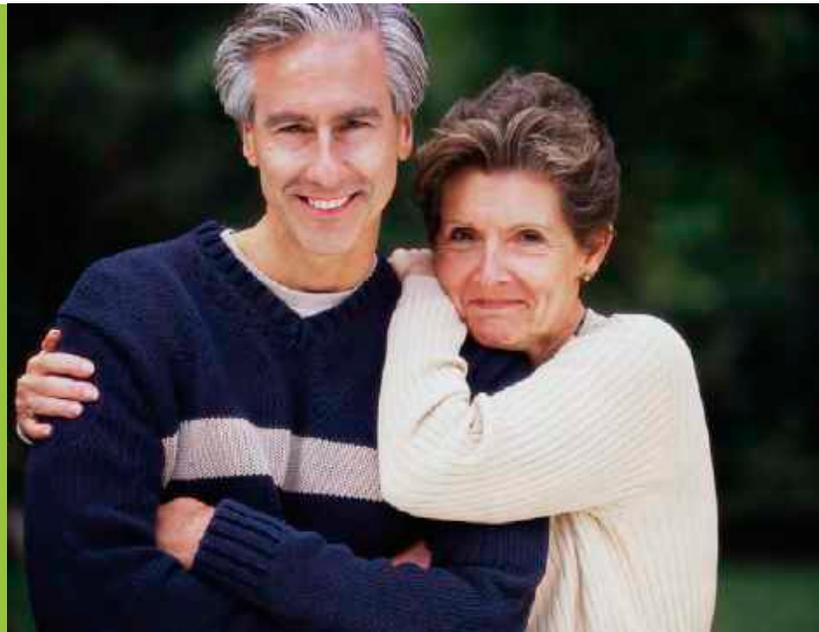


Pflugerville *Seniors Conference*

Virtual on
October 13 - 16, 2020



Hosted by:



Presenting Sponsor:





We're here when and where you need us.

Being prepared is nothing new to us.

Getting the care you need, from a team you trust, is more important than ever. Whether you need to see your primary care physician, schedule a procedure, or be seen for COVID-19 symptoms, we're ready to get you back to Better.

Through our COVID-19 Safe Care program, we're prepared to care for you and your family. Now and always. Learn more at [BSWHealth.com/SafeCare](https://www.bswhealth.com/safecare).



Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsiding community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers or Baylor Scott & White Health. ©2020 Baylor Scott & White Health, 99-ATX-163462 80/00



2020 Pflugerville Seniors Conference

Tuesday, October 13th:

“Long-Term Care Funding Options”

Lorna Allen, M.S., MBA

How to plan toward paying for long-term care and healthcare as you age

Wednesday, October 14th:

“COVID-19 Updates for Older Adults”

Mary K. Theoktisto, M.D., Baylor Scott & White Health
Healthcare updates on COVID-19, along with projections on what to expect next in the fight against the pandemic

Thursday, October 15th:

“Brain Health and Aging”

K.C. Lawrence, LMSW, AGE of Central Texas

Understanding cognitive changes as we age, and recognizing issues related to early memory loss

Friday, October 16th:

“The 5 Legal Documents That Everybody Needs as They Age”

Keith Leuty, Barnett & Leuty Law Firm

The legal documents everyone needs to protect themselves and their assets



**GET THE
FAMILY
CAREGIVING
SUPPORT
YOU NEED,
WHEN YOU
NEED IT**

Your caregiving journey can be challenging in all kinds of ways.

You never know where it might lead you next.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find resources online and close to home. So you can take care of what matters most

To learn more, visit aarp.org/caregiving.



AARP
Family Caregiving™

Co-Hosting Organization



AGE of Central Texas is a leading regional non-profit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community. Visit www.AGEofCentralTX.org or call (512) 451-4611.

Caregiver Information and Resources.....	512-600-9286
Thrive Social & Wellness Centers - adult day health care:	
Austin.....	512-458-6305
Round Rock.....	512-255-4865
Free Health Equipment Lending.....	512-600-9288
Early Memory Loss Support.....	512-600-9275
Peer-Based Computer Classes for Seniors.....	512-524-8519

Sponsors

Thank you to our sponsors for making this event possible:

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Baylor Scott & White Health

Session Sponsors:

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Senior Resource Guide

Co-Hosting Organization



The Pflugerville Community Church PCC strives to create spiritual community as a congregation focused on Christ. We are a congregation that means to be involved in serving the local community. Here you will see evidence of a strong commitment to providing help & hope to people in need in our community.

