



Resources and Additional Information

NOTE: Due to COVID-19, be sure to contact these resources in advance to inquire about their adjusted services and availability.



We advocate for and support the health, safety and well being of adults 60 and older.

Information & Referral/Assistance — Helps older adults find and access community resources, programs, and services.

Benefits Counseling — Educates and advises older adults and caregivers about insurance issues, benefits and consumer problems related to Medicare & other public benefits.

Ombudsman Program — Advocates for older adults living in nursing or assisted living facilities.

Health and Wellness — Promotes and assists with healthy aging, such as physical activity and fall prevention, with the goal of supporting the independence of older adults.

Care Coordination — Coordinates short-term services for older adults who are recuperating at home after a health care crisis.

Caregiver Support Services — Provides support to people who care for an older adult or someone with a disability; grandparents or non-parent relatives age 55 or older with formal or informal custody of a child age 18 years or younger.

Nutrition Programs — Provides in-home and group setting meals.

Medication Screening — Reviews prescribed or over the counter medications, supplements, and ointments; summarizing their purpose to inform about potential negative interactions and give tips for safe medication management.

Aging and Disability Resource Center — Assists with finding resources for housing, transportation, and long-term care services and supports for older adults, people with disabilities and their caregivers.

Area Agency of the Capital Area

1-888-622-9111 or 512-916-6062

Aging and Disability Resource Center of the Capital Area

1-855-YES-ADRC or 1-855-937-2372

Serving Bastrop, Blanco, Burnet, Caldwell,
Fayette, Hays, Lee, Llano, Travis and
Williamson counties

Funded in part by
Texas Health and Human Services

AAACAP.ORG and ADRCCAP.ORG

AGE of Central Texas

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!
(512) 451-4611

Thrive Social & Wellness Centers

Austin: (512) 458-6305 | Round Rock: (512) 255-4865

- Providing vibrant daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas.
- Specialized care in secure facilities for individuals with dementia or memory loss.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: activities, meals and snacks, and transportation options.
- Activities designed to engage mind and body including music, brain boosters, exercise, and more.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$65 per day.

AGE of Central Texas Is an Equal Opportunity Provider

Caregiver Education and Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars, workshops, and conferences, with respite services available.
- Free monthly caregiver support groups in Austin and Round Rock.

Memory Connections

- Brain exercises and emotional support for older adults living with dementia or early memory loss, to improve quality of life through evidence-informed activities and a professionally facilitated support group.
- Five weekly Central Texas community locations with sessions from 9:30 am to 2:30 pm.
- Monthly caregiver support group for family members of Memory Connections participants.

CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round at convenient locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org to find a free caregiver class near you.

Health Equipment Lending Program

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email Help@AGEofCentralTX.org to request and reserve items.

AGE Computer Lab

- Peer-to-peer technology instruction and personal coaching for older adults.
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit www.AGEcomputer.org for class schedules and more information.



Proud grant partner of



(512) 451-4611 | www.AGEofCentralTX.org

Central Office and Austin Thrive Center:
3710 Cedar Street, Box 2; Austin, TX 78705

Williamson County Thrive Social & Wellness Center:
475 Round Rock West Drive, #120; Round Rock, TX 78681



Struggling to pay your utility bill & other expenses?

You may be eligible for financial assistance through the Area Agency on Aging (AAACAP) or Aging and Disability Resource Center (ADRC) of the Capital Area.



The ADRC has partnered with the Austin Energy Financial Support Plus 1 Program to help!

The program provides temporary, emergency financial aid to customers in need who may have suffered from serious illness, a recent job loss, or other emergencies that can make pay utility bills difficult.

Program requirements include:

- City of Austin utility customer
- Client assistance is for residential accounts only (at home of residence)
- Plus 1 funds cannot be used for utility deposits

ONE or more of the following criteria must also be met to get Plus 1 financial support through AAACAP or the ADRC:

- 60 years old or older
- A primary caregiver for an adult 60 years old or older
- A primary caregiver for an person of any age with Alzheimer's or dementia
- Non-parental caregiver, who's 55 or older, for an adult with severe disabilities
- Kinship – Grandparents or other non-parent relatives age 55 with custody of a relative child who is 18 years old or younger
- Older relatives who's 60 or older providing care to adults who are 18-59 with disabilities
- Medicare-eligible
- Have a disability
- Caregivers for a person of any age with a disability



Contact the ADRC at adrccap@capcog.com or 855-937-2372 for more information.





