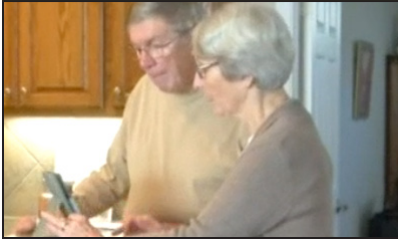


# Virtual Connections

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 -

<b>MONDAY:</b>	<b>TUESDAY:</b>	<b>WEDNESDAY:</b>	<b>THURSDAY:</b>	<b>FRIDAY:</b>
<b>2:00 pm:</b> Art or Creative Writing	<b>10:30 am:</b> Brain Boosters	<b>10:30 am:</b> Bingo	<b>10:30 am:</b> Discussion & Reminiscence and Physical Exercise	<b>10:30 am:</b> Caregiver Support Group
	<b>2:00 pm:</b> Social Hour	<b>2:00 pm:</b> Live Music or Emotional Support Group	<b>2:00 pm:</b> Music Bingo	<b>2:00 pm:</b> 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:
<b>Brief phone assessment</b> for older adult, care partner, or both: <ul style="list-style-type: none"> <li>• Discuss your needs, challenges, technology capabilities and preferences, cognitive challenges, and services and supports that would be beneficial to you</li> <li>• AGE staff provides information about services we offer and next steps</li> </ul>	✓	✓
<b>Connection to one-on-one volunteer services to meet your goals</b> for older adult, care partner, or both: <ul style="list-style-type: none"> <li>• AGE staff recommends service providers that have been vetted</li> <li>• We can introduce you to the service provider and help you get started</li> </ul>	✓	✓
<b>Caregiver support groups</b> – offered weekly or monthly: <ul style="list-style-type: none"> <li>• Caring for people with any level of cognitive challenges</li> </ul>	✓	✓
<b>Individualized service plan</b> for older adult, care partner, or both: <ul style="list-style-type: none"> <li>• Detailed list of services to meet your goals</li> <li>• Connection and assistance in getting started with services</li> </ul>		✓
<b>Monthly service plan review meeting with AGE staff:</b> <ul style="list-style-type: none"> <li>• Discuss goals, needs, feedback on services</li> </ul>		✓
<b>Group video meetings using Zoom platform</b> for older adults: <ul style="list-style-type: none"> <li>• Structured, small group activities offered multiple times a week</li> <li>• Designed to be challenging and engaging for current level of cognitive function</li> <li>• Participate by video or audio</li> <li>• Includes remote support in learning technology skills</li> <li>• Examples include: brain exercise, physical exercise, social connection, discussion and reminiscence, emotional support, bingo, music, art, creative writing, and more!</li> </ul>		✓

**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](mailto:MemoryInfo@AGEofCentralTX.org)**

**Phone: 512-451-4611 | [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)**