There's always something happening on our grounds. We consider it a picture of life - from our Preschool to Student Ministry, Senior Adult Ministry to Outside Events - we are an active community. We hope you'll drop by and see something that sparks your interested!

1214 E. Pfennig Lane | Pflugerville Tx 78660

(512) 251-0719

<https://www.pc-church.org>



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- Personalized Guided Tours
- Customized Transition Plan

(512) 402-2795 | www.TexasSL.com



Caregiver Support Program

1-888-622-9111

Partially funded by Health and Human Services

www.AAACAP.org

Services Available on a Short-Term Basis to Individuals Age 60 and Older and Their Caregivers

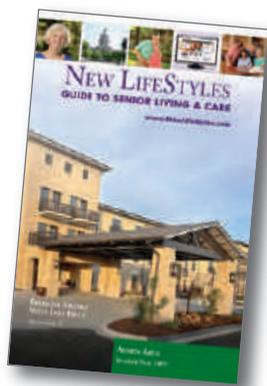
- **Information, Referral & Assistance:** Information about region-wide resources available to older adults.
- **Benefits Counseling:** Information and counseling about government benefits programs - Medicare Specialists
- **Ombudsman Program:** Advocates for residents of nursing and assisted living facilities; specially-trained and certified to protect residents' rights.
- **Care Coordination:** Assesses needs and plans for care to link consumers to in-home services to support safe community living.
- **Caregiver Support:** Support for family members who are caring for older individuals, adult children with disabilities or relative children, arranges services to support the caregiver, and assists with long-range caregiving plans.
- **Health & Wellness:** Evidence-based workshops to promote healthy aging - Falls Prevention (AMOB), Medication Safety Screening, Stressbusting for Caregivers, and Chronic Disease, Diabetes, and Chronic Pain Self-Management.

Serving Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis & Williamson Counties

A Program of the Capital Area Council of Governments, partially funded by Health and Human Services

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or mobile site.

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or log on to **www.NewLifeStyles.com**

THE SOURCE FOR SENIOR LIVING

Featured Presenters



Lorna, M.S., MBA **Financial Services Professional**

Lorna Allen specializes in working with women, healthcare professionals and business owners to create effective, efficient, and strategic retirement plans to help people reach their personal and their professional financial goals. She enjoys teaching people how to make their money work for them, instead of them working for the money. She enjoys teaching others why money today is worth more than money tomorrow, and how to make it grow without working so hard!

Lorna earned her MBA from Baylor University, a B.A. in Psychology from The University of Texas at Austin and an M.S. in Clinical Neuropsychology from The University of Texas at Tyler. She is a professional speaker and provides educational seminars and presentations throughout Texas related to financial matters.

When she is not spending time helping her clients protect and grow their wealth, and plan for their futures, Lorna is spending time with her family – husband John, son, Michael, her mother, sisters, nieces, nephews, etc. Lorna also enjoys spending time with friends, reading and learning, singing, going to different restaurants, and volunteering on various boards and organizations. She is a strong advocate for women and is a past Ambassador Chair Board Member with the Texas Women in Business. Currently, Lorna is a member of the e-Women Network, the National Association of Senior Advocates, and organizes the Williamson County Healthcare Resource group. Lorna is also involved with several other additional women's groups and healthcare organizations.



K.C. Lawrence, LMSW **AGE of Central Texas**

K.C. Lawrence, LMSW, is a social worker specializing in working with older adults. She has more than seven years' experience working with older adults in skilled nursing, home health, and community settings. She received her Master of Science of Social Work from The University of Texas at Austin, as well as a certificate in non-profit studies. She serves as the Program Director for both the Memory Connections early memory loss support program and co-created the Virtual Connections program at AGE of Central Texas.

Featured Presenters



Keith Leuty

Barnett & Leuty Law Firm

In the late 1990's Keith Leuty joined the Barnett & Leuty Law Firm as a paralegal prior to entering Law School. He re-joined the firm in June 2014 as an Attorney and Partner. He graduated from St. Mary's Law School in 2002, and is licensed to practice in all state courts, as well as the U.S. District Court for the Western District of Texas. Keith is currently a member of the State Bar of Texas, and is a certified Mediator.