¿Le cuesta pagar los servicios públicos Y los demás gastos?

Quizás pueda acceder a una ayuda económica a través de Area Agency on Aging/Aging and Disability Resource Center of the Capital Area:



¡La asociación entre el ADRC-CAP y el programa Plus 1 de apoyo económico de Austin Energy está aquí para ayudar!

Ayuda económica de emergencia para clientes necesitados: Una enfermedad grave, la pérdida reciente de un trabajo y otras emergencias pueden dificultar el pago de los servicios públicos.

El fondo Plus 1 brinda ayuda económica de emergencia a los clientes que estén atravesando problemas temporales para pagar los servicios públicos.

Criterios del programa:

- Clientes de servicios públicos de la ciudad de Austin
- La ayuda al cliente es sólo para cuentas residenciales (vivienda de residencia)
- Los fondos Plus 1 no pueden utilizarse como depósitos de garantía para los servicios públicos

Debe cumplir con UNO de los siguientes criterios para recibir el apoyo económico de Plus 1 a través de Area Agency on Aging/Aging and Disability Resource Center:

- Personas mayores de 60 años
- Principal cuidador de un adulto mayor de 60 años
- Principal cuidador de una persona de cualquier edad con diagnóstico de Alzheimer o de demencia por enfermedad
- Cuidador de 55 años o más, distinto de los padres, de un adulto con discapacidad grave
- Parentesco: abuelos u otros familiares de 55 años, distintos de los padres, que tengan la custodia formal o informal de un familiar menor de 18 años
- Parientes mayores de 60 años que cuiden a adultos de entre 18 y 59 años con discapacidad
- Personas elegibles para Medicare
- Personas de cualquier edad con discapacidad
- Cuidadores de personas de cualquier edad con discapacidad



Para obtener más información, envíe un correo electrónico a

adrccap@capcog.com o llame al 855-937-2372



CAREGIVERU

A Program of AGE of Central Texas

CaregiverU is a collaboration of numerous Central Texas non-profit agencies and community organizations, joining together to provide free classes offering support and resources to family members that are caring for an older loved one.

Classes are offered at no cost to participants, and the courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:
www.CaregiverUcentx.org



This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.



According to the Centers for Disease Control, one out of three older adults experience a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults. **A Matter of Balance** is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work.



Taking care of a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven, professional-level training for the non-professional, family caregiver. The small group discussion format addresses the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities.



For more information and services, contact:

AGE of Central Texas

(512) 451-4611 | www.AGEofCentralTX.org

CaregiverU funding provided through a generous grant from



@ageofcentraltx

Use your smart device to find a free class near you:



TAKE CONTROL of *YOUR* Pain!

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

This program emphasizes the skills needed in day-to-day pain management to maintain or increase activity and live a healthy life

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with a chronic pain
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Moving easy exercise and nutrition for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends and health professionals



ONLINE

August 13-September 17
10:00-12:30

Attend using computer,
laptop or smartphone

REGISTRATION IS REQUIRED

Class size is limited

No Cost

TO REGISTER

for this six-week workshop contact:

Jessica Martone
512-916-6180

jmartone@capcog.org



TAKE CONTROL of *YOUR* Diabetes!

DIABETES SELF-MANAGEMENT PROGRAM



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with Type 2 Diabetes, Prediabetes, or family members
- is interested in symptom and treatment management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Prevent Low Blood Sugar
- Monitor Nutrition
- Plan Low Fat Meals
- Talk with Your Doctor
- Care for Your Feet
- Set Weekly Goals
- Control Stress

UPCOMING WORKSHOP

ONLINE

Attend using computer, laptop, or smartphone

REGISTRATION IS REQUIRED

Class size is limited

No Cost

To REGISTER for this six-week workshop, please contact:

Jessica Martone

512-916-6180

jmartone@capcog.org



Presented by
Area Agency on Aging of the Capital Area

Funded in part by Health and Human Services

Living a Healthy Life with Chronic Conditions

Become your own best advocate to understand your condition and the treatments that work best for you.

Learn to make lifestyle changes to improve your quality of life.



WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with a chronic condition
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Manage Symptoms
- Incorporate Exercise
- Monitor Nutrition
- Talk with Your Doctor
- Make Informed Treatment Decisions
- Deal with Emotions
- Control Stress

UPCOMING ONLINE 6 WEEK WORKSHOP

ONLINE – join with computer, tablet, or smart phone

Tuesdays 9:00-11:30
August 25-September 29

REGISTRATION IS REQUIRED

There is **NO COST** to participate
Class size is limited

To **REGISTER**:
Jessica Martone
512-916-6180
jmartone@capcog.org



Self-Care for the Caregiver

1. Create a [routine](#) (rest when your care recipient rests)
2. Give yourself 15-minute breaks to do something you enjoy by utilizing the time your care recipient is sleeping or otherwise engaged. That engagement can include setting up an activity for the person, or by asking someone to be on the phone with the person for that time. To provide an activity that will engage the person for 15-minutes, consider what the person is capable of doing and the person's interests. AGE of Central Texas has created a list of activities and resources that are available on the AGE website at <http://www.AGEofCentralTX.org>

Tips for creating an activity for a person with dementia:

- Consider what the person is capable of doing
 - Decide if the task will fit their current interests or in the past
 - Set up the activity and use support to get them started
3. Use guided meditation videos: <https://www.caregiver.org/relaxation-caregivers-series-english>
 4. Do a 10-minute exercise break: [Tai Chi for Beginners](#) [Chair Exercises](#)
 5. Think of 3 things that you are thankful for, no matter how small.
 6. Schedule a coffee date with someone, either via the phone or virtually.
 7. Do a 10-minute unplug without phones or screens. Sit outside, listen to soft music, or light a candle and relax.
 8. At mealtimes, sit down, and really enjoy your meal. Stay hydrated.
 9. Take care of chronic conditions by taking medications exactly how prescribed, monitoring blood pressure if necessary and getting the sleep you need.
 10. Use positive affirmations. We really do believe what we say to ourselves. Be kind to yourself as you would to a much-loved friend.
 11. Sharing your feelings is an important part of caring for yourself. If you need to talk, call a trusted friend or family member with whom you feel comfortable sharing your feelings. If needed, there are also hotlines available for caregivers to call with questions or concerns:
 - Caregiver SOS www.caregiversos.org; Phone: 1-866-960-649
 - [Caregiver Action Network Help Desk](#); 855- 227-3640 Monday through Friday from 7 a.m. to 6 p.m. CST
 - Alzheimer's Foundation of America at 866-232-8484 or the Alzheimer's Association of America at 800- 272-3900



FAMILY CAREGIVERS, IT'S TIME FOR A BREAK!

Caring for a loved one can take a lot out of you mentally and physically. We all need time to study, to buy groceries, to be alone.

If you're one of the 2.7 million people in Texas who care for a loved one, you **may** be eligible to receive assistance through the **Lifespan Respite Care Program**. Assistance based on funding available. Call or e-mail today!

Qualifications	Types of Respite Care
<input checked="" type="checkbox"/> An unpaid family caregiver <input checked="" type="checkbox"/> Difficulty accessing respite care <input checked="" type="checkbox"/> NOT enrolled in another government/non-profit respite or Medicaid waiver program <input checked="" type="checkbox"/> Care receiver, of any age, <u>with</u> special needs, a disability or a chronic condition	→In-home: home care agency →Center-based: adult or child day services →Community access: individual or group activities →Out of home: camps



Supporting caregivers in Bastrop ♦ Blanco ♦ Burnet ♦ Caldwell ♦
Fayette ♦ Hays ♦ Lee ♦ Llano ♦ Travis ♦ Williamson Counties

Give yourself credit for doing the best you can in one of the toughest jobs there is!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept help!



Caregiving is hard work, so take a respite break.

PLEASE CONTACT:

Vivian Harris
ADRC Coordinator

Phone: 512-916-6179
Toll free: 1-855-937-2372
adrccap@capcog.org

(Do not e-mail confidential, private, or sensitive information)



Dementia Respite Programs

These community-based programs serve both memory-impaired individuals and their caregivers. Respite participants enjoy socially-enriching and fun activities while their caregivers take a break from caregiving responsibilities. Program activities can include music, exercise, games, dancing, arts and crafts, and a meal. Some sites offer concurrent caregiver support groups.

Respite programs are generally offered free of charge or for a nominal fee. Expenses are covered by in-kind and monetary donations from area businesses and individuals. Programs are staffed by volunteers.

Admission to each respite program is at the discretion of its program director, based upon the stage of dementia and the care needs of the participant. All persons are considered without regard to race, religion, sex, nationality, or place of residence.

