

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults



SPRING 2025

April 1 - June 30



CONTACT US TO REGISTER

(888) 500-6472

lcww@familyeldercare.org

VISIT US AT 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 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, as every session we offer is accessible if you only have a phone (landline or cell).

**Please reach out and contact us if you have questions:
(888) 500-6472 or 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.
- Please do not arrive late and interrupt the session to ask to be caught up on what you've missed.
- If the session facilitator has muted everyone while speaking, please do not unmute yourself to ask a question. Please wait until the facilitator unmutes all.
- When you're 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 creates an echo. 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 or any other protected classification.

Program Schedule

SPRING 2025 Program Schedule April 1 - June 30

The following pages list the sessions for our SPRING 2025 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



Blossoming into Spring **NEW**

Select Tuesdays - 5/20, 5/27, 6/3, 6/10, 6/17, 6/24
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS APRIL 29

Join Art Spark Texas this spring for six flower inspired art projects. This fun workshop series brings together arts, crafts, and gardening. We will learn acrylic paint techniques to design, illustrate and decorate gorgeous flowers on canvas and on a flower box. We'll also include seeds and soil so you can grow your own works of art! No previous experience required.

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.** *LCWW pays Art Spark Texas for this workshop and so it's costly if you register but don't attend. Thanks in advance.*



"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 SPRING 2025: April 1 - June 30**
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 and Karen Collier

Gratitude

Every Monday - except 5/26 and 6/23

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



Across the Miles

Wednesday, 5/28

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

Join us for this special session with the Without Walls network, which includes programs similar to ours in the U.S. and Canada. Join us and hear from your fellow Without Walls participants.

NOTE: This session is run differently than our regular sessions. We will call registered participants into this session OR if you'd like to call in directly on your own by phone or video, here are the instructions:

To join by phone: (877) 237-9339, code 25

To join online: https://abiento.frontporch.net/conference/Across_the_Miles_/en

Facilitated by the Without Walls Network Staff

****These sessions are for SPRING 2025: April 1 - June 30****
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Fun & Games

Name That Tune - except 6/10

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 6/19 (LCWW closed for Juneteenth)

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 and Ricky Vidals

Brain Aerobics

Every Friday

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. Expect a large crowd, as this is a popular session, and be prepared to follow the guidelines to ensure an enjoyable experience.

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 - 4/2, 4/9, 4/16, 4/23, 4/30, 5/7

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

Story Café

Select Thursdays - 4/3, 4/17, 5/1, 5/15, 5/29, 6/12, 6/26

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

***There will be no Movie Chat for the spring schedule.
Gail is on a break.**

****These sessions are for SPRING 2025: April 1 - June 30**
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Special Interest

AARP Employment Program **NEW**

Friday, 5/9

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

Join us for an information session about the AARP Foundation Senior Community Service Employment Program (SCSEP). This national initiative matches eligible job seekers aged 55 and older with local nonprofits and public agencies in paid training assignments. SCSEP emphasizes equitable outcomes by building supportive community connections, fostering resilience, and providing hope.

Presented by Jay Smith, AARP



BridgingApps

Wednesday, 5/7

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

Don't miss another great informative session with Amy. She is back to share more apps that are in her program's database, which includes 2,000+ apps. Her program is called BridgingApps, which provides resources, education, and information on apps on your mobile devices. Join us for an overview of BridgingApps and learn about the apps that Amy will feature.

Presented by Amy Fuchs, Easter Seals Greater Houston

Texas Legal Services Center

Tuesday, 5/13

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

Paul returns this spring for another session about the Texas Legal Services Center (TLSC). Founded in 1981, TLSC is a nonprofit organization that provides legal advice, advocacy, representation, and education to underserved people across Texas. With more than a dozen practice areas, their work touches almost every aspect of civil law that impacts low-income Texans. Join us to learn more about TLSC services.

Presented by Paul Zambie, Texas Legal Services Center

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Special Interest

Celebrating Juneteenth **NEW**

Wednesday, 6/18

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

Join us for this session in which we celebrate Juneteenth, the day that enslaved Texans learned about their freedom. Presented by Cathy Runnels, Culture and Arts Education Specialist with the City of Austin's Carver Museum, Cultural and Genealogy Center. The Carver Museum works to create spaces where the global contributions of all Black people are celebrated. *Presented by Cathy Runnels, Carver Museum, Cultural & Genealogy Center*

Book Club

Select Mondays - 5/12 and 6/30

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!

