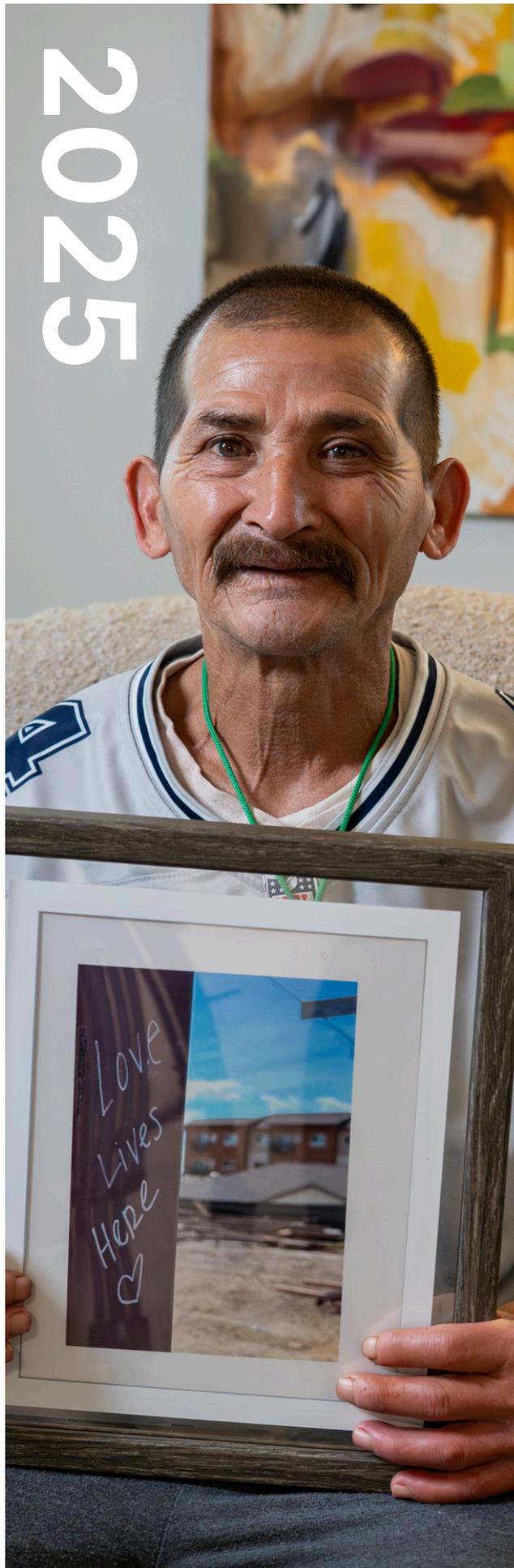


2025



AGE 
of CENTRAL TEXAS

Impact Report

www.AGEofCentralTX.org

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LETTER FROM THE CHIEF EXECUTIVE OFFICER

What an extraordinary year it has been for AGE of Central Texas. In 2025, we expanded our impact by bringing vital aging and caregiving support closer to the communities who need it most. The opening of our South Austin Thrive Social & Wellness Center and our first regional office in Williamson County marked important steps toward greater access, equity, and connection across Central Texas. Aging and caregiving are deeply personal journeys, often shaped by geography and access to trusted information.

This year, we focused on removing those barriers by creating new spaces for education, support, and community. The South Austin Thrive Center now serves as a hub for social engagement, wellness programming, and caregiver respite, while our Williamson County office allows us to respond more directly to local needs and strengthen community partnerships.

These expansions reflect the heart of AGE's mission to empower older adults and family caregivers with knowledge, compassion, and choice. Together, we are building a more accessible and supportive Central Texas, one where no one has to navigate aging or caregiving alone.

None of this would be possible without our dedicated staff, board, volunteers, donors, and partners. Thank you for believing in our mission and helping us expand what's possible for our community.



Warmly,

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

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):

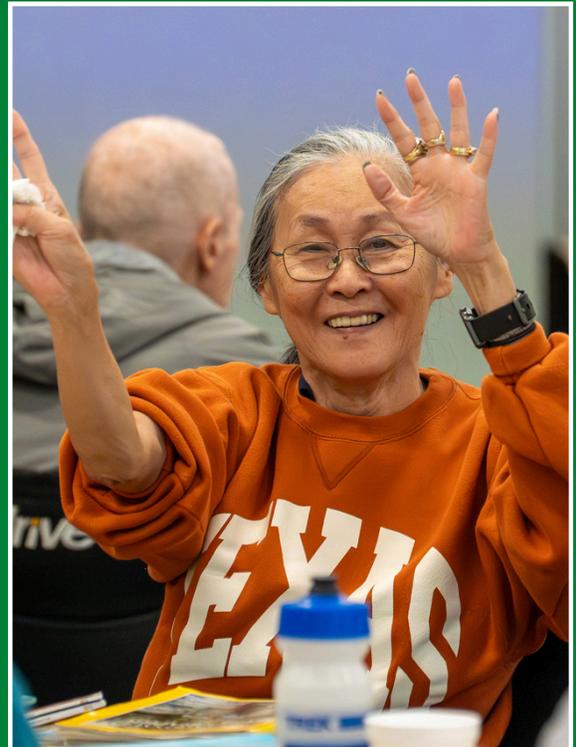
Free, gently used durable medical equipment and hygiene products for low-income older adults.

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.



