

A PROGRAM OF FAMILY ELDERCARE

# Lifetime Connections Without Walls

Virtual community for older adults



**FALL 2024**

October 1 - December 20



CONTACT US TO REGISTER

**(888) 500-6472**

**[lcww@familyeldercare.org](mailto:lcww@familyeldercare.org)**

VISIT US AT [WWW.FAMILYELDERCARE.ORG](http://WWW.FAMILYELDERCARE.ORG)

# Lifetime Connections Without Walls

## What is Lifetime Connections Without Walls?



Lifetime Connections Without Walls is a virtual activities program for older adults. We offer social and educational sessions, friendly conversation, and support groups, all from the comfort of home. All sessions are available by phone. Some sessions are also available by video. Sessions are facilitated by volunteers and community partners. We're a program of Family Eldercare, a nonprofit agency serving older adults and adults with disabilities in Austin, Texas.

## How do I enroll?

- Please contact (888) 500-6472 or [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org) to register.
- You may also download our registration form on our [website](#) and submit by mail, email, or call us with your registration.
- We create four program schedules per year: winter, spring, summer, fall.
- You must register every quarter, as our sessions vary by quarter.
- You may register at any time during a quarter.
- Enrollment is open to older adults ages 55+ in the U.S. You do not have to live in Austin, Texas to participate.

## How much does it cost?

There is no cost to participate in our program.

*Please see the donate section at the end of this catalog for details on how to support our program so that we can continue to offer it at no cost to older adults.*

# How Our Program Works

We use a conferencing system to conduct our sessions.

ALL sessions are available by **phone**.

SOME sessions are also available by **video**. *Noted with a  icon.*

## To join all sessions by phone:

- The conferencing system will automatically call you at the time of the session that you register for.
- All you have to do is answer your phone and press 1, and you will be connected to the session.
- You may also call into the session on your own with a phone number that you will receive when you register.

## To join the selected sessions by video:

- Registered participants will receive an email the morning of the session with a link to join via a **desktop, laptop, or tablet**. *Please be sure to check your junk folder if you don't see the email in your inbox.*
- **Please do not join via a smart phone or app.** *These are currently not compatible with our conferencing system.*
- You will receive step-by-step instructions when you register.
- If you need assistance with joining by video, please reach out to us.

*For participants who do not have access to a device or internet, not to worry. The video sessions will still be accessible to you by phone.*

**Please reach out and contact us if you have questions:  
(888) 500-6472 or [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org)**

# Program Guidelines

## Confidentiality

- Lifetime Connections Without Walls will not share your personal information with anyone without your consent.
- Do not share any private information about yourself or fellow participants.
- Only registered participants have access to our telephone conference line.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Lifetime Connections Without Walls or Family Eldercare.
- Sessions may be recorded with notification for quality assurance purposes.

## Phone and Video Etiquette

- Ensure that you are in a quiet environment before joining a session.
- Be prepared to identify yourself with your first name when you join a session and before you speak for the benefit of the group.
- When you are not speaking, please mute your line to avoid background noise by pressing the mute button on your phone. When you do this, you can still hear the facilitator.
- Be aware that putting sessions on speaker phone sometimes creates an echo. If it does, please consider using a wired headset or headphones.

## Group Etiquette

- Allow the facilitator to guide and direct the flow of the group.
- Everyone's opinion is valuable and must be respected.
- Allow all participants the opportunity to contribute and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any participant is forbidden.
- Life presents us with challenging issues, and we might not always agree. Please be thoughtful when discussing sensitive topics.

Violation of the above guidelines may be grounds for dismissal from the program.

*Lifetime Connections Without Walls serves older adults of all backgrounds regardless of race, ethnicity, sex, religion, nationality, sexual orientation, gender identity, marital status, income level, or any other protected classification.*

# Program Schedule

## FALL 2024 Program Schedule October 1 - December 20

The following pages list the sessions for our FALL 2024 schedule.

All sessions are available **by phone**.

Sessions noted with a  icon are also available **by video**.