Prior to re-joining the firm, Keith spent four years as a solo practitioner focusing primarily on Criminal Law and Personal Injury Law. He then served for six years as an Attorney with the Chief Disciplinary Counsel's Office at the State Bar of Texas, helping to enforce the ethical rules that govern attorney licensure. He also served as an Adjunct Law Professor for 3.5 years at Virginia College at Austin teaching a variety of classes including Wills & Estates, Property Law, Criminal Law, Torts, and Civil Procedure.

Keith also earned a PhD. in Clinical Christian Counseling with Advanced Certification as a Licensed Clinical Pastoral Counselor. He is a member of the National Christian Counselor's Association, the Sarasota Academy of Christian Counseling, a Certified Temperament Counselor, and a Commissioned Minister. Keith's primary area of practice is Wills & Estate Planning, and he is also accredited by the V.A. and specializes in general Estate Planning and helping military veterans who may be eligible to receive the Aid & Attendance Benefit.

He graduated in 1989 from Southwest Texas State University with a B.A. in Broadcast Journalism. During a 5-year career as a radio newscaster, he was twice honored with an Associated Press award for Best News Anchor in Texas, and twice for Best Reporter in Texas. He was also a two-time recipient of the Mark Twain Award from the Associated Press. Keith also volunteers as both a youth football coach and a youth basketball coach.



Mary Katherine "Katie" Theoktisto, MD

Baylor Scott and White Health

Dr. Mary Katherine "Katie" Theoktisto, MD, attended medical school at St. George's University School of Medicine in True Blue, Grenada, West Indies, and completed her residency at the University of Texas at Austin Dell Medical School as a Physician Resident in Internal Medicine. She also holds a residency at the University of Texas Health Science Center San Antonio as a Clinical Fellow in Infectious Disease. She is member of the IDSATexas Medical Society, and specializes in infectious diseases.

Dr. Theoktisto enjoys getting to know her patients. By taking the time to educate them on a particular disease process, she helps them achieve their health goals. Her passion for infectious disease and public health means she's always looking to help her community heal.

In her free time, Dr. Theoktisto likes rowing, working out, hiking, reading, cooking, and traveling. She loves exploring new places and spending time with her family and friends.

SENIOR LIVING MADE SIMPLE

Navigating life's tough decisions.



OASIS SENIOR ADVISORS is a free,

confidential service that navigates senior care options. We offer our resources, knowledge, and expertise to personalize your families needs. We will tour **Assisted Living**, **Memory Care**, and **Independent Living** to find the “right” fit. No matter where you are on your journey, you have choices and we can help. Our services include:

Free in-person consultation & assessment on available senior living options

Narrow down & tour senior living communities that are the “right” fit

Coordinate necessary transitions between home, hospitals, and rehab

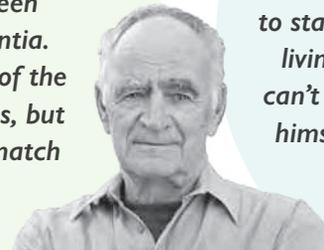
Resource for trusted legal advice, senior movers, geriatric care managers, dementia specialists, physicians, & more

Navigate funding options & asset protection

“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?”



“My wife has just been diagnosed with dementia. Now what? I’ve heard of the communities around us, but which one is the best match for our needs?”



“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, but we want to keep them together.”



John Brown, CSA®

Central Texas (Austin) Contact us today! 512.800.1469

JBrown@YourOasisAdvisor.com | OasisSeniorAdvisors.com/Austin

Caregivers... get connected with resources that can help.



SENIOR RESOURCE GUIDE

srgtexas.com

The Senior Resource Guide contains extensive caregiver information, services and advocacy resources.

Get a free copy at your local H-E-B or Walgreens pharmacy.

Access **The Essential Caregiver Toolkit.**

srgtexas.com/getcaregivertoolkit



20 Questions to Ask DURING HOSPITAL DISCHARGE

By asking the right questions and taking an active role in your care, you can bridge the gap that patients typically experience when transferring from one care setting to another—which is one of the top causes for hospital readmission.

- What care or therapies are needed after discharge? (i.e. Home Health, Outpatient Therapy, Rehab/Skilled Nursing etc.)
- Will my loved one be safe at home upon discharge or will someone need to be there 24 hours a day? Keep in mind dressing, bathing, cooking

ALZHEIMER'S TEXAS™



THE STATE OF MIND

Hidden Heroes

CAREGIVING LUNCHEON

honoring

Team Hamilton

Thursday, November 12, 2020

Virtual luncheon begins at **noon** and will feature local Texas sports, music and acting talent saying thanks to all caregivers in Texas for what they do. Nominate a caregiver [here](#) for a chance for them to win a \$1,000 care award.

