSION
CARE
COMMUNITY

MISSION

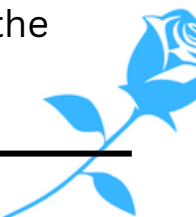
To bring together all the necessary components pivotal to making decisions that impact how people continue to live their life during the transition from independent to assisted living.

To empower the transition from independent to assisted living and change this transition from unknown and unplanned to understood and cared for.

VISION

Why CUIDAR? COMMUNITY

Founded by health care professionals, *Cuidar* (pronounced *kwee-dar* meaning to care) Community connects those navigating the transition from independent to assisted living to the resources they need and provides accessible information about this transition to raise awareness and inspire proactive living. Cuidar Community started in 2019 in The Bronx, New York City in response to the pandemic and the lack of accessibility to healthcare and healthcare information the pandemic created. This disparity in care was even more prominent in communities that were predominantly Spanish speaking, such as The Bronx. *Cuidar Community* initially focused on making information and needed healthcare more accessible to our Spanish speaking communities and has since grown in focus to include the lack of care and communication around the transition from independent to assisted living. Although *Cuidar Community* has expanded in scope, we kept our namesake to honor the beautiful communities that inspired us to care more in the first place.





COMPASSION
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WHAT

According to the National Center for Assisted Living, nearly 70% of us will go from living independently to needing medical assistance, often unexpectedly.

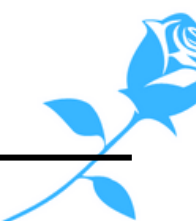
We Do

This change can be frightening and stressful, especially when there is no long term or assisted living care plan in place. Cuidar Community inspires to redirect the uncertainty of this transition and make it a more caring and empowering experience.

By pooling together resources from disciplines pivotal to this stage of life, Cuidar Community shows you the options available for navigating this moment and the impact your decision will have on your future.

Cuidar Community further supports those undergoing this transition by providing financial assistance to those in need of long term care who cannot afford it and donating equipment to rehabilitation facilities that specialize in returning our loved ones home. Our partners further our cause by offering discounts to those who connect with them through Cuidar Community.

With the firm belief that expanded community can only lead to expanded care, we come together for you, to navigate the present and ensure a peaceful future. To find out how you can support Cuidar Community or for more information contact your local Cuidar representative Sabrina Bozzo via email at **cuidarcommunity@gmail.com**





SENIOR ADVISORS®
AUSTIN & CENTRAL TEXAS

We make senior living simple.

“My kids want me to leave my home, but I’m afraid. The idea of moving is just too overwhelming. Can I afford it? What happens if I run out of money?”

“The doctor told us it’s time to start looking into assisted living for Mom. My dad can’t take care of Mom by himself anymore and they need to be together.”

“My wife has just been diagnosed with dementia. Now what? The communiites I’ve visited are nice, but how can I tell which one has the best care?”



Finding and understanding senior living options can be overwhelming and confusing. **Oasis Senior Advisors is here to help.**

Our advisors assist seniors and families to find the senior living solution that is the right fit. They will be with you every step of the way to make the process simple and easy. Best of all, ***there is never a cost for our services.***

Contact Your Local Senior Advisor Today!

512.800.1469

JOHN BROWN

JBrown@YourOasisAdvisor.com

www.OasisSeniorAdvisors.com/Austin





KELLER WILLIAMS
REALTY



As a physical therapist assistant, I have experienced the greatest honor; to be entrusted with the care of another being in their time of need. I have also seen how quickly life can change and how impactful and costly these changes can be. That's why I joined Cuidar Community as both a therapist and agent specializing in elderly and able-divergent populations in order to expand the care I provide throughout the human experience.

There are so many vulnerable moments in life that need to be handled with more care, such as the home making experience, especially when changes to it are unplanned. Whether it is time to select a home that is more accessible with a layout that reduces your chance of suffering a fall, or time to leverage your current house as an asset to cover medical costs and create a financially fruitful future, my team and I have the expertise required to navigate your home making experience and would be honored to walk alongside you in your journey.

We offer lower comission rates through Cuidar Community. And with every commission earned, a donation is made to Cuidar Community to help those in need of long term care that cannot afford it and support our rehabilitation facilities that help our loved ones get back home.

¡Hablamos Español tambien!





KELLER WILLIAMS
REALTY

In partnership with



offers **no cost moving assistance**

Apart from offering lower commission rates which saves sellers thousands of dollars, KW partners with Cuidar Community to provide free moving assistance to those who need to sell their homes due to a change in health which resulted in transitioning to a long term care facility. We know how costly this transition can be, and care enough to do something about it. So we have come together to create a more caring and compassionate experience around this often unplanned move. Email Sabrina Bozzo at sabrinabozzo@kw.com or Cuidar Community at cuidarcommunity@gmail.com for more information.