	Name/Contact Information	Days/Times	Location
Greater Austin	Bright Horizons Pat Thompson 512-261-8500 Pat.thompson@emmauslakeway.com	Mondays 10 a.m. – 2 p.m.	Emmaus Catholic Church 1718 Lohmans Crossing Road Lakeway, TX 78734
	Circle of Friends Theressa Lyons 512-845-5374	Thursdays 9:30 a.m. – 1:30 p.m.	Congregation Beth Israel 3901 Shoal Creek Austin, TX 78756
	The Gathering www.TheGatheringAtWHPC.org Debbie Wilder: 512-327-1116 debbie@thegatheringatwhpc.org	Wednesdays 9:30 a.m. – 1:30 p.m.	Westlake Hills Presbyterian Church 7127 Bee Cave Road Austin, TX 78746
	House of Friends Susie Peterson David Lutz 512-258-6017	Thursdays 9:30 a.m. – 1:30 p.m.	Bethany United Methodist Church 10010 Anderson Mill Rd. Austin, TX 78750
	Mike's Place Marjorie Murphey-Camacho 512-476-6325 x138	Wednesdays 9:30 a.m. – 1:30 p.m. -- or -- 1 st Tuesday 9:30 a.m. – 1:30 p.m.	Meals on Wheels and More 3227 E. 5 th Street Austin, TX 78702
	MPAC (Memory Powered by Active Connections) Martha Galie 512-345-8314	Tuesdays 10:00 a.m. – 2:00 p.m.	St. Matthew's Episcopal Church 8134 Mesa Drive Austin, TX 78759

Greater Austin	New Adventures John Bubel 512-258-9079	Wednesdays 10:00 a.m. – 2:00 p.m.	St. Thomas Moore Catholic Church 10205 RR 620 North Austin, TX 78726
	Pat's Bunch Pat McCright Marcie Pittman 512-282-0875	Wednesdays 9:30 a.m. – 1:30 p.m.	Manchaca Baptist Church 1215 W. FM 1626 Manchaca, TX 78652
	Radiant Friends Barbara Cross 512-250-0826	Tuesdays 9:30 a.m. – 1:30 p.m.	Great Hills Baptist Church 10500 Jollyville Road Austin, TX 78759
	The Sanctuary 512-444-6781	Thursdays 9:30 a.m. – 1:30 p.m.	Faith United Methodist Church 2701 S. Lamar Blvd. Austin, TX 78704
	The Senior Retreat Gege Cordeiro 512-542-9622	Fridays 11:00 a.m. – 2:00 p.m.	Town Lake YMCA 1100 W. Cesar Chavez Austin, TX 78703
Hill Country	Highland Lakes Respite Center Diane Caruthers 512-793-6958 Mary Jane Shanes 512-756-9329	Tuesdays 9:30 a.m. – 1:30 p.m.	First United Methodist Church 301 East Graves Burnet, TX 78611
	Kendall Respite Center Gay Bergman 830-385-4244	Thursdays 9:30 a.m. – 1:30 p.m.	Fellowship Baptist Church 2702 Mormon Mill Road Marble Falls, TX 78654
	Caregivers' Day Out Melinda Wheeler 325-247-4222	Mondays 10 a.m. – 2 p.m.	Pittsburg Avenue Baptist Church 709 Pittsburg Avenue Llano, TX 78643
Georgetown/Sun City	Close Friends Ministry Jim and Mary Thompson 512-868-1349	Fridays 10 a.m. – 2 p.m.	Wellspring United Methodist Church 6200 Williams Drive Georgetown, TX 78633
	PALS Place 512-863-2370	Mondays 10 a.m. – 2 p.m.	First United Methodist Church 410 E. University Georgetown, TX 78626
	Special Friends Cheryl White 512-864-1380	Thursdays 10 a.m. – 2 p.m.	The Worship Place 811 Sun City Blvd. Sun City, TX 78328

4.22.20



Information Courtesy of AGE of Central Texas
512.451.4611 | Email: info@ageofcentraltx.org
www.AGEofCentralTX.org



ARE YOU A GRANDPARENT RAISING A GRANDCHILD?

If you're 55 or older and have custody (formal or informal) of a grandchild, niece/nephew, or other related child, you may be eligible for assistance.

The Area Agency on Aging of the Capital Area provides services to support the health, safety, and wellbeing of you and your children.