[Click here to register for Hidden Heroes.](#)

[Click here to sponsor a Hidden Hero.](#)

7719 Wood Hollow Dr. #157
Austin, TX 78731
(512) 241-0420
www.txalz.org

Upcoming Virtual Events:

**ALZ 101-
2nd Tuesday on
the Month
ALZ TALK SERIES-
every Wednesday
at 2pm**

Programs and Services

Information & Referral
Education & Training
Care Consultations
Support Groups
Early Stage
Research

Interested in being part
of a caregiver study?
Contact us to learn more.

Medicare Annual Enrollment is October 15-December 7.

IMAGINE A HEALTH CARE TEAM THAT ACTUALLY WORKS TOGETHER.



Your health is our number one priority.

WellMed is redefining health care for people on Medicare. We do it by focusing on healthy choices. By making sure you never feel rushed. And by identifying risks early. It's an approach we committed to 30 years ago — and one that still sets WellMed apart today. Now, we've grown to meet your needs with online video appointments from the comfort of your home.

> During Medicare Annual Enrollment pick a plan that gives you access to WellMed. **Join us for an upcoming online Medicare event. Visit WellMedMeetings.com to learn more.**

For a listing of upcoming events or for more information about WellMed, visit WellMedFindADoctor.com or call **512-524-3704**. **Calling this number will direct you to The Brokerage, a licensed insurance agency.***

Visit us on facebook: facebook.com/WellMed

*The Brokerage, license number 2359, works with Medicare enrollees to explain Medicare Advantage, Medicare Supplement Insurance, and Prescription Drug Plan options.

WellMed does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Please call 888-781-WELL (9355). ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 888-781-WELL (9355). 請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：888-781-WELL (9355)。

Amie Youngblood, MD
Internal Medicine

Abhilasha Gupta, MD
Board Certified Internal Medicine

2700 W. Pecan St., Ste. 102
Pflugerville, Texas 78660
Hours: 8:00 am - 5:00 pm



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ENVISION A HOME CUSTOMIZED FOR LIVING A FULL AND HEALTHY LIFE, WITHIN REACH OF ALL SOUTHWEST AUSTIN'S BEST.

Welcome to ArborView, where we believe that "serenity is the spice of life." Here you'll find an assortment of customizable amenities and features that empower you to craft life just the way you want it, from resident-led fitness and social activities to concierge-style services.

Conveniently located in Southwest Austin, ArborView lets you stay connected to the people, places, and activities that you have always loved while giving you the opportunity to experience new adventures and keep active and healthy in mind, body and spirit. Enjoy all the entertainment and leisure that the Circle C community has to offer - ride your bike to the Lilly Bird Johnson Wetlands Center or play 18 holes of golf at Grey Rock Golf and Tennis Club.

At home inspiration is just as easy to find, with patios and balconies boasting views of Downtown Austin, the rolling Hill Country and our sparkling pool with its tranquil louananas. An on-site beauty salon, community garden, craft room, and more provide endless opportunities to recharge and energize.

We can't wait to see how you make it all your own when you move into our Southwest Austin community.

COMMUNITY AMENITIES CHOOSE WHAT FITS YOU

You'll never run out of experiences to enjoy at ArborView. Every one of our community amenities offers new opportunities to connect with your neighbors, explore your neighborhood, and fill your days with laughter and entertainment.

- Active Adult Living Size
- Maintenance Free Living
- Onsite Management with concierge-style service
- Planned social activities
- Hoped ports on-site
- Coin-operated laundry elevators
- Dog yards available
- Storage units available
- Covered parking available
- Wide variety of one and two bedroom residences
- Views of downtown Austin on select units
- Central great room with soft-water tropical fish tank
- Complimentary Wi-Fi throughout Clubhouse space
- Lounge area with complimentary coffee
- Reading and lounge areas
- Demonstration kitchen
- Private Conference room
- Full equipped fitness center and club studio
- Music/media room
- Onsite hair salon
- Craft room
- Spa/Hot Tub
- Resort-style swimming pool
- Community Gardens
- Putting Greens
- Outdoor entertainment living areas with BBQ
- Pet-friendly community with large dog park
- Concierge services for walking and bike trails
- Surrounded by a variety of tall trees and sprawling grounds



ArborViewLife.com

12100 Archeleta Blvd, Austin, TX 78739

info@arborviewlife.com



The owner and management company for ArborView Austin comply fully with the provisions of the Equal Housing Opportunity Laws and nondiscrimination laws. The apartments have been designed and constructed to be accessible in accordance with those laws.



