



2023

AGE 

of CENTRAL TEXAS

IMPACT REPORT

LETTER FROM CHIEF EXECUTIVE OFFICER

As I look back and reflect on 2023, I started thinking about an article that I read that described filial piety. The article focused on how different cultures take care of and respect the older adults in their communities. It is simply ingrained as part of their way of culture. What struck me as I read, was not the challenges that older adults face in our own community, but how AGE of Central Texas fully lives in the heart of what filial piety represents. In other words, we walk the talk day in and day out as a thought leader, through our programs of direct support, through the care our staff demonstrates as they interact with those reaching out for support, and through our Board of Directors, who sets the vision for our organization. I am so proud to be a part of this amazing team.

In 2023, we continued our quest to open our facility in far South Austin. The year was filled with tours that helped folks see the vision of what the building will represent to older adults and caregivers living in South Central Texas. We are on track to complete construction in March of 2024, and I cannot wait to share more about the building in our 2024 Impact Report! In addition to building our new South Austin facility, and continuing our six programs of direct support, we launched other programs and initiatives such as partnering with the Clayton, Rameriz & Null Law firm to host three free Estate Planning Clinics for low-income older adults and their families. These clinics helped these individuals to become more financially and emotionally secure.

We held ongoing support groups for caregivers that helped stabilize their mental health and provided a community of encouragement. We participated in training police, fire, and EMS first responders to help them become equipped to understand how to work with the older adults they encounter and we will continue to do so. We also ran our very first Public Service Announcement in organizational history, and it was a moment of pride to see our organization highlighted on television.

Our impact numbers will reflect a year where we stabilized, we grew, we thrived, and we continued to meet each person who reaches out to us where they are in their aging or caregiving journey. This has been such a year of anticipation and excitement for what will come with our expansion South, but we also stayed grounded in service. AGE is most definitely something special.



Gratefully,

A handwritten signature in black ink, appearing to read 'Suzanne Anderson'.

Suzanne Anderson, Chief Executive Officer
AGE of Central Texas



ABOUT AGE OF CENTRAL TEXAS

For over 37 years, **AGE of Central Texas** has been a vital service provider for older adults and family caregivers, dedicated to helping them thrive in the face of aging and caregiving challenges. Founded in 1986 as Austin Groups for the Elderly, our mission has evolved to fill gaps in care, providing comprehensive programming to over 3,000 older adults and caregivers each year through six evidence-based, person-centered programs that include. AGE envisions a society where aging is characterized by connection, strength, and vitality, and caregiving is upheld through community, collaboration, and guidance.

AGE of Central Texas remains steadfast in its commitment to providing inclusive and culturally competent services, actively working to dismantle barriers to care for diverse communities.

With a stance of cultural humility, we continually seek education and guidance from community leaders and activists, recognizing the ongoing imperative to enhance equity, diversity, and inclusion within both our staff and programs.



AGE 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: Offering free resource navigation assistance, educational conferences, seminars, and support groups for older adults and family caregivers.

CaregiverU: Evidence-based training, education, and support 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.

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



MISSION, VISION, AND VALUES

Our Mission

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

Our 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.

Our Values

Collaboration, Thoughtful and Transparent Stewardship, Service with Compassion, Innovation, Diversity, Respect, and Ingenuity.



2023 Program Impact

5,057 People Served

**This number represents duplicated individuals served.*

190

Number of older adults who received specialized care for dementia, memory loss, cognitive challenges, and physical challenges associated with aging.

679

Individuals who received personalized information and community resource navigation assistance.

1,019

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

2,310

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

3,086

Loans of durable medical equipment, incontinence items, and health, and sanitation supplies.

20,683

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



2023 PROGRAM OUTCOMES

91%

Of caregivers surveyed reported a reduction in stress due to AGE's programs and services

92%

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

97%

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

92%

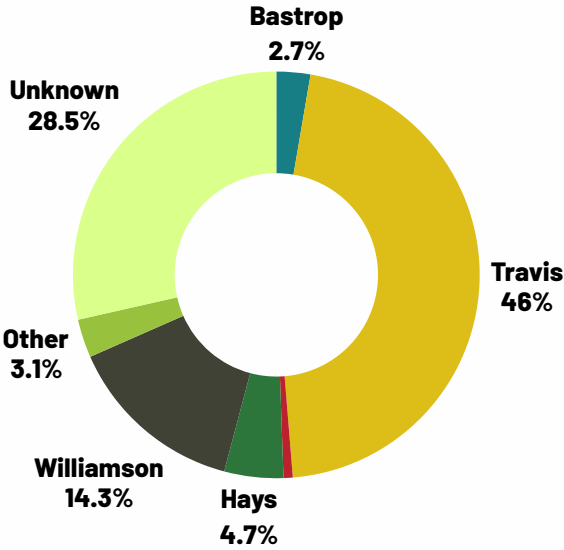
Of clients reported increased quality of life



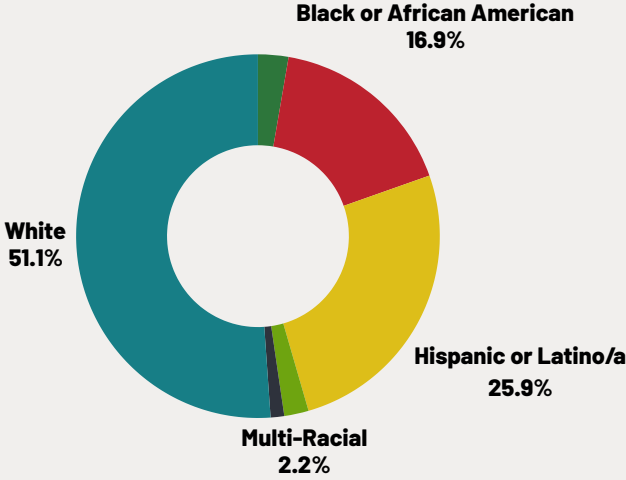
2023 DEMOGRAPHICS

AGE of Central Texas is unwavering in its commitment to dismantle barriers to care for diverse communities. AGE's programs are tailored to address the needs of various demographics and socioeconomic groups in Central Texas. While aging challenges impact people of all backgrounds, AGE acknowledges the specific disparities faced by communities of color in accessing affordable and quality healthcare.

AGE CLIENTS BY COUNTY



RACE/ETHNICITY



58%

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

36%

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

56%

Of older adults served by AGE are living with symptoms of Dementia or with a different disability

44%

Of older adults and family caregivers surveyed were aged 65 or older

GENDER