Contact us to register for the sessions of your choice  
or visit [our website](#) for our registration form:

**(888) 500-6472**

**lcww@familyeldercare.org**

*Please note, you must register every quarter (winter, spring, summer, fall),  
as our sessions vary by quarter.*

**All sessions in this catalog are listed in Central Time.**

*Example: 3:00 pm Central Time = 1:00 pm Pacific Time  
2:00 pm Mountain Time  
4:00 pm Eastern Time*

# Creative Arts



## Art Workshop: Decorate Your World

NEW

Select Tuesdays - 11/12, 11/19, 11/26, 12/3, 12/10, 12/17  
1:00 pm - 2:00 pm (CT)

**DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS OCTOBER 22**

This holiday season join Art Spark Texas to decorate your world! This fun workshop will take you through six weeks of holiday related craft projects that are sure to have your house full of decoration. We'll use household materials such as paper, scissors, glue, and string to create beautiful works of art that can be kept or given as gifts. Come decorate your world with us!

All registered participants will be mailed the materials for all six sessions one week prior to the first session. (at no cost to you)

**\*\*Space for this workshop is limited, so PLEASE be able to commit to all six sessions when you register.** Thank you so much.



**"Painted for the first time in my life and I'm 80 years old. Loved it!"**

*Lifetime Connections Without Walls participant*

**\*\*These sessions are for FALL 2024: October 1 - December 20\*\*  
Sessions are listed in Central Time (CT)**

# Conversation

## Coffee Talk

**Every Wednesday**

**10:30 am - 11:00 am (CT)**

Grab your cup of coffee and spend this time catching up with the Lifetime Connections Without Walls community. We'll discuss current events, maybe some play trivia, and connect with each other.

*Facilitated by LCWW Program Staff*

## Gratitude

**Every Monday - except 11/11 (LCWW closed for Veterans Day)**

**10:00 am - 10:30 am (CT)**

Practicing gratitude is an easy thing to do, but we often are too busy to do it. The truth is that it is impossible to feel both the positive emotion of being grateful and a negative emotion such as anger or fear at the same time. Make a difference in your life with a daily gratitude practice.

*Facilitated by Danielle Whitaker*

**"I find the interactive sessions the most refreshing for someone who's been in a virtual solitary confinement for more than five years due to fear of contracting Covid. The session facilitators are excellent, acknowledging all the participants in a most cordial and receptive way. Their ability to be human with us as individuals in this pleasant and friendly way makes such a difference that after a session, I feel an increased sense of positivity. Thank you, Lifetime for making such a difference."**

*Lifetime Connections Without Walls participant*

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# Fun & Games

## Name That Tune

**Every Tuesday**

**10:00 am - 10:30 am (CT)**

Join Chris as he leads a half-hour of music and melody-guessing. Worried you can't carry a tune? You'll have so much fun, you won't care. Plus it's all over the phone. No stage fright necessary. You can sing your heart out.

*Facilitated by Chris Varney*

## BINGO

**Every Thursday - except 11/28 (LCWW closed for Thanksgiving)**

**12:30 pm - 1:30 pm (CT)**

BINGO? On the telephone? You bet! Join us for this favorite game of luck and play for prizes, including retail store gift cards and postage stamps. We'll send you a BINGO playing card after you register.

PLEASE NOTE: there is currently a wait list for this session.

*Facilitated by Leticia Serna*

## Brain Aerobics

**Every Friday - except 11/29 (LCWW closed for Thanksgiving)**

**1:00 pm - 1:30 pm (CT)**

There is scientific evidence showing that challenging your brain promotes dendrite growth, the branches of the brain neuron that receive impulses. Best of all, it's fun! Ignite your brain cells and join us for an assortment of Family Feud-style questions.

*Facilitated by Bob Elwell*

**"We don't stop playing because we grow old.  
We grow old because we stop playing."**

*George Bernard Shaw*

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# Travel & Culture

## **Armchair Traveling**

**Select Wednesdays - 10/2, 10/9, 10/16, 10/30, 11/6, 11/13**

**1:00 pm - 2:00 pm (CT)**

Join us for this very popular hour as we listen to our very own globetrotter, Bruce share stories about his travels. Bruce will take you someplace interesting and leave you with a virtual wanderlust.

*Facilitated by Bruce MacKenzie*

## **Movie Chat**

**Every Friday - except 11/29 (LCWW closed for Thanksgiving)**

**2:00 pm - 2:45 pm (CT)**

Our own classic movie club. We use the Turner Classic Movies (TCM) lineup to choose and watch two films each week in preparation for the following Friday's wide-ranging discussion. If you get TCM (*available through upgraded cable TV plans as well as a few streaming services*), you'll have full access to all the films. Some of them can also be found on YouTube, via Kanopy (with a library card), or through free links. For these you'll need to access the internet using a computer or other smart device. Whether you're a life-long movie buff or barely know the meaning of cineaste, please join us!