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Or Email: monicagoodstein@yahoo.com



Affordable & Licensed Long-Term Senior Care!

AGE Thrive Social & Wellness Centers

- Providing daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Adult Day Health Centers in Central Texas
- Supervised by full-time nursing and professional care staff, specializing in memory care
- Open Monday - Friday, 7:00 am - 5:30 pm
- All-inclusive: activities, meals and snacks, and transportation options
- Accepting Medicaid, Veteran's benefits, and private pay

3710 Cedar Street
Austin, Texas 78705
(512) 458-6305

475 Round Rock West Drive, #120
Round Rock, Texas 78681
(512) 255-4865

www.AGEofCentralTX.org



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.



pflugerville

COMMUNITY CHURCH

Free Health Nuts Exercise Classes

Monday-Friday at 9:58 a.m. via Zoom

Monday, Wednesday, & Friday at 10:00 a.m.:

Core Strength, Flexibility and Balance

Each of the areas seniors need to improve for overall health and longevity – Our Motto is “Adding Life to Years & Years to Life”

Tuesday & Thursday at 10:00 a.m.:

Chair Yoga & Stretching

These classes are devoted to stretching, flexibility, and breathing

To be added to our weekly email updates and to get the Zoom meeting invites, please contact:

Steve Morrison

SteveMorrison@pc-church.org

512-577-3253

These are FREE Activities and you do NOT have to be 50+ to participate - all are welcome!



FREE Virtual Seminar: **“Avoiding Caregiving Burnout During COVID-19”**

with Faith Unger, M. Ed., and Lori Hill, AGE of Central Texas
CaregiverU caregiver education and training program

Friday, Nov. 13th | 1:00 - 2:30 pm

Register for FREE:

www.TinyURL.com/BudaNov13

Register Free
with your
Smart Device



Hosted by the City of Buda Senior Task Force on Aging



AGE Virtual Connections Program

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 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



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!

- Example Schedule of Weekly Group Activities -

MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:
2:00 pm: Art or Creative Writing	10:30 am: Brain Boosters	10:30 am: Bingo	10:30 am: Discussion & Reminiscence and Physical Exercise	10:30 am: Caregiver Support Group
	2:00 pm: Social Hour	2:00 pm: Live Music or Emotional Support Group	2:00 pm: Music Bingo	2:00 pm: Social Hour

Each meeting lasts 1 to 1½ hours and is held using the Zoom virtual platform, with options to participate via video or audio. AGE staff will provide you with service options that will meet your individualized needs, which may not include all these items.

AGE Virtual Connections Program Subscription Service Options

Program Services and Opportunities	Free:	Basic:
Brief phone assessment for older adult, care partner, or both: <ul style="list-style-type: none"> • Discuss your needs, challenges, technology capabilities and preferences, cognitive challenges, and services and supports that would be beneficial to you • AGE staff provides information about services we offer and next steps 	✓	✓
Connection to one-on-one volunteer services to meet your goals for older adult, care partner, or both: <ul style="list-style-type: none"> • AGE staff recommends service providers that have been vetted • We can introduce you to the service provider and help you get started 	✓	✓
Caregiver support groups – offered weekly or monthly: <ul style="list-style-type: none"> • Caring for people with any level of cognitive challenges 	✓	✓
Individualized service plan for older adult, care partner, or both: <ul style="list-style-type: none"> • Detailed list of services to meet your goals • Connection and assistance in getting started with services 		✓
Monthly service plan review meeting with AGE staff: <ul style="list-style-type: none"> • Discuss goals, needs, feedback on services 		✓
Group video meetings using Zoom platform for older adults: <ul style="list-style-type: none"> • Structured, small group activities offered multiple times a week • Designed to be challenging and engaging for current level of cognitive function • Participate by video or audio • Includes remote support in learning technology skills • Examples include: brain exercise, physical exercise, social connection, discussion and reminiscence, emotional support, bingo, music, art, creative writing, and more! 		✓

Monthly Fee: Free \$100

Sliding scale fee is available for those who qualify. Fees are due at the beginning of each month. Please contact us for more information!