May 12: *The Vanishing Half* by Brit Bennett

June 30: *The Love of My Life* by Rosie Walsh

Facilitated by Ann Bartelstein

Historical True Crime

Thursday, 6/5

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.

Presented by Jenna Cooper, Austin History Center

****These sessions are for SPRING 2025: April 1 - June 30****
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Special Interest

What's My Line? **NEW**

Select Wednesdays - 5/14 and 6/4

1:00 pm - 1:45 pm (CT)

Who remembers the TV show *What's My Line?* which ran from 1950 to 1967 on Sunday nights? Join Ann for this new LCWW session based on the popular TV show. The session will be in game format with Ann as your host. This is a chance to have some fun while giving your inquisitive minds a real workout!

Facilitated by Ann Bartelstein

Open Mic **NEW**

Select Fridays - 4/11, 5/30, 6/27

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

Based on your requests, we have created this new session as an opportunity to showcase your talents. Have a musical solo you want to sing? A stand-up comedy routine you need an audience for? Poetry you want to read? Join us and come prepared to share your talents!

Facilitated by LCWW Program Staff



The Art of Doll Collecting

Friday, 4/25

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

Cathy's session this spring will highlight *your* doll collection. In "Sharing Your Collection," participants will discuss how and why they started collecting dolls. Participants will also be invited to share dolls from their collection, so if you are able to join the session by video, that is ideal.

Presented by Cathy Runnels

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Health & Wellness



Health and Wellness Series

Select Tuesdays - 4/8, 5/6, 6/3

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.

4/8 Tapping into the Power of Nature for Renewal and Resilience

Examples of renewal and resilience are everywhere we look in nature. How can we lean into the symbolism of nature to guide us through change and transition?

5/6 All Things Sleep

What we can do to increase our quality *and* quantity of sleep through daily habits and practices.

6/3 Savoring the Summer Solstice

Cultural and personal practices for acknowledging the longest day of the year in the Northern Hemisphere.

Presented by Sarah Nielsen, SG Wellness



Nutrition Series: CoQ10, The Energy of Life

NEW

Thursday, 5/22

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

Natural Grocers' Community Health Coaches are back with their nutrition series. They provide nutrition education at no cost to the community. For their spring session, they will inform us about Coenzyme Q10 (CoQ10), a supplement that helps convert food into energy. Not only do you feel tired, your cells are tired too! Join us to learn more about CoQ10.

Presented by Randi Holder, Community Health Coach with Natural Grocers

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Brain & Body Health

Trivia & Brain Teasers

Select Mondays - 4/21, 5/19, 6/16

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

Laugh Out Loud

Select Fridays - 4/4, 5/2, 6/6

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



Exercise with Giovanna

Select Wednesdays - 4/2, 4/16, 4/30, 5/7, 5/21, 6/11, 6/25

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

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.

Facilitated by Giovanna Manson-Hing

*** First-time exercise participants MUST complete a waiver form. Please see the registration paperwork for the waiver form or call (888) 500-6472.**

****These sessions are for SPRING 2025: April 1 - June 30**
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Museum Tours



Acts of Faith **NEW**

Wednesday, 6/25

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

Discover the role religion had in the emergence of the American West in the 19th century. Told through the stories of diverse communities - Native peoples, Protestant Missionaries, Chinese immigrant workers, the Latter-Day Saints, and others - learn how convictions and beliefs shaped westward expansion and became apart of the American identity.

Presented by Reagan Cain, Bullock Texas State History Museum



Elisabet Ney **NEW**

Thursday, 5/22

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

Join us and learn about Elisabet Ney's life and art as a 19th Century Neoclassical sculptor. We will discuss Ney's earlier years in Germany where she was the first woman to attend the Art Academy of Berlin. She made a living sculpting prominent historical figures in Europe before immigrating to Texas in 1872. She then resumed her career in Austin where she became know for sculpting "the Wild Men of Texas."

Presented by Lindsay Barras, Elisabet Ney Museum

Museum images will be sent to registered participants.

"The sessions have been great learning experiences for me."

