



# 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	<b>Bright Horizons</b> Paula Hundl, (512) 261-8500 x 308 paula.hundl@emmausparish.org	Mondays 10 a.m. – 2:00 p.m.	Emmaus Catholic Church 1718 Lohmans Crossing Road Lakeway, TX 78734
	<b>***On Hold at this time</b> <b>Circle of Friends</b> Theresa Lyons 512-845-5374	Thursdays 9:30 a.m. – 1:30 p.m.	Congregation Beth Israel 3901 Shoal Creek Austin, TX 78756
	<b>The Gathering</b> <a href="http://www.TheGatheringAtWHPC.org">www.TheGatheringAtWHPC.org</a> Email: <a href="mailto:thegathering@whpc.org">thegathering@whpc.org</a> LuCinda Chiles, Director 512-327-1116, ext. 103 Diana Stoller, Parish Nurse (512) 327-1116, ext. 105	Wednesdays 9:30 a.m. – 1:30 p.m.	Westlake Hills Presbyterian Church 7127 Bee Cave Road Austin, TX 78746
	<b>House of Friends</b> Susie Peterson David Lutz 512-258-6017 Erin Temple, Director of Care Ministries, x281	Thursdays 9:30 a.m. – 12:30 p.m.	Bethany United Methodist Church 10010 Anderson Mill Rd. Austin, TX 78750
	<b>The Lighthouse at Riverbend</b> Sharon Butler: sbutler@riverbend.com	Tuesdays 9:30 a.m. – 12:30 p.m.	Riverbend Church Student Life Building 4214 N Capital of Texas Hwy Austin, TX 78746

	<p>***On hold at this time</p> <p><b>The Senior Retreat</b></p> <p>George Cordeiro 512-542-9622</p>	<p>Fridays 11:00 a.m. – 2:00 p.m.</p>	<p>Town Lake YMCA 1100 W. Cesar Chavez Austin, TX 78703</p>
Hill Country	<p><b>Wesley Respite</b></p> <p>Allie Bennett Phone: (830) 693-4341 Email: <a href="mailto:alliebennett@gmail.com">alliebennett@gmail.com</a></p>	<p>Thursdays 9:30am- 1:30pm</p>	<p>First United Methodist Church 1101 Bluebonnet Dr. Marble Falls, TX 78654</p>
Georgetown/Sun City	<p>***On hold at this time</p> <p><b>Close Friends Ministry</b></p>	<p>Fridays 10 a.m. – 2 p.m.</p>	<p>Wellspring United Methodist Church 6200 Williams Drive Georgetown, TX 78633 <a href="http://Wellspring CaringforPeople(wellumc.org)">Wellspring   Caring for People (wellumc.org)</a></p>
	<p><b>PALS Place</b></p> <p>512-863-2370 <a href="mailto:care@fumcgt.org">care@fumcgt.org</a></p>	<p>Mondays 10 a.m. – 2 p.m.</p>	<p>First United Methodist Church 410 E. University Georgetown, TX 78626 <a href="http://SupportGroups FirstUnitedMethodistChurchGeorgetown Georgetown(fumcgt.org)">Support Groups   First United Methodist Church Georgetown   Georgetown (fumcgt.org)</a></p>
	<p><b>Special Friends</b></p> <p>Cheryl White 512-864-1380 grovestx41@gmail.com</p>	<p>Thursdays 10 a.m. – 1 p.m.</p>	<p>The Worship Place 811 Sun City Blvd. Sun City, TX 78328 <a href="http://SpecialFriends TheWorshipPlace(twptx.org)">Special Friends   The Worship Place (twptx.org)</a></p>

3.7.2023



Information Courtesy of AGE of Central Texas  
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[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)