“These video meeting groups have been a life line.”

“It is truly heartwarming to see all the lovely faces and reaction on the virtual visits. Such love and caring is making this isolation easier than it would be otherwise!”

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

Email (preferred): MemoryInfo@AGEofCentralTX.org

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

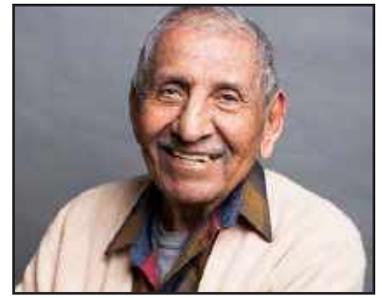


Proud grant partner of
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FOUNDATION

(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



AGE of Central Texas Thrive Social & Wellness Centers

AGE of Central Texas is a non-profit organization dedicated to tackling the challenges of aging with expert solutions.

AGE's interrelated programs enhance the health and well-being of older adults and those who care for them, to make aging a shared journey of strength and compassion.

- The longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, providing vibrant daytime care for older adults with physical or cognitive needs
- A variety of daily activities planned by activity directors to engage both the body and mind – including exercise, dancing, gardening, pet therapy, discussion groups, music, Brain Booster programs, and much more
- Full-time nurse at each location to assist with medication management and health monitoring
- All-inclusive member services including activities, meals and snacks, and transportation options
- Open Monday - Friday, 7:00 am - 5:30 pm
- Accepting Medicaid, VA benefits, long-term care insurance, or private pay at \$65 per day

AGE of Central Texas is an Equal Opportunity Provider

Call today for more information and to schedule a free tour:

Thrive Social & Wellness Center - Austin

3710 Cedar Street
Austin, Texas 78705
(512) 458-6305

Thrive Social & Wellness Center - Williamson County

475 Round Rock West Drive, #120
Round Rock, Texas 78681
(512) 255-4865

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



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.

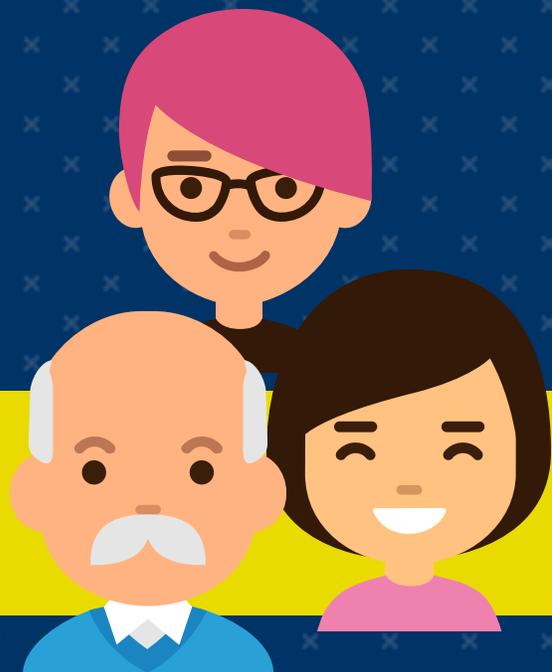
Area Agency of the Capital Area

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

Aging and Disability Resource Center of the Capital Area

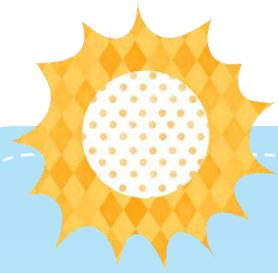
1-855-YES-ADRC or 1-855-937-2372

AAACAP.ORG and ADRCCAP.ORG



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

Funded in part by Texas Health and Human Services



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.



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

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



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:

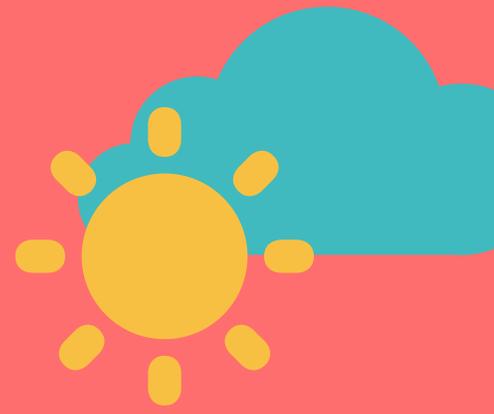
- Personas mayores de 60 años
- Principal cuidador de un adulto mayor de 60 años
- Principal cuidador de una persona de cualquier edad con diagnóstico de Alzheimer o de demencia por enfermedad
- Cuidador de 55 años o más, distinto de los padres, de un adulto con discapacidad grave
- Parentesco: abuelos 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





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.

