



20
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Annual Report





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LETTER FROM THE CHIEF EXECUTIVE OFFICER

What a transitional year 2022 has been for AGE and all whom we serve! I love the saying “Life isn’t about waiting for the storm to pass, it’s about learning to dance in the rain”, and dance we have. However, we knew that 2022 was a pivotal year for our organization as we emerged from the most severe COVID restrictions and slowly moving towards a “back to business” mentality.

In 2022 we incorporated more digital programming based on feedback from our transition to providing digital services in 2020. We successfully adapted to make what we offer more accessible throughout the community. We also learned to balance the organization's need for forward movement with sensitivity around the collective trauma that society was still grappling following the pandemic. However, we didn't just survive: We learned to thrive knowing that we were able to continue serving those in need through COVID and devastating weather conditions. This only happened as a result of our community, amazing donors and funders who believed in us, and our own resilience and hard work. A sincere thank you to everyone who has kept AGE as a priority.

In addition to the expansion, as caregivers started going back to work, our Thrive Social & Wellness Centers played an important role in offering exceptional programming for those who needed a loving, safe place for their care partner to land while they were working. We saw an increased need for our durable medical equipment program, HELP, and opened additional satellite locations outside of Austin to provide that needed support.

Additionally, nothing was more needed than the spirit of community for our caregivers, so we responded by offering six conferences for caregivers available in-person and virtually, allowing family caregivers outside our geographic community to participate.

On June 7th, 2022 our expansion efforts lifted off when we broke ground on a new state-of-the-art facility in South Austin. The building is going vertical and walls will be up soon!

This dream is becoming a reality fast, and boy is it needed. I call our South Facility a beacon of hope for older adults and caregivers in the South Central Texas area who desperately need our services. Raising money during a pandemic has not been for the faint of heart, but we kept going. I look forward to sharing the facility with all of you.

I could go on and on about our list of responsive solutions to the needs of our older adults and caregivers. I am so proud of our staff, board and volunteers who never stopped, kept showing up, and provided a place of comfort and support for those who need AGE.

Gratefully,



Suzanne Anderson, Chief Executive Officer
AGE of Central Texas



About AGE

AGE of Central Texas is a leading regional nonprofit delivering services, education, and assistance to support the area's rapidly growing population of older adults and family caregivers. AGE provides six core programs – including the Thrive Social & Wellness Centers, the longest-operating adult day health service centers in Central Texas – in addition to providing caregiver education, early memory loss support, health equipment lending, resource information, and peer-based computer classes for older adults. AGE collaborates with partners across Central Texas to provide services to more than 3,000 individuals annually. Founded in 1986, AGE's services cultivate strength, compassion, and community.

Programs:

Thrive Social & Wellness Centers: 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

Information & Resource Center: Free personalized resource and information navigation, monthly caregiver support groups and educational resources family caregivers and older adults.

CaregiverU: Free evidence-based caregiving courses for non-professional, family caregivers.

Health Equipment Lending Program (HELP): Free, gently used durable medical equipment loans and hygiene products for low-income older adults.

Memory Connections: A comprehensive online support program for older adults experiencing mild or early-stage cognitive changes, where participants take a proactive approach to maintaining their quality of life, with access to Central Texas' only source for Cognitive Stimulation Therapy.

AGE Computer Lab: Technology education designed to empower older adults to utilize technology independently and to deepen their skills through social connection.



Vision And Mission

Vision

AGE envisions a society where aging is a shared journey marked by connection, strength, and vitality, and the role of caregiving is supported through community, collaboration, and guidance.

Mission

AGE of Central Texas helps older adults and family caregivers thrive as they navigate the realities and opportunities of aging and caregiving.



2022 IMPACT

3,600 PEOPLE SERVED

**This number represents duplicated individuals served.*



851

Caregivers received daily respite, utilized support groups, and received free education, guidance, and resources.



1,064

Individuals received free health equipment, incontinence items, and health, and sanitation supplies.



140

Older adults received technology education.



172

Older adults received specialized care for dementia, memory loss, other cognitive challenges, and the physical challenges that come with aging.



17,592

Encounters with older adults and family caregivers seeking care, guidance, respite, education, and resources.

