A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls
Building a community over the phone

WINTER 2020
January 6 - April 3

Contact us to register:
(888) 500-6472
lcww@familyeldercare.org

VISIT US AT FAMILYELDERCARE.ORG
Lifetime Connections Without Walls

What is Lifetime Connections Without Walls?
Lifetime Connections Without Walls is a telephone activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. Sessions are facilitated by volunteers and professionals. Lifetime Connections Without Walls is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.

How does it work?
We use a telephone conference call system for our sessions. The system will call you at the time of your session. All you have to do is answer your phone and press 1 on your phone and you will be automatically connected to your session. You may also call into the session on your own.

How do I enroll?
Please contact us at (888) 500-6472 or lcww@familyeldercare.org to register. We create four program schedules per year: winter, spring, summer, and fall. You must register every term, as our sessions change every term. You may register at any time during a term. Enrollment is open to all U.S. residents. You do not have to live in Austin, Texas to participate.

How much does it cost?
There is no cost to participate if you meet our low-income guidelines and you live in Travis or Williamson County, Texas. Otherwise, there is a small fee of $10 per quarterly term which allows you to register for unlimited sessions.
Program Guidelines

Confidentiality
• Lifetime Connections Without Walls will never share your personal information without your consent, unless we believe you are at risk for self-harm, or are being physically, emotionally, or financially harmed, or may harm others.
• Please do not share private, personal information shared by others during sessions with individuals outside of the group.
• Only registered participants will have access to the telephone conference line and sessions.
• The views and opinions expressed by Lifetime Connections Without Walls facilitators and participants are their own and are not necessarily reflective of Family Eldercare’s beliefs.

Phone Etiquette
• Please ensure you are in a quiet place before joining a call by eliminating excess noise coming from your television, radio, or outside conversations.
• Please introduce yourself by your first name when joining the call and before speaking.
• When you are not speaking, please mute your line by pressing the MUTE button or *1 on your phone.

Group Etiquette
• Please allow the facilitator to guide and direct the group.
• Please respect all group members and their opinions, even if you do not necessarily agree with it. Disrespectful comments are not allowed.
• Please allow all participants the opportunity to contribute and be heard. Please do not dominate the conversation.
• If you have a concern or issue with another participant, please contact program staff at (888) 500-6472.

Disability Inclusion
• Lifetime Connections Without Walls offers voice-recorded versions of our materials. Please let us know if you would like to receive these.

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.
Winter 2020 Program Schedule
January 6 - April 3

The following pages list the sessions for our WINTER 2020 term. Please contact us to register for the sessions of your choice.

You must register every term (winter, spring, summer, fall), as our sessions change every term.

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

Contact Lifetime Connections Without Walls to register for our WINTER 2020 term:

(888) 500-6472
lcww@familyeldercare.org
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 the theme of the week, current events, play trivia, and chat.
Facilitated by Jenny Voigt

Gratitude
Select Mondays - 1/13, 1/27, 2/10, 2/24, 3/9, 3/23
10:00 am - 10:30 am (CT)
Practicing gratitude is an easy thing to do, but we often are too busy to remember 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 Whitney O’Baugh/Aging is Cool

Pet Talk
1/10, 2/3, 3/2
10:30 am - 11:00 am (CT)
Join us for our monthly session with animal lover, Karen Collier. Karen volunteers with Austin Dog Rescue, plays chaperone to her therapy dog, and delivers pet food for the Meals on Wheels of Central Texas Pets Assisting the Lives of Seniors (PALS) program. She has two dogs: a ten-year-old Maltese-mix rescue named Stella and a three-year-old Golden Retriever named Bonkers. If you love talking about your pets, this session is for you.
Facilitated by Karen Collier

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
**Without Walls Programs**

Friday, 2/21
3:00 pm - 4:00 pm (CT)
Did you know that Lifetime Connections Without Walls is part of a national “Without Walls” network, which includes Well Connected in California, DOROT in New York, and Mather Lifeways in Chicago? Did you know that you can also join these programs, in addition to ours? Join us for this special session and learn how. We’ll discuss the differences and the similarities between all four programs and how you can better connect with others living throughout the country, all from the comfort of home.

**NOTE:** This session is operated differently than our regular sessions. We will call registered participants into this session.