Call today to discuss your needs.



aaacap.org
512-916-6062
1-888-622-9111 (toll free)





¿ES USTED UN ABUELO CRIANDO A UN NIETO?

**Si tiene 55 o mas años y tiene custodia
(formal o informal) de un nieto,
sobrino, u otro niño relacionado,
puede ser elegible para apoyo.**

La Agencia para Adultos Mayores de la Area de la
Capital proporciona servicios en apoyo de la salud,
seguridad, y bienestar de usted y sus niños.

Contáctenos hoy mismo para hablar sobre sus
necesidades.



aaacap.org
512-916-6062
1-888-622-9111 (gratuito)



1-855-YES-ADRC
1-855-937-2372 LLAMADA GRATUITA

¿Necesita ayuda para pagar sus costos de Medicare? Usted podría ser elegible para:

- Ayuda adicional de la Parte D de Medicare/Subsidio por bajos ingresos (LIS)
- El Programa de Ahorros de Medicare (MSP) puede ayudarlo a pagar la prima de la Parte B de Medicare.

**¿HA ESCUCHADO SOBRE LA
INSCRIPCIÓN ABIERTA DE MEDICARE?**
15 DE OCTUBRE AL 7 DE DICIEMBRE

**¡Encuentre el plan de medicamentos recetados de costo
bajo de la Parte D adecuado para usted!**

**¡COMUNÍQUESE HOY MISMO CON UN
ASESOR DE BENEFICIOS!**

1-888-622-9111
LLAMADA GRATUITA



WWW.ADRCCAP.ORG
adrccap@capcog.org



WWW.AAACAP.ORG
aaacap@capcog.org

Se proporcionan servicios a los condados de Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis y Williamson.

Esta publicación fue desarrollada por el Área de la Capital, la Agencia del Área para Adultos Mayores (Area Agency on Aging) y el Centro de Recursos para Adultos Mayores y Personas Discapacitadas (Aging and Disabilities Resource Center of the Capital Area). Financiado por la Administración para la Vida Comunitaria (Administration for Community Living).

1-855-YES-ADRC
1-855-937-2372 TOLL FREE

**Do you need help paying for your
Medicare costs? You may be eligible for:**

- Medicare Part D Extra Help / Low Income Subsidy (LIS)
- The Medicare Savings Program (MSP) can help pay for your Medicare Part B premium.

**HAVE YOU HEARD ABOUT
MEDICARE OPEN ENROLLMENT?**

OCTOBER 15 THROUGH DECEMBER 7

Find the low-cost Part D Prescription Plan for you!

**CONTACT A BENEFITS
COUNSELOR TODAY!**

1-888-622-9111 TOLL FREE



WWW.ADRCCAP.ORG
adrccap@capcog.org



WWW.AAACAP.ORG
aaacap@capcog.org

Serving Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis and Williamson counties.

This publication was developed by the Area Agency on Aging of the Capital Area and the Aging and Disability Resource Center of the Capital Area.
Funded in part by the Administration for Community Living.

tips

for getting good care

Residents and families can:

- Get to know staff – their names and duties
- Educate staff about the resident's likes and dislikes, daily routines and interests
- Attend care plan or service plan meetings
- Talk to staff about concerns
- Keep a log of concerns and actions taken
- Join or organize a resident or family council
- Seek help from the Texas Long-Term Care Ombudsman Program



For help, contact a Texas Long-Term Care Ombudsman at
800-252-2412

Protecting Resident Rights



TEXAS
Health and Human
Services

The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.

P. O. Box 149030 • MC-W250
Austin, TX 78714-9030
apps.hhs.texas.gov/news_info/ombudsman

Texas Long-Term Care Ombudsman Program

An ombudsman advocates
for quality of life and care for
people living in nursing homes
and assisted living facilities.



helping residents

After moving into a nursing home or assisted living facility, a resident may need help to continue a life of dignity, respect, choice and as much independence as possible.

An ombudsman can help ensure that residents get the care they want and are treated with the dignity they deserve. Ombudsmen support and promote the health, safety and rights of residents.

To be an ombudsman, a person completes state-approved training and is certified by the State Long-Term Care Ombudsman.