"Every great film should seem new every time you see it." - Roger Ebert

*Facilitated by Gail Teague*

## **Story Café**

**Select Thursdays - 10/3, 10/17, 10/31, 11/14, 12/19**

**2:00 pm - 3:00 pm (CT)**

Harrison Eppright has been a professional tour guide for more than 20 years. He is the visitor services manager and tour ambassador with the Austin Visitor Center, and a native Austinite. Harrison is passionate about history, African American cultural heritage, and architecture. Join us for some interesting stories and learn some fascinating facts.

*Facilitated by Harrison Eppright, Austin Visitor Center*

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# Special Interest



## BridgingApps

**Tuesday, 11/5**

**2:00 pm - 3:00 pm (CT)**

Amy is back with another session about BridgingApps, a program that provides resources, education, and information on apps and mobile devices. In addition to sharing about this great program, Amy will also share more info about smartphones and tablets. She'll cover using Siri/Google, voice dictation for texts, emails, and phone calls, and more. Hope you will join us!

*Presented by Amy Fuchs, Easter Seals Greater Houston*



## The Art of Doll Collecting

**NEW**

**Friday, 11/1**

**11:00 am - 12:00 pm (CT)**

Join us for an intimate look at the doll collection of Cathy Runnels. Cathy's collection has been featured in the Ruby Lane Antique blog and in a 2022 New York Historical Society Museum exhibit on Black Dolls. In this session, we will explore popular vintage and modern dolls, as well as the artists who designed them. We'll also discuss how Cathy's collection started and your collection if you have one. Cathy is currently working on a book about her collection.

*Presented by Cathy Runnels*

## Laugh Out Loud

**Select Fridays - 10/11, 11/8, 12/13**

**10:00 am - 10:30 am (CT)**

Did you know that laughter benefits the brain? It increases oxygen intake, reduces stress, relaxes the mind, and boosts immunity. Join us for some jokes with Danielle and have a good laugh. This session was inspired by the jokesters in the LCWW community. You know who you are!

*Facilitated by Danielle Whitaker*

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# Special Interest

## Stretch Your Writer's Wings

RETURNING SESSION

Every Monday - except 11/11 (LCWW closed for Veterans Day)

1:00 pm - 2:00 pm (CT)

Let your imagination take flight, explore your creativity, and polish your craft. This is a writer's workshop, so join us if you're ready to do the work. When everyone writes and shares, everyone learns. **Please note, this session is for aspiring writers who will participate in the writing exercises. It's not for those who just want to listen in.**

*Facilitated by Deborah Elliott*

## Book Club

Select Mondays - 10/28 and 12/9

3:00 pm - 4:00 pm (CT)

Do you enjoy reading? Please join Ann, an avid reader, for a book club to share your thoughts and hear others share theirs. The following lists the name of the books we'll read and the dates we'll discuss the books. **You will want to have read the book by the date listed below.** Hope you'll join us!

October 28: *The Mystery Guest* by Nita Prose

December 9: *The Storied Life of AJ Fikrey* by Gabrielle Zevin

*Facilitated by Ann Bartelstein*

## Historical True Crime

Thursday, 10/31

11:00 am - 12:00 pm (CT)

Join us for more of Austin's true crime history. Jenna will be referring to manuscripts, newspapers, photographs, and other archival evidence to uncover information about solved and unsolved cases. Join us for this very special spooky edition of True Crime on Halloween.

*Presented by Jenna Cooper, Austin History Center*

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# Holidays

## Chanukah

**NEW**

**Tuesday, 11/19**

**3:00 pm - 4:00 pm (CT)**

Chanukah is a joyous time on the Jewish calendar, but what's it all about? Come learn about the history, traditions, stories and customs that make this holiday so special, and ask any questions you have. We'd love to hear your family customs as well. Presented by Alachua Haskins, MEd., the Learning and Engagement Director at Shalom Austin, a nonprofit agency and hub of Jewish life in Central Texas.

*Presented by Alachua Haskins, Shalom Austin*

## Harmless Harmonies Christmas Holiday Sing-Along

**NEW**

**Tuesday, 12/3**

**2:30 pm - 3:30 pm (CT)**

Back by popular demand! Come join us for an hour of holiday music. In addition to Christmas classics, we will also sing lesser known and new songs. Feel free to bring a bell for ringing as well! Facilitated by Debra Erck, music educator and choir director.