*Facilitated by Without Walls network staff:*
Amber Carroll/Well Connected
Lorraine Voytek/DOROT
Lisa Evans/Mather Lifeways
Robyn Heid/Lifetime Connections Without Walls

**Across the Miles**

Wednesday, 1/22
2:30 pm - 3:30 pm (CT)
Join us for this quarterly session in which we speak with others in the Without Walls network, which includes programs similar to ours in the U.S. (California, Chicago, New York) and Canada. This session will have a themed question for all. It’s fun to hear everyone’s responses and share your own.

**NOTE:** This session is operated differently than our regular sessions. We will call registered participants into this session.

*Facilitated by the Without Walls network staff*

“**I enjoy interacting with people from all over the country.”**

*Lifetime Connections Without Walls participant*

**These sessions are for WINTER 2020: January 6 - April 3**

Sessions are listed in Central Time (CT)
Fun & Games

Name That Tune
Every Wednesday
12:00 pm - 12:30 pm (CT)
Join Chris each week 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

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.
Facilitated by Mike

BINGO
Every Thursday
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.
Facilitated by Leticia

“We don’t stop playing because we grow old. We grow old because we stop playing.”
George Bernard Shaw

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Arts & Culture

**Armchair Traveling**
Select Wednesdays - 1/8, 1/15, 1/22, 1/29, 2/5, 2/12
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. This winter term, Bruce will take us to Venice (which is timely considering the flooding it’s experiencing), Norway, the U.S. Northwest, and other interesting destinations.
Facilitated by Bruce

**Movie Chat**
Every Friday
2:00 pm - 2:45 pm (CT)
Grab the popcorn and join us for a fun look into the Golden Age of Hollywood. Every Friday, we pick different movies to watch during the week on the Turner Classic Movie (TCM) channel, and then come together to discuss our thoughts and play a bit of movie trivia.
Facilitated by Gail

**Story Café**
Every other Thursday - 1/9, 1/23, 2/6, 2/20, 3/5, 3/19, 4/2
2:00 pm - 3:00 pm (CT)
Harrison Eppright has been a professional tour guide for more than 16 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

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
History & Creative Arts

100th Suffrage Anniversary & Women in Politics  NEW
Monday, 2/3
2:00 pm - 3:00 pm (CT)
This year marks the 100th anniversary of the passage of the Nineteenth Amendment. To celebrate this milestone, Jenna Cooper with the Austin History Center will lead us in a session exploring the efforts of Texas suffragists to expand voting rights in the 19th and 20th centuries, and the political careers of trailblazers such as Emma Long, Dorothy Turner, Velma Roberts, and Mary Jane Bode. Participation is encouraged, so please come ready with any stories or memories you have of activists and politicians. 
Presented by Jenna Cooper/Austin History Center

Writing Workshop
Every Monday - except 1/20, 1/27, 2/3, 2/17
1:00 pm - 2:00 pm (CT)
Do you have a runaway imagination and a flair for making up stories? Whether you’re interested in writing short stories or books, this session will show you how to build fictional stories off of historical figures and/or events. Each session will include a discussion about a person or an event that shaped history, and we will discuss ideas about wrapping fiction around the facts. Deborah is an educator by profession and a published fiction writer by passion. Let’s make up stories together.
NOTE: This session is geared toward fiction writing, but all writers and fans of history are welcome to listen in. A special invitation to those who were with me this past fall. I am with you for the long haul.
Facilitated by Deborah Elliott

I enjoy being able to listen and learn something of interest, and participate. Facilitators really know their subjects.
Lifetime Connections Without Walls participant

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Special Presentations

**Honoring Dr. Martin Luther King, Jr.**

*NEW*

**Tuesday, 1/14**

2:00 pm – 2:45 pm (CT)

Join us for this special session in which we’ll be celebrating Martin Luther King, Jr. Day and honoring Dr. King’s legacy. The City of Austin’s Carver Museum, Cultural and Genealogy Center is dedicated to celebrating prominent figures in Black History like Dr. Martin Luther King, Jr. every day. The Carver hosts educational programs, classes, special events, and exhibitions of historical and cultural material reflecting the Black experience of the African Diaspora and African Americans.

*Presented by Faith Weaver/Carver Museum, Cultural and Genealogy Center*

**America’s Beautiful National Parks**

*NEW*

**Tuesday, 1/28**

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

How many national parks have you visited? How many are still on your list to see? Join Amy as she takes us on a trip to five of our most well-known national parks, plus a quick view of lesser-known parks. You may learn a thing or two, and feel inspired and proud of our beautiful country.