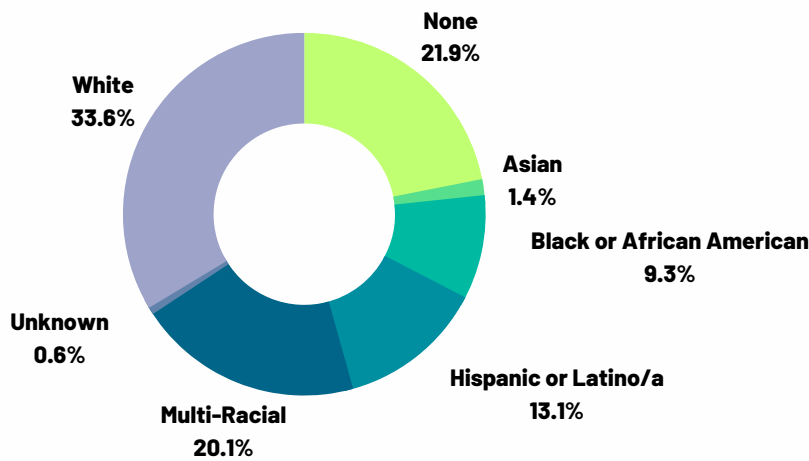


1,373

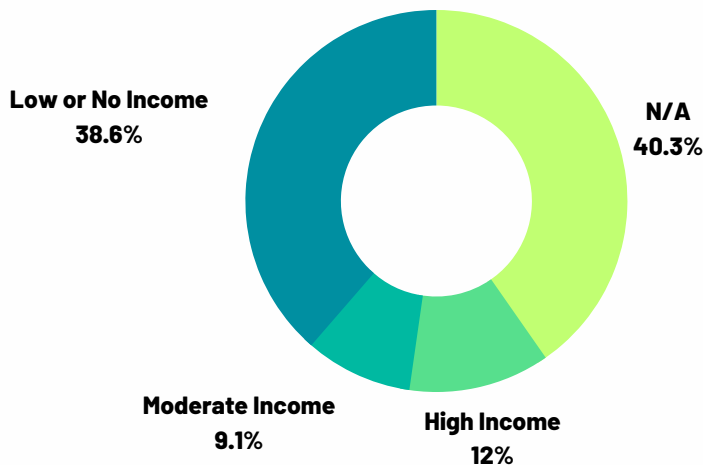
Central Texans attended free conferences, seminars, and workshops for older adults and family caregivers.

2022 DEMOGRAPHICS

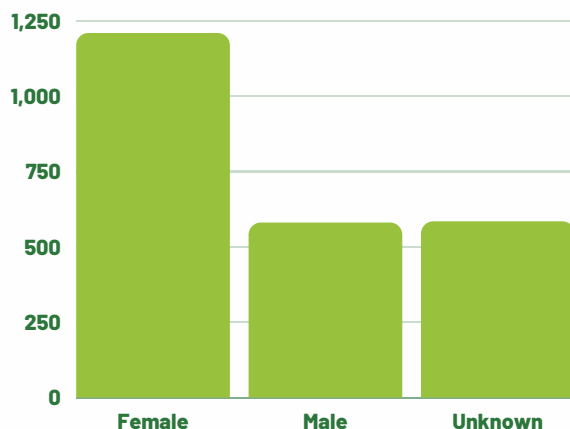
Issues of aging and caregiving do not discriminate as it is one of the few universal experiences. AGE serves individuals from all walks of life while striving to fill gaps in care for those who need it most.



43.9%
Of older adults and family caregivers served by AGE identify as person of color or multi-racial.



47.7%
Of the older adults and family caregivers served by AGE were from no income, low income, or moderate income households.



51%
Of those served by AGE identify as female.



AGE'S LAUNCHES COGNITIVE STIMULATION THERAPY TO TEXAS

Memory Connections is a comprehensive lifestyle and support program that empowers older adults to live well with cognitive changes. Participants may be experiencing subjective cognitive decline, have received a diagnosis such as Mild Cognitive Impairment (MCI), or an early-stage dementia such as Alzheimer's disease.

In 2022, Memory Connections evolved and launched Cognitive Stimulation Therapy (CST), an evidence-based intervention designed to actively stimulate the brain and provide a social environment. AGE is excited to be the first organization to offer this unique service (developed at the University College of London) in Texas.

AGE will continue evolving this program in 2023 to meet the needs of the community by launching the Trailhead Series.

This series is designed to build confidence and encourage a brain-healthy lifestyle; caregiver support groups, daily enrichment activity schedule, and in-person meetup opportunities in tandem with ongoing, personalized support.

Client feedback indicates a myriad of benefits from participating in this program while experiencing the early stages of memory loss. At this stage, it is crucial for participants to keep their mind active and engaged while learning practical approaches to help manage and improve daily life. Staying involved in meaningful pursuits and connecting with peers going through similar experiences creates a vibrant community that many would lose access to without the Memory Connections Program.



AGE IS EXPANDING!

On June 7, 2023, AGE leadership, stakeholders, and community leaders gathered at 9400 Alice Mae Ln. in Southpark Meadows to break ground on AGE's new comprehensive state-of-the-art facility.

The new site is expected to double the number of older adults and family caregivers served by AGE, house AGE's largest Thrive Social & Wellness Center to date, licensed to serve 75 individuals a day, provide programmatic space for AGE's other five programs, and, true to the mission of its founders, offer below-market-rate office space for other nonprofits.

With the support of funders such as the St. David's Foundation, Anderson Foundation, and H-E-B, the project is well underway and is set to open the summer of 2023.

The South Austin Facility Will:

- ★ Double the number of older adults and caregivers served by AGE.
- ★ Make AGE programs more accessible to those in areas identified as an "aging services desert".
- ★ Provide new programmatic space which will allow us to offer more programs at a single location as a one-stop-shop for care.
- ★ Foster collaboration within the nonprofit sector to collectively identify long-lasting solutions to the challenges of our aging Central Texas community.



IMPACT DATA



Of Thrive Social & Wellness Center Caregivers reported feeling less stressed as a result of the program.



Of older adults served reported feeling more independent and/or increased safety as a result of an AGE program.



Of older adults served by AGE's Memory Connections reported feeling less socially isolated.