*Facilitated by Debra Erck*

## Kwanzaa Celebration

**NEW**

**Thursday, 12/19**

**11:00 am - 12:00 pm (CT)**

Join us and learn about this special African-American holiday. Kwanzaa honors African heritage in African-American culture and is observed from December 26 to January 1. Presented by Cathy Runnels, Culture and Arts Education Specialist with the City of Austin's Carver Museum, Cultural and Genealogy Center, which works to create spaces where the global contributions of all Black people are celebrated.

*Presented by Cathy Runnels, Carver Museum, Cultural & Genealogy Center*

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# Health & Wellness



## Health and Wellness Series

**Select Tuesdays - 10/15 and 12/3**

**11:00 am - 12:00 pm (CT)**

Join us for this health and wellness series with Sarah Nielsen, a board certified health and wellbeing coach with a master's degree in health education.

**10/15 Design Your Health Plan for Wellbeing**

Learn about the "wellbeing wheel," and how to use it to plan out your health goals, priorities, and next steps.

**12/3 Seasonal Wellbeing**

Learn about seasonal health and wellness, and how we can work with, not against the shift towards the winter months that can bring cold temperatures, longer nights, and feelings of loneliness.

*Presented by Sarah Nielsen, SG Wellness*

## Nutrition Series

**Select Thursdays - 10/10, 11/7, 12/5**

**2:30 pm - 3:30 pm (CT)**

Join us for this nutrition series with Shannon McKeown, a licensed dietician nutritionist with a master's degree in nutrition.

**10/10 Fiber**

How much fiber do we really need and what are the best sources of fiber? Join us to learn answers to these questions, how fiber protects against disease, and more.

**11/7 Protein**

There is so much commercialization around protein. Let's get to the truth of this topic. Join us for a compelling discussion about the misinformation around this important nutrient.

**12/5 Sleep**

Getting a restful night's sleep? Learn what foods to avoid and what habits support good sleep. Join us to also learn dietary benefits for better sleep.

*Presented by Shannon McKeown*

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# Brain & Body Health

## Memory Mining **NEW**

Wednesday, 11/6

2:30 pm - 3:30 pm (CT)

Join us for some cognitive Memory Mining, developed by a brain health expert and educator. You are invited to have fun by joining Roger "on stage" in the combination quiz show/talk show, or simply relax and enjoy the show from the peanut gallery.

*Presented by Roger Anunsen, Mindramp Consulting*

## Trivia & Brain Teasers

Select Mondays - 10/14, 11/18, 12/16

3:30 pm - 4:30 pm (CT)

What has a neck but no head? What goes up but never comes down? Find out the answers to these questions and much more as you stretch your brain in a fun way with trivia and brain teasers.

*Facilitated by Danielle Whitaker*



## Exercise with Giovanna **NEW**

Select Wednesdays - 10/2, 10/9, 11/6, 11/13, 12/11, 12/18

9:30 am - 10:00 am (CT)

Exercise is back! Join us and move your body with Giovanna, a yoga instructor and certified personal trainer. Giovanna will take you through 30 minutes of gentle yoga and strengthening exercises. Giovanna will rotate the various exercises, which **can be adapted for those who prefer to remain seated**.

In addition to a background in fitness, Giovanna is also a public health gerontologist. We are excited to welcome her to LCWW!

*Facilitated by Giovanna Manson-Hing*

**\* First-time exercise participants are required to sign a waiver form. Please see the registration paperwork for the waiver form or call (888) 500-6472.**

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# Museum Tours



## California Jewish Open **NEW**

Wednesday, 11/13

2:30 pm - 3:30 pm (CT)

Join us on a tour of the *California Jewish Open* exhibition at The Contemporary Jewish Museum in San Francisco. Together, we will explore contemporary artworks by Jewish-identifying artists from throughout California. This exhibition aims to present a wide range of perspectives from artists of diverse identities and generations, uniting them around a central question: How are artists looking to the many aspects of Jewish culture, identity, and community to foster, reimagine, hold, or discover connection?

*Presented by Ron Glait, The Contemporary Jewish Museum of San Francisco*



## Myths and Mysteries **NEW**

Thursday, 11/21

2:30 pm - 3:30 pm (CT)

Artists have been using stories and myths as themes in their work as a way to communicate with their audience. Together we will discover some of the stories together as we look across time and medium at a variety of artwork.