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 Mission

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

IMPACT DATA 2025



94%

Older adults with dementia in AGE's Memory Connections program reported feeling less socially isolated as a result of the program



100%

Caregivers with a loved one enrolled in AGE's Thrive Centers reported reduced stress as the result of the program



97%

Caregivers reported an increased quality of life as a result of AGE's Caregiver support groups

2025 IMPACT

5,286 PEOPLE SERVED

**This number represents duplicated individuals served.*



527

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



2,529

Individuals received free incontinence items and durable medical equipment.



927

Older adults and family caregivers received free 1:1 resource navigation and education.

95,111

Hours of service delivered in 2025

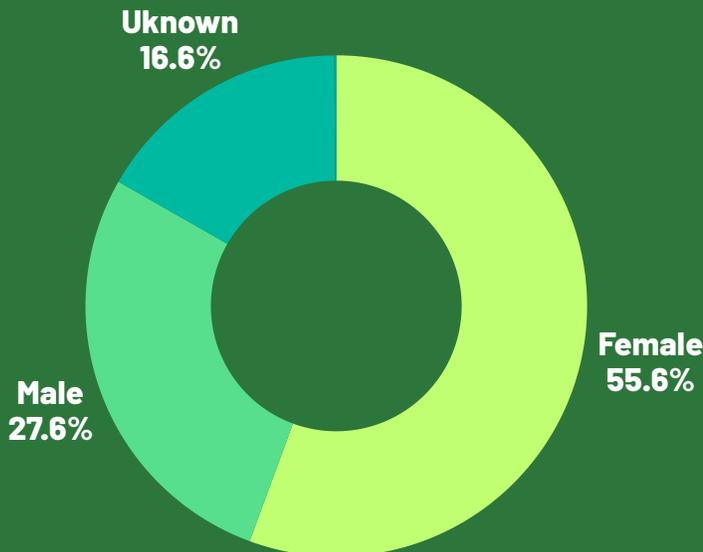
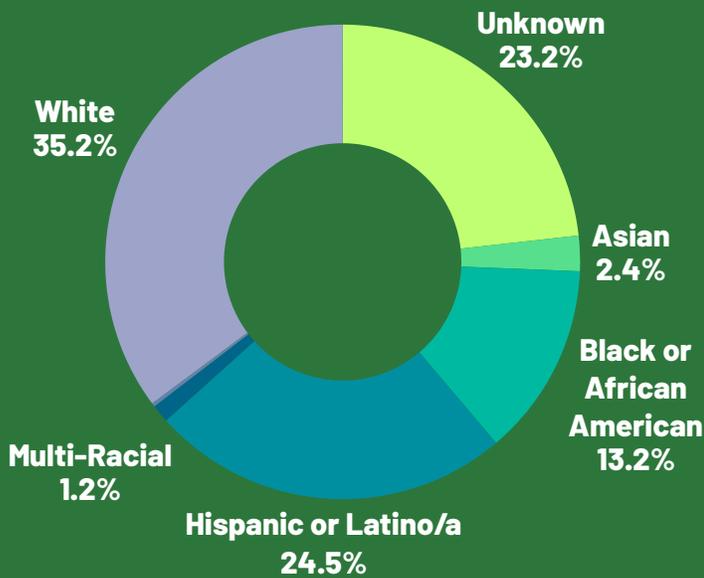
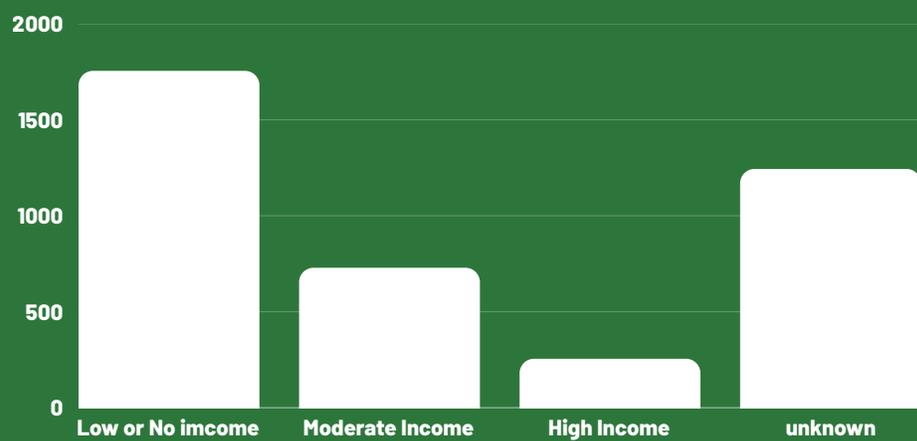


1,303

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

2025 DEMOGRAPHICS

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



62%

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

41.3%

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

55.8%

Of those served by AGE identify as female.



Expanding Access

Williamson County Regional Location

In 2025, AGE of Central Texas took major steps to expand access to our services across the region by opening the South Austin Thrive Social & Wellness Center and establishing our first regional office in Williamson County. These milestones bring critical aging and caregiving support closer to older adults and family caregivers who previously faced geographic, financial, and logistical barriers to care.

Through strategic partnerships and targeted community outreach, we extended our reach beyond our traditional service areas and into communities with limited access to aging services. By creating new hubs for education, social connection, and resource navigation, we are ensuring that more individuals across Central Texas can remain safe, supported, and independent in their homes and communities.

The South Austin Thrive Center provides a welcoming space for adult day health, social engagement, and caregiver support, while our Williamson County office strengthens local partnerships and connects residents with personalized guidance and resources. Together, these expansions reflect our commitment to meeting people where they are and building a more accessible, inclusive network of aging services across Central Texas.