*Presented by Amy Temperley/Aging is Cool*

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

*Dr. Martin Luther King, Jr.*

**These sessions are for WINTER 2020: January 6 - April 3**

**Sessions are listed in Central Time (CT)**
Special Presentations

Oscar Winners Through the Decades

Tuesday, 2/4
2:00 pm - 3:00 pm (CT)
In anticipation of the 92nd Oscars, which airs February 8, 2020, let’s go to the movies! The Academy Awards, also known as the Oscars, are a set of 24 awards for artistic and technical merit in the film industry. These awards have been given annually by the Academy of Motion Picture Arts and Sciences since 1930. Join us for a celebration of some key award winners from the 1940s to present day.
Presented by Amy Temperley/Aging is Cool

NASA

Tuesday, 2/18
2:00 pm - 3:00 pm (CT)
From the 1950s until today, NASA journeys and experiments have changed our world in interesting ways. Join us and learn about the space race, history of NASA, its contributions to science, and where it’s headed in the future.
Presented by Amy Temperley/Aging is Cool

The New Active Older Adult

Tuesday, 1/21
2:00 pm - 3:00 pm (CT)
Generally speaking, we live in an ageist society. We’re often ageist in our own thinking of ourselves! Join us for this session and learn about the myths of aging and the five key components to aging well: physical health, cognitive health, meaning, socialization, and attitude.
Presented by Amy Temperley/Aging is Cool

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Special Presentations

Women Who Have Changed the World

Tuesday, 3/3
2:00 pm - 3:00 pm (CT)
Back by popular demand! Due to requests from participants who missed this session this past fall and to celebrate International Women’s Day on March 8, we’ll be repeating this session. Join us to hear about inspirational women who have played a part in changing the world, often blazing the trail while battling adversity.

Presented by Amy Temperley/Aging is Cool

Tricks and Pranks

Tuesday, 3/31
2:00 pm - 3:00 pm (CT)
Join us the day before April Fools’ Day for an hour of giggles and gags as we share tales of funny pranks, the history of joke-telling, and some really silly humor. As Charles Dickens once said, “There is nothing in the world so irresistibly contagious as laughter and good humor.”

Presented by Amy Temperley/Aging is Cool

End of Life and Religion

Friday, 4/3
11:00 am - 12:00 pm (CT)
This past fall, we had a session on having a conversation with your loved ones about your end-of-life care wishes. We had requests to have a session on how religion plays a role in this conversation. Join us as we continue the discussion with advanced-planning expert, Nancy Walker, for an overview of Christian, Jewish, Muslim, and Buddhist end-of-life practices and traditions.

Presented by Nancy Walker/Funeral Consumers Alliance of Central Texas

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Museum Tours

**Fashion Forward**  NEW  
Monday, 1/27  
2:00 pm - 3:00 pm (CT)  
Paris, Milan, New York. Each of these cities is internationally recognized as a fashion capital. Though less immediately recognized, Dallas has played a critical role in bringing the world of high fashion to its larger state and nation. Primarily drawing from the Texas Fashion Collection at the University of North Texas, one of the most significant fashion archives in the U.S., **Fashion Forward** positions Dallas and Texas as an unexpected fashion epicenter. This museum tour will leave you with a deeper understanding of fashion history, Texas’s role within that history, and how the fashion innovations of yesterday affect what we wear today.  
*Presented by Janene Pearson/Bullock Texas State History Museum*

**Through the Eyes of the Impressionists**  NEW  
Wednesday, 2/19  
2:00 pm - 3:00 pm (CT)  
Impressionism is a 19th century art movement that originated in Paris in the 1870s and 1880s. The paintings are lovely to look at and always popular with museum visitors, but did you know that careful observation of the paintings can give us clues to the medical conditions of the artists? From Monet’s cataracts to Renoir’s rheumatoid arthritis, we can see the adaptations painters made in their work and the splendid results. We will look at the world the artists painted and discuss how what they saw and recorded was not only the scene in front of them, but also an illustration of their medical condition.  
*Presented by Nanette Hanks/Minneapolis Institute of Art*