*Presented by Nanette Hanks/University of Minnesota, Minneapolis Institute of Art*



## Mary Cassatt at Work **NEW**

Thursday, 12/12

2:30 pm - 3:30 pm (CT)

Mary Cassatt was the most celebrated woman artist of her time. Best known as the Impressionist movement's great painter of women and children, she was also a bold modernist pioneer, experimenting with new techniques and materials in her paintings, pastels, and prints. We'll take a look at the Fine Arts Museums of San Francisco's new exhibition *Mary Cassatt at Work*, and together we'll explore her life, her work of art making showcasing the work of caregiving, and dive into her beautiful and moving images.

*Presented by Karen Libby, The Fine Arts Museums of San Francisco*

Museum images will be sent to registered participants.

# Educational



## Alzheimer's Association Educational Series

Select Tuesdays - 10/22, 11/26, 12/17

3:00 pm - 4:00 pm (CT)

For our summer schedule, we learned about the early stages of Alzheimer's disease. This fall, we are going to learn about the middle stages. Join us for this three-part series on *Living with Alzheimer's: The Middle Stages*, a helpful guide for caregivers of those in the middle stages of the disease.

### 10/22 Living with Alzheimer's: The Middle Stage Part 1

In part one, we'll cover the symptoms of the middle stage, describe relationship changes, and explain how caregivers can maximize safety and prepare for emergencies.

### 11/26 Living with Alzheimer's: The Middle Stage Part 2

In part two, we'll cover in depth the behavior changes and how these are often a way of communicating.

### 12/17 Living with Alzheimer's: The Middle Stage Part 3

In part three, we'll cover planning for the future, asking for help, and preserving the self.

*Presented by Richard Bondi, Alzheimer's Association Educational Trainer*

## Medicare Minutes

Select Tuesdays - 10/15, 11/12, 12/10

2:30 pm - 3:30 pm (CT)

Every year, millions of dollars are lost to Medicare fraud, abuse, and errors. Join us to hear important information from the Texas Senior Medicare Patrol about how you can prevent, detect, and report Medicare fraud and scams.

*Presented by LCWW Program Staff*

**"I enjoy being able to listen and learn something of interest, and participate. Presenters really know their subjects."**

*Lifetime Connections Without Walls participant*

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# Support

## Living Well with Vision Loss

**Select Fridays - 10/18, 11/15, 12/20**

**10:00 am - 11:00 am (CT)**

Join us to learn about tips and tricks for living well with vision loss. Neva will explain various programs and resources available to you, some of which are free. This session is a great opportunity to learn about resources available to those living with low vision or blindness, and to connect with others who also live with a visual impairment. Don't give up on the things you need and want to do because of vision loss!

*Presented by Neva Fairchild*

## Grief and Loss Support Group

**Select Thursdays - 10/10, 10/24, 11/7, 11/21, 12/5**

**11:00 am - 12:00 pm (CT)**

Join us for a support group focusing on grief and loss late in life. Please note, this is a peer support group, *not* a psychotherapy support group. Led by a group facilitator, participants will talk with one another about their experiences with grief and loss, and offer each other emotional support and connection. Counselors with Family Eldercare's In-Home Counseling program will continue to facilitate the group this fall. Lisa White is a Licensed Clinical Social Worker and Robert Arambel is a Counseling Assistant.

*Facilitated by Lisa White and Robert Arambel, Family Eldercare*

**"I've been alone since Covid. Finding you all has been wonderful for me. I am a telephone person and enjoy hearing from others in different places. We laugh and I get to connect with others. I've learned things, too."**

*Lifetime Connections Without Walls participant*

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# LCWW Program Sessions

## Get To Know LCWW

Friday, 11/22

10:30 am - 11:00 am (CT)

Led by Lifetime Connections Without Walls (LCWW) program staff, this session will be an opportunity to get to know each other a bit better. LCWW has participants from across the country, so join us to connect with your fellow participants.

*Facilitated by LCWW Program Staff*

## Winter 2025 Sneak Peek

Friday, 12/20

11:30 am - 12:00 pm (CT)

Join us to hear what's on our winter schedule. Reminder: You must register every quarter (*winter, spring, summer, fall*) because our sessions vary each quarter. Contact us: (888) 500-6472, [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org), or access our registration form on our Web page: <https://www.familyeldercare.org/impact/health-and-wellness/healthy-connections-2/>.

