



# 2024 IMPACT REPORT





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# LETTER FROM THE CHIEF EXECUTIVE OFFICER

What an incredible year 2024 has been for AGE of Central Texas! This year, AGE took bold steps to expand and redefine what accessible, impactful education looks like for older adults and family caregivers. Aging and caregiving are journeys filled with complex decisions, evolving needs, and emotional weight. That's why we committed to becoming more than a service provider—we've positioned ourselves as an educational cornerstone for the Central Texas aging community.

Through our growing Information and Education Program, we now offer dynamic, flexible learning opportunities that meet people where they are—whether that's in a classroom, on a Zoom call, or on the other end of a phone line. Our interactive workshops and seminars have covered vital topics such as legal planning, dementia care, and caregiver self-care. Monthly webinars are making it easier than ever for individuals to engage with experts from the comfort of their homes. And our free, one-on-one resource navigation provides families with personalized guidance tailored to their unique situations.

In 2024 alone, we've brought together hundreds of caregivers, older adults, and community professionals through in-person conferences and educational support groups. These offerings don't just share information—they build community and foster connection. From first-time caregivers to seasoned professionals, our resources are designed for all experience levels.

This work is part of a larger vision: to empower our community through knowledge and compassion. Every event, every phone call, every conversation is a step toward a more informed and supportive Central Texas—one where aging is embraced and caregiving is never a journey taken alone.

Of course, none of this would be possible without the resilience of our staff, the dedication of our board and volunteers, and the generosity of our donors and partners. Thank you for believing in our mission and walking this path with us. Together, we are building something extraordinary.

Warmly,



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 our 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 Technology support 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 for family caregivers and older adults.

### **Health Equipment Lending Program (HELP):**

Free, gently used durable medical equipment 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 while providing social connection.





# MISSION AND VISION

## MISSION

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

## 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.

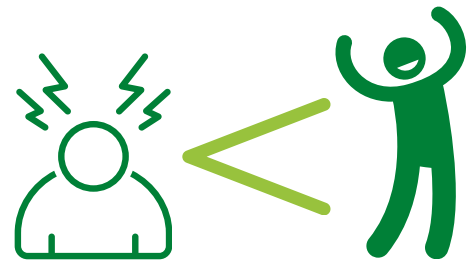
# IMPACT DATA



Of older adults feeling more independent/increased feeling of safety as a result of AGE services



Family caregivers who received caregiver education reported reduced stress as a result of the program



Older adults with dementia in AGE's Thrive Centers reported an increased quality of life





# 2024 IMPACT

## 5,552 PEOPLE SERVED

*\*This number represents duplicated individuals served.*

### 388

Older adults received specialized care for dementia, memory loss, other cognitive challenges, and the physical challenges that come with aging. All while family caregivers received daily respite.

### 1,973

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

### 1,020

Older adults and family caregivers received free education, guidance, resources and utilized support groups.