A long-term care ombudsman:

- Listens
- Visits residents
- Offers ideas and options
- Helps resolve concerns that affect residents
- Supports resident and family councils
- Respects resident choices and independence
- Promotes resident-directed care
- Protects resident rights
- Informs government agencies and the public about the interests and needs of residents
- Advocates for resident-focused laws and regulations
- Helps residents when a facility plans to discharge them



Rights of Residents

A person living in a nursing home or assisted living facility has the same rights as any other resident of Texas and the United States under federal and state laws.

These include the right to:

- Privacy
- Confidentiality of records
- Vote
- Know about services and costs
- Control personal finances
- Participate in planning care and treatment
- Refuse treatment
- Be free from chemical and physical restraints
- Be free from abuse, neglect and exploitation
- Complain without fear of retaliation
- Communicate freely with anyone
- Rights related to admission, transfer and discharge, including the right to appeal a discharge

Contact a long-term care ombudsman for a complete list of resident rights.

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Ombudsman services are confidential and free.

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Texas Long-Term Care Ombudsman Program

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For help, contact a Texas Long-Term Care Ombudsman at 800-252-2412

The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.

P. O. Box 149030 • MC-W250

Austin, TX 78714-9030

apps.hhs.texas.gov/news_info/ombudsman

HHS COMM 18D0767 - September 2018 - Publication 294



AGE Virtual Connections Program

Launching September 15, 2020!

AGE of Central Texas is offering a new program of innovative virtual services for older adults and care partners to help you thrive. The **AGE Virtual Connections Program** is a monthly subscription program offering group and 1-on-1 virtual activities designed for different cognitive levels.

In collaboration with you, we create an individualized service plan, then provide tailored services or connect you to vetted service providers in the community to meet your goals and needs.



Assessment & Plan of Service:

- Individualized service assessment
- Collaborative goal-setting and customized service plan
- Monthly meeting to review service plan, discuss goals, needs, and feedback



Services:

- Designed to be challenging and engaging for current level of cognitive function
- Group virtual activities offered multiple times a week
- Connection to 1-1 volunteer services to meet goals
- Caregiver support groups
- Information about coping with cognitive changes, community resources, caregiving, and more
- Individual sessions with AGE staff to meet goals



Benefits:

- Opportunities for social connection with others facing similar challenges
- Brain exercise
- Try new activities that are designed for you
- A schedule to help create routine and structure in your day
- Participate independently
- Have fun and make new friends!

Space is limited - contact us to schedule an initial assessment!

Email (preferred): MemoryInfo@AGEofCentralTX.org

Phone: 512-451-4611 | www.AGEofCentralTX.org

Alzheimer's Texas
(512) 241-0420 or (800) 367-2132

www.txalz.org

Caregiver Support Groups

Please contact the Facilitator prior to attending and consider taking ALZ 101 class. The course is available monthly in Austin.

City	Day/Time	Location	Address	Facilitator	Phone	Notes
Austin	North Austin					
	2 nd Thursday Noon	Bethany United Methodist Church	10010 Anderson Mill Rd., 78750	David Lutz	(512) 310-9451	Respite Available
	Last Wednesday 6:30 PM	Colonial Gardens	3706 Adelphi Lane, 78727	Angel Flanagan	(512) 799-6515	
	1 st Wednesday 2:00 PM	Arden Courts	11630 Four Iron Dr., 78750	Melissa Cooper	(512) 918 - 2800	
	2 nd Wednesday 1:00 PM	Brookdale North Austin	5310 Duval Road, 78727	Susan Hamilton	(512)418-8228	Library
	2 nd Wednesday 6:00 PM	Pecan Ridge Memory Care	10025 Anderson Mill Rd, 78750	Melissa Escobar	(512)592-0394	
	2 nd Tuesday 9:30 AM	Great Hills Baptist Church	10500 Jollyville Rd, 78759	Ann Osborn	(512) 210-1342	Patio Café
	2 nd Wednesday 10:15 AM	St. Thomas More Catholic Church	10205 Ranch Road 620 N		(512) 496 - 3206	Respite Available
	Central Austin					
	2 nd Wednesday 12:15 pm	Meals on Wheels	3227 East 5th Street, 78702	Sharon Deshay- In home Care	(512) 476-6325	
	3 rd Tuesday 7:00 PM	Tarrytown Methodist	2601 Exposition, Room 712, 78703	Barbara Wiederaenders	(512) 451-0684 or (512) 845-6117	Meets in single story bldg.
	3 rd Monday 3:00 PM	Longhorn Village	12501 Longhorn Parkway, 78732	Danielle Ernst	(512) 382-4664 x 2035	Meets on 3rd floor IL PDR
	4 th Monday 6:30 PM	Riverbend Church	4214 N Capital of Texas Hwy, 78746	Sharon Butler	(512) 203-3752	Meets in Quad 3A
	South Austin					
	3 rd Tuesday 5:00 PM	Querencia at Barton Creek	2500 Barton Creek Blvd., 78735	Evelyn Bright-Davies	(512) 610-9452	
	1 st Wednesday 10:30 AM	Caregiving Café Mt. Olive Lutheran Church	10408 Hwy. 290 West	Lynn Greenblatt	(512) 301-3560	
	3 rd Wednesday Noon	The Gathering at WHPC	7127 Bee Cave Road, 78746	Kris Phelps	(512) 327-1116	Please RSVP
	2 nd Tuesday 6:00 PM	Brookdale Beckett Meadows	7709 Beckett Rd., 78749		(512) 891-9544	
	3 rd Wednesday 6:00 PM	Elmcroft of Austin	7017 Manchaca Rd., 78745	Sandra Rodriguez	(512) 916-4095	
	1 st Tuesday 2:00 PM	Circle C Community Center	7817 La Crosse Avenue, 78739	Nancy Brunone	832-279-5009	
	3rd Tuesday 2:00 PM	Circle C Community Center	7817 La Crosse Avenue, 78739	Nancy Brunone	832-279-5009	