*Facilitated by LCWW Program Staff*

**"When I found LCWW and started participating, it felt like a breath of fresh air blew my way. Connecting on the phone has given me hope, comfort, something to look forward to, laughter, stimulation for my brain, and connection. It has truly helped me in so many ways."**

*Lifetime Connections Without Walls participant*



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## Program Sponsors

Lifetime Connections Without Walls is brought to you through the generous support from our program sponsors:



## Donate

Lifetime Connections Without Walls is a program of Family Eldercare, a 501(c)(3) nonprofit organization. All donations are tax-deductible and help assist in our mission to provide older adults the opportunity to build a lasting virtual community.

**If you would like to make a donation to support our mission, please make checks payable to “Family Eldercare” and mail to: *(please note “LCWW” on the check)***

Family Eldercare  
ATTN: LCWW  
1700 Rutherford Ln.  
Austin, TX 78754

# Without Walls Network

Lifetime Connections Without Walls is part of an international network offering older adults opportunities to connect to sessions by phone or video. Below are the other U.S. programs in the Without Walls network. **Each program is open to older adults across the country, just like ours.** Contact each program directly to request their program schedule.



**Well Connected**  
CREATING COMMUNITY

**Well Connected**  
(877) 797-7299  
connections@frontporch.net  
www.wellconnectedprogram.org



**Well Connected Español**  
(877) 400-5867  
conectate@frontporch.net  
www.wellconnectedespanol.org  
*\*offers Spanish language programming*



**University Without Walls**  
(877) 819-9147  
info@dorotusa.org  
www.dorotusa.org



# Volunteer

Volunteers are a vital part of Lifetime Connections Without Walls. Opportunities to get involved include facilitating sessions and making phone calls to participants to remind them of sessions.

Volunteering with Lifetime Connections Without Walls is simple, as you can volunteer virtually. You just need a telephone and computer.

We hope you'll consider joining us. We'd love to have you!

**For more information about volunteering, please call (512) 628-0654 (toll free 1-888-500-6472) or email us [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org).**

# Family Eldercare

In addition to the Lifetime Connections Without Walls program, which serves older adults across the U.S., Family Eldercare provides other services for older adults and adults with disabilities in the Austin, Texas area. Please contact the phone numbers below for more information or learn more online at [www.familyeldercare.org](http://www.familyeldercare.org).

## **In-Home Counseling**

(512) 483-3556

## **Financial & Housing Stability**

(512) 450-0844

## **Rainbow Connections ATX**

(512) 450-0844

## **Guardianship**

(512) 450-0844



# Resources for Older Adults

## Texas

**2-1-1 Texas or [www.211texas.org](http://www.211texas.org):** Free, state-based hotline offering confidential information and support.

**Adult Protective Services Report Abuse: 1-800-252-5400.**

**Aging and Disability Resource Centers 1-855-937-2372:** Call to locate your local Aging and Disability Resource Center, which helps older adults, their caregivers, and individuals with disabilities locate needed resources.

**Area Agencies on Aging 1-800-252-9240:** Call to locate your local Area Agency on Aging, which provides resources and services for older adults and their caregivers.

**Caregiver Teleconnection 1-866-390-6491:** Support service for caregivers.

**Mulva Clinic for Cognitive Disorders 1-833-UT-Cares :** Dell Medical School Clinic focused on cognitive impairment disorders.

**Texas Long-Term Care Provider Search [www.dads.state.tx.us/news\\_info/ombudsman](http://www.dads.state.tx.us/news_info/ombudsman):** Locate nursing and assisted living facilities in Texas.

**Texas School for the Blind and Visually Impaired 1-800-872-5273:** Numerous free resources for individuals with blindness or low-vision.

## National

**2-1-1 or [www.211.org](http://www.211.org):** Free, national hotline offering confidential information and support.

**The Friendship Line 1-800-971-0016:** 24-hour national support line for isolated, depressed, and/or suicidal older adults.

**CONNECT2AFFECT [www.connect2affect.org](http://www.connect2affect.org):** Online resource with information and tools related to examining risk of isolation, reaching out to individuals who may be isolated and easy ways to re-engage with community. Appropriate for individuals, families, and communities.

**Eldercare Locater [www.eldercare.gov](http://www.eldercare.gov) or 1-800-677-1116:** Resource for helping locate services for older adults and their families.

**National Association of Area Agencies on Aging [www.n4a.org](http://www.n4a.org) or 1-202-872-0888:** The national network of Area Agencies on Aging.



**Lifetime Connections Without Walls**

A Program of Family Eldercare

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