### 22,181

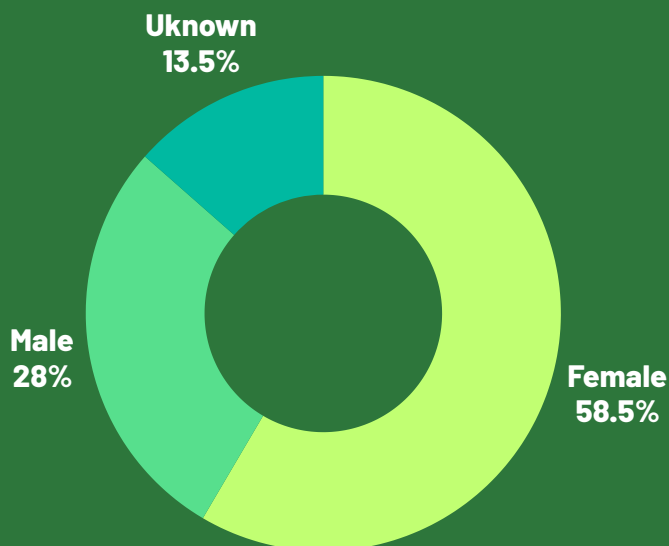
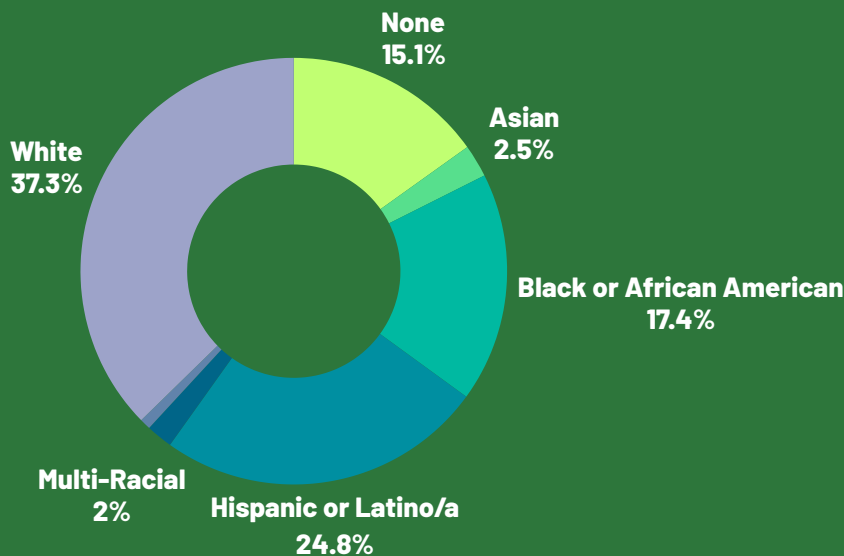
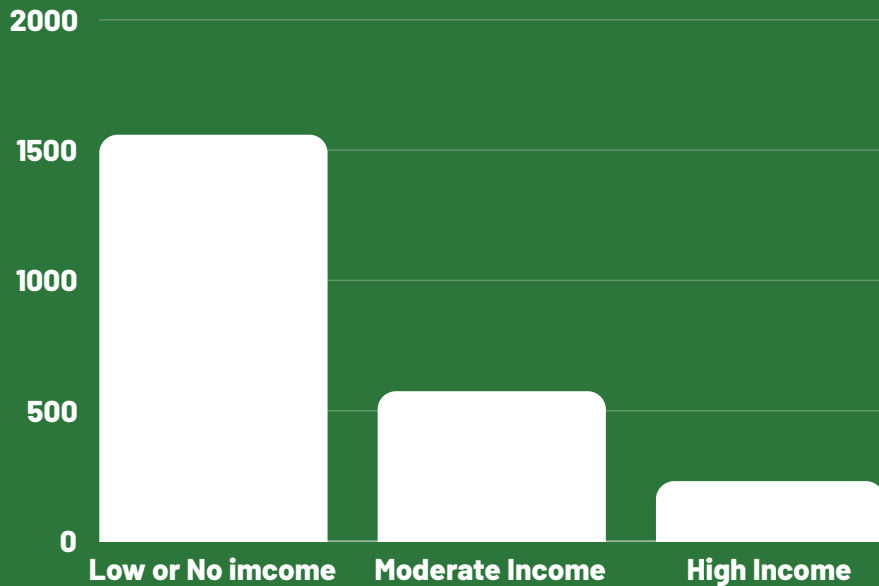
Encounters with older adults and family caregivers seeking care, guidance, respite, education, and resources.

### 2,171

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

# 2024 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.



## 83%

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

## 54.7%

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

## 59%

Of those served by AGE identify as female.





# In the Community

Expanding access to vital resources.

In 2024, AGE of Central Texas launched **AGE in the Community**, a new initiative designed to bring our services and resources closer to the people who need them most. Through strategic partnerships and grassroots outreach, we expanded beyond our walls and into neighborhoods across Central Texas, working to eliminate barriers that prevent older adults and family caregivers from accessing vital support.

One of the ways we brought this initiative to life was by launching new Durable Medical Equipment (DME) Lending Closets in partnership with local community organizations. These closets offer free access to essential medical equipment such as walkers, wheelchairs, and shower chairs for older adults and family caregivers who may not be able to afford or easily access these items.

By removing financial and logistical barriers, these partnerships ensure that more individuals across Central Texas can maintain their safety, mobility, and independence at home.

Each lending closet is stocked through community donations and managed in collaboration with trusted local partners, making it a truly grassroots solution to a growing need.



## HEALTH EQUIPMENT LENDING CLOSET

FREE durable medical equipment available at Hill Country Community Ministries

### Durable Medical Equipment Includes:

- Wheelchairs
- Walkers
- Rollators
- Grab Bars
- Canes
- Bedside Commodes
- Shower Chairs



*All equipment is subject to availability*

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