Bastrop	3 rd Wednesday 10:00 AM	New Haven of Bastrop	2406 Hwy 71 West	Megan Desaulnier	(512) 428-8488	
Belton	4 th Thursday 11:00 AM	Stoney Brook of Belton	500 River Fair Boulevard, 76513	Michael Luger	(254) 933-3800	
Bertram	1 st Wednesday 2:00 PM	Bertram Nursing Home & Rehabilitation Center	540 E HWY 29, Bertram, TX 78605	Tara Brizendine	(512) 567 - 4496	
Blanco	3 rd Tuesday 11:30 AM	Trinity Lutheran Church	703 Main St., 78606	Sophia K	(917) 407 - 9001	Please RSVP
Cedar Park		Harmony Point Memory Care	1201 Arrow Point Dr. Cedar Park, TX 78613	Sandy Zamara	(512) 213-6070	Please RSVP
Copperas Cove	3 rd Tuesday 10:30 AM	Stoney Brook of Copperas Cove	1808 Martin Luther King Jr, 76522	Kelly Wright	(254) 547-1700	
Comfort	2 nd Thursday 1:00 PM	Comfort Public Library	701 High St., 78013	Sophia K	(917) 407 - 9001	Please RSVP
Fredericksburg	4 th Thursday 1:00 PM	Good Samaritan Center	140 Industrial Loop #100, 78624	Sophia K	(917) 407 - 9001	Please RSVP
Floresville	2 nd Thursday 10:30 AM	New Haven of Floresville	107 Veterans Drive, 78114	Holli Hasserodt	(830) 476-7688	
Gatesville	3rd Monday 12pm	Coryell Health Rehab Living at The Meadows	110 Chicktown Road, 76528	Sharon West	(254) 404-2531	
Giddings	3 rd Wednesday Noon	Lee Co. Memory Care Support Group	Citizens Drive Thru Bank, 237 South Main, 78942	Jennifer Galler	(979) 542-3611	
Georgetown	1 st Monday 10:00 AM	PALS- First United Methodist	410 E. University Ave., 78626	Peggy Parisi	(512) 663-5423	
	1 st Wednesday 4:00 PM	Georgetown Living	2700 Shell Road, 78628	Nicole Duntsch	(512) 843-0117	
	2 nd Wednesday 10:00 AM	Tiffin House	90 Woodcrest Road, 78633	Justin Trodahl	(512) 639-6060	
	2 nd Thursday 6:30 PM	Georgetown Autumn Leaves	3600 Williams Drive, 78682	Debra Thurber	(512) 688-5113	Please RSVP
	3 rd Wednesday 6:00 PM	Brookdale Georgetown	2600 E. University Ave, 78626	Cynthia Salas	(512) 635-8456	
Harker Heights	2 nd Wednesday 1:30 PM	Indian Oaks Living Center	415 Indian Oaks Dr., 76548	Amy Smith	(254) 290-0982	
Houston	3 rd Thursday 2:00 PM	Richard A Anderson Texas State Veteran Home	14041 Cottingham Road, 77048	Ty Thomas	(346) 293 - 9600	
Johnson City	4 th Tuesday Noon	Johnson City Library	501 N. Nugent Ave.	Sophia K	(917) 407 - 9001	Please RSVP
Kyle	1 st Thursday 6:00 PM	New Haven of Kyle	107 Creekside Trail, 78640	Tawana Bray	(512) 400-0683	
La Grange	2nd & 4 th Tuesday 11:30 AM	Hospice Brazos Valley	1048 N. Jefferson, 78945	Cindy Fanning	(979) 968-6913	
Lago Vista	1 st , 3 rd Thursday 10:30 AM	North Shore Alzheimer's Caregiver Support Group	5803 Thunderbird, Suite 40, 78645	Dave Freeman & Donna Nash	(512) 267-3868	
Lakeway	2 nd Monday 6:00 PM	Brookdale Lakeway	1917 Lohmans Crossing, 78734	Abigail Traxler	(512) 261-3211	Multipurpose Room

