

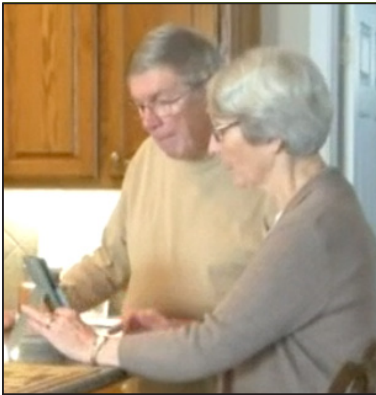


# Memory Connections Online Program

AGE of Central Texas is offering a new program of innovative virtual services for older adults and care partners to help you thrive. **Memory Connections Online** is a monthly subscription program offering group virtual activities designed for people experiencing varying cognitive changes.

In collaboration with you, we create a personalized service plan and provide tailored video meetings to meet your goals, needs and interests.

Don't currently have access to technology?  
Please do reach out to us - we can help you get connected!



## Personalized Service Plan:

- Structured, engaging small group activities designed to be enjoyed independently at your current level of cognition
- Offered 5 days per week via Zoom video conferencing service
- Includes remote technology support
- Connection to 1-1 volunteer services
- Information about coping with cognitive changes, community resources, caregiving, and more



## Key Aspects:

- Try new activities that are designed for you
- A personalized schedule to help create routine and structure in your day
- Collaborative goal-setting and customized service plan with AGE staff
- Follow-up meetings to review service plan, discuss goals, needs, and feedback
- Have fun and make new friends!



## Variety of Fun Activities:

- Creative Activities such as live music, art, and creative writing
- Brain Exercise such as trivia, word, and logic games
- Discussion and Reminiscence, including educational presentations
- Bingo
- Emotional Support Groups
- Physical Exercise such as stretching
- Social Hour to connect with others



# Memory Connections Online Admission Process

1. Brief phone introduction and assessment for older adult, care partner, or both, to talk about Virtual Connections and answer your questions.
2. If we determine the program may be a good fit, we schedule an admissions interview.
3. During the admissions interview via Zoom, we will discuss your challenges, goals in attending Memory Connections Online, comfort and preferences related to technology, cognitive concerns, and services and supports.
4. If you would like to try the program, we create a personalized video meeting schedule that addresses your goals in attending the program, interests, and current cognitive experience.
5. If at any time we determine that Memory Connections Online program would not be a good fit for you, we will continue to support you and your family by making referrals to other services, providing community resources and caregiver support.

*NOTE: AGE staff has the final decision in which video meetings would be a good fit for you. You may not be invited to attend all video meetings that are offered.*

## Program Cost:

The program fee is \$100 per calendar month. We offer a sliding scale fee – please contact us to discuss options as we don't want finances to be an obstacle to attending our program.



## Our Participants Say:

**"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!"**

**For more information and to schedule a free admissions interview, contact us today:**

**Email (preferred): [MemoryInfo@AGEofCentralTX.org](mailto:MemoryInfo@AGEofCentralTX.org)**

**Phone: 512-600-9276 | [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)**