*Museum images will be sent to registered participants prior to session.*

**These sessions are for WINTER 2020: January 6 - April 3**  
Sessions are listed in Central Time (CT)
Museum Tours

Levi Strauss: A History of American Style [NEW]
Tuesday, 3/3
10:00 am - 11:00 am (CT)
Levi Strauss: A History of American Style is an original exhibition showcasing the life of Levi Strauss, the invention of the blue jean, and their iconic place in the history of American style. This exhibition tells the distinctly American story of Levi Strauss - a Jewish immigrant, businessman, and philanthropist whose lifelong commitment to family and civic life were fundamental to the history of San Francisco. Continuing into the early twentieth century, the exhibition illuminates the pivotal role Levi Strauss & Co. played - through finely crafted clothing and advertising - in capturing the expanding mythology of the American West. This exhibition will present a range of garments, media, and archival materials that celebrate the San Francisco institution that became a global phenomenon.
Presented by Suzanne Reich/The Contemporary Jewish Museum

A Woman’s Light: Making History in South Carolina [NEW]
Wednesday, 4/1
2:00 pm - 3:00 pm (CT)
Join us as we explore the lives of South Carolina women who stepped beyond their traditional boundaries, lighting the way for future generations to excel. Playing an important role in the development of the state and the world, these ladies have demonstrated their unique abilities in politics, business, civil rights, and the arts.
Presented by Jennifer Lee/South Carolina State Museum

Museum images will be sent to registered participants prior to session.

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Supportive Sessions

Support Group on Loss  NEW
Select Tuesdays - 1/7, 1/21, 1/28, 2/4, 2/18
1:00 pm - 1:30 pm (CT)
Loss is a part of life, and grief is a life-long journey. Loss can mean different things to different people, and there are different types of loss. There’s the loss of a loved one, but there’s also the loss of certain things as we get older, such as mobility, independence, or purpose. In this new support group, we will focus on loss. We will discuss our own experience of loss and how we process grief. We will also discuss coping skills and how to provide support and encouragement to not only each other, but to ourselves.
Facilitated by Katherine Navarette, LMSW/Family Eldercare

Living Well with Vision Loss
Select Tuesdays - 1/21, 2/18, 3/17
10:30 am - 11:30 am (CT)
Join Neva Fairchild with the American Foundation for the Blind to learn about tips and tricks for living well with vision loss. She will explain various programs and resources available to you, some of which are free. She will also answer specific questions you may have about how to do the things your vision loss has forced you to give up. 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/American Foundation for the Blind

“I don’t feel so alone since my husband passed.”
Lifetime Connections Without Walls participant

**These sessions are for WINTER 2020: January 6 - April 3**
Sessions are listed in Central Time (CT)
Spirituality & Remembrance

**Inner Peace: Finding Calm Amid Life’s Chaos**  NEW

*Every Thursday - except 2/20*
*10:00 am - 11:00 am (CT)*

Our lives are fraught with struggles, conflict, and confusion. This external chaos threatens our desire for internal calm. Though we yearn for and spend a lot of effort - and money - seeking inner peace, we often find it elusive. In this session, we’ll be exploring the wisdom of Fr. Jacques Philippe in his book, *Searching for and Maintaining Peace: A Small Treatise on Peace of Heart.* Participants are invited to bring their curiosity about, their experiences with, and their desire for inner peace. All are invited to share their wisdom during our discussion, to pose questions, or simply listen with an open heart to all that is offered. Participants from all religious faiths are welcome. Facilitator Dan Lupo is an ordained Deacon in the Catholic Church. He has worked as a hospital and hospice chaplain, and as Associate Director of Diaconal Formation for the Diocese of Austin. He now volunteers with Seton Hospice and is a volunteer chaplain at the Travis County Jail. He will receive certification as a spiritual director in mid-2020. **NOTE:** There is no need to get the book. The essence of the book's contents and wisdom will be provided during our sessions.

*Facilitated by Dan Lupo*

**Memorial Service**  NEW

*Tuesday, 2/25*
*2:00 pm - 3:00 pm (CT)*

In the special session, we’ll remember those in our Lifetime Connections Without Walls community who have passed away. All are welcome to attend, including session facilitators, volunteers, and staff, and share stories of our friends who have passed. Erin Spalding, Program Director for The Christi Center will be facilitating this session. The Christi Center is a local nonprofit whose mission is to offer hope to those that are grieving.