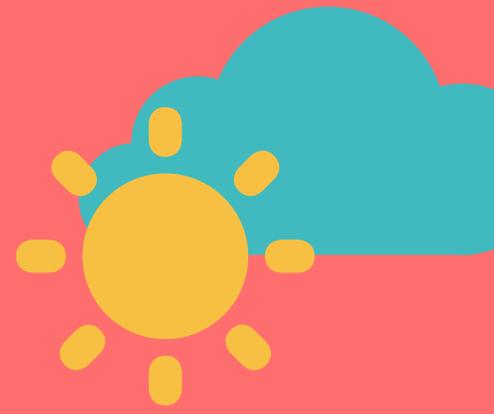
The Area Agency on Aging of the Capital Area provides services to support the health, safety, and wellbeing of you and your children.

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)



Virtual Caregiver Support Groups during COVID-19



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any
please

Please note: Virtual support programs are continually changing to better fit community needs. This document will be updated regularly with any new information. Please reach out to the organization listed below prior to attending a support group to make sure that there haven't been changes and to see if the group is a good fit for you. For help finding resources or information, contact Natalie Alcorta, Caregiver Support Manager at AGE of Central Texas at 512-600-9275 or resourcecenter@ageofcentraltx.org.

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
AGE of Central Texas	Early stage dementia	Fridays 10:30am	Zoom	Preregistration is required. Please call or email us.	Facilitated by a licensed counselor
AGE of Central Texas	General Caregiving	Every other Tuesday	Zoom	Preregistration is required. Please call or email us.	
AGE of Central Texas	General caregiving	4 th Wednesday of the month 1:30pm	Zoom	Preregistration is required Please call Barbara Wiederaenders 512.451.0684	

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
AGE of Central Texas	General caregiving	2 nd Tuesday of the month 1:30pm	Zoom	Preregistration is required Please call Barbara Wiederaenders 512.451.0684	
Alzheimer's Texas 512-241-0420 TXPrograms@TXAlz.org	Dementia	Tuesdays 1pm	Telephone	Preregistration is required. Please visit: https://alzheimerstexas.salsalabs.org/telesupportgroup5192020/index.html	Conference Call Information will be sent to you the day before by Stephen Catoe
Alzheimer's Foundation of America 866-232-8484	Dementia	Mondays 6-7pm Thursdays 6-7pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.
Alzheimer's Foundation of America 866-232-8484	For family members of someone in a care facility	Wednesdays 2:30-3:30pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
Alzheimer's Foundation of America 866-232-8484	Family conflict and stress	Fridays 2:30-3:30pm	Telephone	Call to 866-232-8484 to register	Facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another.
HopeHealth	Dementia	Fridays 10 -11:30am	Video meeting via Zoom link	Click this link to join the meeting; https://hopehealthco.zoom.us/j/612379574	
HopeHealth	General caregiving	Tuesdays 3-4:30pm	Video meeting via Zoom link	Click this link to join the meeting; https://hopehealthco.zoom.us/j/95415840170?pwd=d1loT2Q3Z0VLTfhqRUU1WE5FZXByQT09&status=succes s	
Alzheimer's Association or North Central Texas 800.272.3900	Dementia For family members of someone in a care facility	Wednesdays 4pm	Video support group	Preregistration is required. Please visit: https://www.alz.org/northcentraltexas/helping_you/support_groups	If registering for a session starting in less than 24 hours, please call to register by phone.

Organization & Contact information	Focus	When	Technology used	How to attend	Additional information
Alzheimer’s Association or North Central Texas 800.272.3900	Dementia	Fridays 10:30am	Video support group	Preregistration is required. Please visit: https://www.alz.org/northcentraltexas/helping_you/support_groups	If registering for a session starting in less than 24 hours, please call to register by phone.
Family Caregiver Alliance	General caregiving	Anytime	Email	To register visit: http://lists.caregiver.org/mailman/listinfo/caregiver-online lists.caregiver.org	A group is an email based discussion group that is self-monitored and based on self-help models. For an FAQ please visit: https://www.caregiver.org/caregiver-online-faq

Updated 5.14.2020