KELLER WILLIAMS
REALTY

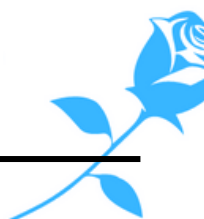
The Power of Real Estate Investing

Did you know?

- There are micro-markets, such as Travis County, that are at an all-time high and projected to *triple in worth* over the next 10 years!
- In the Midwest, you can buy a multifamily home for under \$90,000?!?!?
- In Austin, renting is more common than owning, and can be a great way to utilize your home when you are not residing in it!
- Owners of a single multifamily property in lower cost of living states such as Virginia, upstate New York, Michigan and Ohio, on average collect \$2,000 a month of ***tax free passive net*** income per property!

We are constantly told what we cannot do or cannot accomplish. It's time we are told what we can. You can build a legacy for your family. You can establish financial freedom. You can make your dreams a reality.

Contact Sabrina Bozzo at **sabrinabozzo@kw.com** or **313 282 9876** to see all that you can do.



The Law Office of Mario Flores PLLC.



Estate Planning & Elder Law

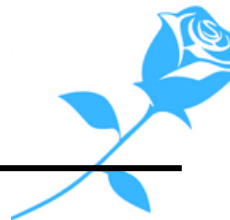
"I am here to help people make their voices heard and seek solutions to their problems." - Mario Flores

At The Law Office of Mario Flores, PLLC, I'm committed to offering knowledgeable legal counsel and reliable advocacy to clients in estate planning-related matters, including wills, trusts, probate, powers of attorney, and advanced directives. I'm available to discuss your unique situation, enlighten you about important estate planning documents, and determine an ideal plan that best fits your unique needs.

In partnership with *Cuidar Community*, those referred to me through Cuidar will receive reduced pricing.

When insurance isn't enough and you don't have the savings to afford expensive long term care, the Law Office of Mario Flores can help. We know that there are many other ways to afford long term care, so before thinking about dipping into your hard earned savings, contact us today at **512-647-1798** with any questions, or to schedule a **free 30-minute consultation**. Can't come to us? We service those in Austin and surrounding areas such as Roundrock and Pflugerville and can come to you!

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HelpGuide

Your trusted nonprofit guide to mental health and wellness

Tips for Alzheimer's and Dementia Behavior Management

When a loved one with Alzheimer's or dementia experiences behavior problems such as wandering, aggressiveness, hallucinations, eating or sleeping disturbances it can be distressing. These tips can help.

- **Look at your loved one's body language and imagine what they might be feeling or trying to express.** With most types of dementia, the part of the brain that processes logic isn't in use as much. So, for one with dementia, sense doesn't make sense anymore. Instead, the brain relies more on the part that processes emotions and gestures to gather and express information. Increasing your awareness to your loved one with dementia's body language can improve your communication with them and lead to greater understanding and connection.
- **Ask yourself, what happened just before the problem behavior started?** Did something trigger the behavior? Are the patient's needs being met? Are they hungry, thirsty, or in pain? Those with dementia often use their emotions to express not only their mental state but their physical. Maybe they're not really angry, they're hungry.
- **Does changing the environment by introducing favorite music, for example, help to comfort the person?** Music is the language of the soul and can activate deep memories. Use music to sooth your loved one or attract their presence.
- **How did you react to the problem behavior? Did your reaction help to soothe the patient or did it make the behavior worse?** Those with dementia process information through the centers of their brain that recognize emotion and gestures, not so much the frontal lobe anymore. So, it doesnt matter what you say or the number of times you say it, as much as it matters how you say it.



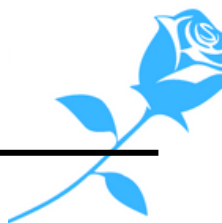
ATX WHEELCHAIR
TRANSPORT



ATX Wheelchair Transport offers 24/7 certified transportation services throughout the counties of Williamson and Travis for those wheelchair-bound and their loved ones. We offer a variety of transportation services, specializing in discharge home services from hospital or nursing home stays, and appointment or dialysis transportation.

Contact us at **512-361-6067** or info@atxwheelchairtransport.com for your transportation quote. **Mention that you heard us through *Cuidar Community* and receive a 15% discount!**

¡Hablamos Español!