Leander	Bi-monthly Last Thursday 6:00 PM	Legacy at Crystal Falls	1841 Crystal Falls Parkway, 78641	Erin Gibson & Casita Davis	(512) 487-7049	Please RSVP
Lockhart	1 st Wednesday 7:00 PM	Chisholm Trail Nursing and Rehabilitation Center	107 N. Medina, 78644	Tiffany Perkins	(512) 398-5213	
Marble Falls	4 th Tuesday 2:00 PM	Marble Falls Library	101 S. Main St., 78654	Marjorie Bronk	(512) 756-2756	Conference Room
Mason	2 nd Tuesday 11:30 AM	Mason Public Library	410 Post Hill St., 76856	Sophia K	(917) 407 - 9001	Please RSVP
Rockdale	Last Thursday 1:30 PM	Rockdale Caregivers	234 San Gabriel St., 76567	Deborah Currey	(512) 775 - 0977	
Round Rock	4 th Monday 2:00 PM	Cottages at Chandler Creek	2351 North AW Grimes, 78665	Maryjane Kesler	(512) 218-9757	Respite Available
	2nd Tuesday 11am-1pm	Serenity & Grace Support Group (St. Julian's of Norwich Church)	7700 Cat Hollow Dr #204, Round Rock, TX 78681	Erica Anderson	512-590-1966	new group
	3 rd Thursday 6:00 PM	University Village Memory Care	4701 Campus Village Drive, 78665	Terria Jones	512 608-3439	
San Marcos	1 st Tuesday 6:00 PM	Brookdale San Marcos North	1720 Old Ranch Road 12, 78666	Carrie Casillas	(512) 392-7200	Library
	1 st Tuesday 1:00 PM	Sodalis Caregiver Connection at Calvary Baptist Church	1906 IH-35 Frontage Rd., 78666	Tracy Rose		
Schertz	Last Wednesday 10:00 AM	New Haven of Schertz	2300 FM 3009	Hallie Garza	(210) 319-4965	
Schulenburg	Contact Tracy for times	Schulenburg Regency	111 College Street, 78956	Tracy Psencik	(979) 743-6537	Classroom
Spring	3 rd Thursday 6:30 PM	New Haven of Spring	21327 Falvel Rd., 77388	Leisha Zatezalo	(281) 840-1440	Building A
Taylor	2 nd Thursday 2:00 PM	Taylor Dementia Caregiver Support Group	410 Davis St., 76574	Carolyn Britton	512-352-5748	Verna Harwood Room
Temple	2 nd Tuesday 6:00 PM	Brookdale Western Hills	3902 W. Adams Ave, 76504	Lisa Helford	(254) 733-1123	
	3 rd Thursday Noon	First Lutheran Church/Thursday Club	1515 W. Adams Ave., 76504	Lorraine Brians	(254) 939-3011	Respite Available
	3 rd Thursday 1:30 PM	William R. Country Texas State Veterans Home	1424 Martin Luther King Jr. Lane, 76504	Melissa Fetterhoff	(254) 791-8280	
Tomball	3 rd Wednesday 6:00 PM	New Haven of Tomball	609 S. Pine St., 77375	Mary DeOllos	(832) 559-8356	Conference Room
Wimberley	1 st Thursday 1:00 PM	Wimberley Presbyterian Church Library	956 FM 2325, 78676	Linda Germain	(512) 924-3661	

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