Lifetime Connections Without Walls participant

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Museum Tours



The Prado Museum

NEW

Thursday, 5/29

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

The Prado Museum in Madrid, Spain is one of the foremost museums in the world. Founded in 1819, it is home to the vast art collections of the Spanish monarchy. The most well-known painters of the 16th and 17th centuries are well represented including Titian, Velasquez, Goya, Rubens, van Dyke and of course El Greco. This presentation will highlight some of the most famous works in the collection as well as provide historical context for the individual works. **Currently living in Toledo, Spain, Nanette is excited to show you some of her favorite paintings from the Prado Museum.**

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



Museum images will be sent to registered participants.

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Sessions are listed in Central Time (CT)**

Educational



Alzheimer's Association Educational Series

Select Tuesdays - 4/22, 5/27, 6/24

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

Join us for this continuing series *Living with Alzheimer's*, a helpful guide for caregivers.

4/22 The Impact of Alzheimer's and Dementia in our Community

Learn the far-reaching impacts of Alzheimer's and dementia and how they translate to significant impacts to our economy.

5/27 Dementia Conversations

Learn how to talk with persons who may be exhibiting symptoms of Alzheimer's or dementia, as well as family members.

6/24 Living with Younger Onset Alzheimer's

Learn the unique tools and coping strategies for persons with younger Alzheimer's or dementia.

Presented by Richard Bondi, Alzheimer's Association Educational Trainer

Medicare Minutes

Tuesday, 4/15 at 2:30 pm (CT)

Thursday, 5/8 at 11:00 am (CT)

Friday, 6/13 at 11:00 am (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. In addition, a different Medicare topic will be presented every month.

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 - 4/18, 5/16, 6/20

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 - 4/10, 5/1, 5/15, 6/12, 6/26

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 group facilitators, participants will talk with one another about their experiences with grief and loss, and offer each other emotional support and connection. Lisa White is a Licensed Clinical Social Worker with Family Eldercare's In-Home Counseling program and Robert Arambel is a Licensed Master Social Worker.

Facilitated by Lisa White, Family Eldercare and Robert Arambel

"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

****These sessions are for SPRING 2025: April 1 - June 30**
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LCWW Program Sessions

Get To Know LCWW

Friday, 5/23

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 better. LCWW has participants from across the country, so join us to connect with your fellow participants.

Facilitated by LCWW Program Staff

Summer 2025 Sneak Peek

Friday, 6/20

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

Join us to hear what's on our summer 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, 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



****These sessions are for SPRING 2025: April 1 - June 30**
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Index of Sessions

Across the Miles, **page 7**
Alzheimer's Association Educational Series, **page 17**
AARP Employment Program, **page 10**
Armchair Traveling, **page 9**
Art of Doll Collecting, **page 12**
Art Workshop, **page 6**
BINGO, **page 8**
Book Club, **page 11**
Brain Aerobics, **page 8**
BridgingApps, **page 10**
Celebrating Juneteenth, **page 11**
Coffee Talk, **page 7**
Exercise with Giovanna, **page 14**
Get To Know LCWW, **page 19**
Gratitude, **page 7**
Grief and Loss Support Group, **page 18**
Health and Wellness Series, **page 13**
Historical True Crime, **page 11**
Laugh Out Loud, **page 14**
Living Well with Vision Loss, **page 18**
Medicare Minutes, **page 17**
Museum Tour: Acts of Faith, **page 15**
Museum Tour: Elisabet Ney, **page 15**
Museum Tour: The Prado Museum, **page 16**
Name That Tune, **page 8**
Nutrition Series, **page 13**
Open Mic, **page 12**
Story Café, **page 9**
Summer 2025 Sneak Peek, **page 19**
Texas Legal Services Center, **page 10**
Trivia & Brain Teasers, **page 14**
What's My Line?, **page 12**

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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. It's also meaningful, as evident by our long-term volunteers. More than half have been with us for at least five years!

For more information about volunteering, please call (512) 628-0654 or email us at lcww@familyeldercare.org.

Family Eldercare

In addition to the Lifetime Connections Without Walls program, which serves older adults across the U.S., Family Eldercare also provides services for older adults and adults with disabilities in the Austin, Texas area.

Family Eldercare programs include In-Home Counseling, Rainbow Connections ATX, Guardianship and Financial Advocacy, and Housing and Homelessness services.

For more information about Family Eldercare programs, as well as community resources in the Austin, Texas area, please call Family Eldercare's Information & Referral line at **(512) 483-3580** and visit us online at **www.familyeldercare.org**.



Resources for Older Adults

Texas

2-1-1 Texas or 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: 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: 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: 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 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 or 1-202-872-0888: The national network of Area Agencies on Aging.