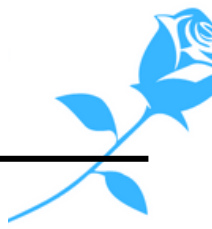
Foot Care Tips & Tricks!

Cuidar Community has partnered with local podiatrists at Austin Podiatry House Calls and Dr. Ricardo Chica, DPM at Austin Foot and Ankle Specialist to bring you tips to keep your feet healthy.

- **Clean feet are always healthier feet!** Treat your feet by cleaning them with light soap and warm water every day. **Do not use** hot water especially if you have diabetes or poor circulation. Apply vitamin E or castor oil for a long-lasting moisturizing effect, and put your socks back on after your feet are entirely dry.
- **Short Toenails!** Soak your feet in warm water prior to cutting your nails, as this makes the nails much easier to trim. Use a good set of nail clippers and cut straight across. If you have poor circulation, diabetes or are on blood thinners, you should **only** allow your podiatrist to trim your nails.
- **Proper footwear!** When buying brand-new footwear, measure your foot for the best fit, choose comfort over style, and inspect the bottoms to make sure they are not worn out and slippery. Change into sandals whenever you can and never walk around indoors barefoot as this can lead to injuries, especially for those with diabetes or neuropathy who cannot feel their feet, as you may step on something, not know it, and cause an infection which can quickly lead to amputation.
- **Painful feet? Check your diet and improve your circulation!** If you are experiencing foot pain, your blood levels of potassium, sodium, and magnesium may be decreased. Make sure to see your primary care physician for yearly physicals and blood work. Also, eat a variety of mineral-rich fruit and vegetables. Remember to walk and exercise your feet, ankles, and legs on a daily basis; good blood flow means happy feet!

Local Podiatrists:

- Dr. Ricardo Chica, DPM at 512-328-8900, ***¡hablamos Español!***
- Austin Podiatry House Calls at (737) 231-1087





Cuidar Community partners with physical therapists at Austin based YTS home health and physical therapy to provide you with some simple solutions to preventing falls and maintaining your independence.

Style your house with some safety swagger! Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub – plus a hand-held shower nozzle for bathing while sitting down

Remove Home Hazards! Removing rugs, clearing hallways, and having proper lighting are some easy ways to eliminate obstacles in your home. Making sure you have things like dishes, towels, clothing, and shoes in places that you do not have to bend or stand on your tippy toes to reach can also reduce the chance of losing your balance and falling. If you live in a two story home think about making everything you need accessible to the first floor.



Stay Connected! Using tools such as ALEXA and Lifealert that can contact loved ones and EMS with the push of a button or the power of your voice are simple ways to utilize technology to promote your safety while maintaining your independence.

Keep Moving! Routine exercise such as walking is a simple and free way to activate and train the muscles needed to right yourself when you lose your balance and prevent a fall.

Use your community! You are not alone. At some point in time, we will all reach a stage where we need a bit more help with our bodies. And when that time comes, your community is here. Whether it's asking a family member to stay with you more often, having physical therapy to improve your balance and strengthen your body, or deciding it's time to move to a senior living community for more accessible resources, or even an assisted living community to offer more medical help while maintaining your independent living, knowing your options and being open to change is the best way to continue to live independently and safely.

In need of In home physical therapy? Contact YTS home health & therapy at **512-381-0815!** We service Travis County and provide speech, physical, and occupational therapy. *For those with a copay or paying privately, mention Cuidar Community to **receive a discount!***

¡Hablamos Español!



Seniors Financial Solutions

Medicaid Eligibility, VA Benefits, Estate Preservation, and Senior Financial Planning in Texas

Need to find a way to pay for your loved ones long term care without spending their savings and demolishing their legacy? Or maybe you just need help navigating the daunting task of applying for Medicaid? At Seniors Financial Solutions we can help you accomplish this and so much more.

We know how truly overwhelming applying for and obtaining Medicaid financial assistance and eligibility in Texas can be. *Make that double the trouble for veterans.* The medical necessity, income requirements, and resource rules change often and are hard to keep up with. Which is why accurate financial advice and guidance in these Medicaid eligibility issues are so pivotal. **We can help you obtain Medicaid eligibility without having to drain your loved ones savings.**

From helping Texas Veterans coordinate their VA Benefits and financial help for home care, to Medicaid enrollment and implementing successful asset and estate preservation, the experts at Seniors Financial Solutions are here to help you and your family.

Call or email Seniors Financial Solutions to arrange for your **FREE** consultation today! Mention *Cuidar Community* for discounted services!

512-260-5111

info@seniorsfinancialsolutions.com

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