*Facilitated by Erin Spalding, LCSW-S/The Christi Center*

**These sessions are for WINTER 2020: January 6 - April 3**

Sessions are listed in Central Time (CT)
**Fitнес & Fraud**

**Stay Strong**
Select Mondays - 1/27, 2/24, 3/16  
11:00 am - 11:30 am (CT)  
Join us for a 30-minute workout focused on developing stronger muscles and a strong heart. All fitness levels are welcomed. Damien can modify the session for those that prefer to be seated. He’ll also make it fun with music and laughter, that you’ll forget you’re exercising.  
*Facilitated by Damien Temperley/Aging is Cool*  
*Exercise sessions require a signed physical waiver or recorded confirmation. Please see registration form for waiver or call (888) 500-6472.*

**Medicare Minutes**
2/11 and 3/17  
2:00 pm - 3:00 pm (CT)  
Join us to hear important information from the Texas Senior Medicare Patrol about how you can protect yourself against Medicare fraud and scams. Why should you care about Medicare fraud? Because each year Medicare loses BILLIONS of taxpayer dollars to improper claims, which puts the Medicare trust fund at risk for everyone and affects the future of Medicare.  
*Presented by Robyn Heid, LCWW Program Manager*

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**What is the Senior Medicare Patrol?**
Senior Medicare Patrol programs, or SMPs, help Medicare and Medicaid beneficiaries prevent, detect, and report health care fraud. They not only protect older persons, they also help preserve the integrity of Medicare and Medicaid. Because this work often requires face-to-face contact, SMPs nationwide rely on more than 5,100 volunteers, some of who are Medicare beneficiaries themselves. Contact us if you’re interested in volunteering.

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**These sessions are for WINTER 2020: January 6 - April 3**  
Sessions are listed in Central Time (CT)
**LCWW Program Sessions**

**Share & Learn**
2/11 and 3/10  
10:30 am - 11:00 am (CT)  
If you are a current participant or simply interested in learning more about Lifetime Connections Without Walls for yourself, a friend, family member or client, please join us for our Share and Learn sessions. Share your ideas about how we can improve and add to the program, learn about how to participate, and hear about similar programs across the country.  
*Facilitated by Robyn Heid/LCWW Program Manager*

**Spring 2020 Sneak Peek**
Tuesday, 3/24  
2:00 pm - 2:30 pm (CT)  
Join us to hear about new sessions for our spring term and how to register.  
**Reminder:** You must register every term (*winter, spring, summer, fall*), as our sessions change every term. Most of our sessions stay the same, but we get a lot of new sessions every term so please register and tell us which sessions you’re interested in.  
Contact us at (888) 500-6472 or lcww@family eldercare.org.  
*Facilitated by Robyn Heid/ LCWW Program Manager*

“The feeling of belonging is important to me. I can’t say enough nice things about Lifetime Connections Without Walls.”  
*Lifetime Connections Without Walls participant*

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**These sessions are for WINTER 2020: January 6 - April 3**

Sessions are listed in Central Time (CT)
Lifetime Connections Without Walls is brought to you through the generous support of the St. David’s Foundation.

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 community over the phone.

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

Family Eldercare
ATTN: LCWW
1700 Rutherford Ln.
Austin, TX 78754
Without Walls Network

Lifetime Connections Without Walls is part of a larger international Without Walls network of programs offering older adults opportunities to participate in sessions over the phone. These are the other U.S. programs in the Without Walls network. For more information, please contact each program directly.

DOROT University Without Walls
(877) 819-9147
www.dorotusa.org

Mather Lifeways
(888) 600-2560
www.matherlifeways.org

Well Connected
(877) 797-7299
www.covia.org
*offers Spanish programming
Volunteer

Volunteers are a valuable 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 at lcww@familyelderCare.org.

Family Eldercare

In addition to the Lifetime Connections Without Walls program, Family Eldercare provides several other services and programs for older adults. Please contact us at the phone numbers below for more information or find us online at www.familyelderCare.org.

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<th>In-Home Care</th>
<th>Transportation</th>
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<tbody>
<tr>
<td></td>
<td>(512) 467-6168</td>
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<tr>
<td>In-Home Counseling</td>
<td>Money Management</td>
</tr>
<tr>
<td>(512) 483-3556</td>
<td>(512) 450-0844</td>
</tr>
</tbody>
</table>
Resources for Older Adults

Texas

2-1-1 Texas or www.211texas.org: Free, state-based hotline offering confidential information and support.


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.
