

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults



FALL 2022
Oct 3 - Dec 16



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 also receive step-by-step instructions when you register.
- If you need assistance with joining by video, please reach out to us.
- **See page 20 for training sessions on how to participate by video.**

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. Our conferencing system allows participants to connect by phone or video.

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.
- 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 2022 Program Schedule October 3 - December 16

The following pages list the sessions for our FALL 2022 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 - 11/8, 11/15, 11/22, 11/29, 12/6, 12/13
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS OCTOBER 19

For this holiday season, join **Art Spark Texas** to decorate your world! This fun art workshop will take you through six weeks of holiday-themed 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.

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.



****These sessions are for FALL 2022: October 3 - December 16****
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 Karen Collier

Gratitude

Every Monday - except 11/28 and 12/5

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, Aging is Cool



Across the Miles

Wednesday, 10/26

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

Join us for this quarterly session with the Without Walls network, which includes programs similar to ours in the U.S. and Canada. Join us and chat with your fellow Without Walls participants across North America.

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 89

To join online: https://agora.covia.org/conference/Across_the_Miles_/en

Facilitated by the Without Walls network staff

****These sessions are for FALL 2022: October 3 - December 16****

Sessions are listed in Central Time (CT)

Fun & Games

Name That Tune

NEW DAY & TIME

Select Tuesdays - 10/4, 10/11, 10/25, 11/1, 11/22, 11/29

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 11/24 (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: due to the size of this session growing, we have created a wait list and are working on creating a second session.

Facilitated by Leticia Serna and Deanna Kaier

Brain Aerobics

Every Friday - except 11/25 (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 LCWW Program Staff

**"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 - 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

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 11/25 (LCWW closed for Thanksgiving)

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

Our own classic movie club. Every Friday we use the Turner Classic Movies (TCM) lineup to choose several films to view in preparation for the following Friday's wide-ranging, unstructured discussion. If you get TCM (available through cable TV plans as well as a few streaming services), you'll have full access to all the films. Some can also be found on YouTube for free via the internet using a computer or 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

Every other Thursday - 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

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

Harrison Eppright has been a professional tour guide for 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

****These sessions are for FALL 2022: October 3 - December 16****

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Rainbow Connections ATX

Alzheimer's, Dementia, and LGBTQ+ Individuals **NEW**

Tuesday, 11/8

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

Are you caring for an LGBTQ+ person with Alzheimer's, or you a LGBTQ+ person that's been diagnosed with Alzheimer's or dementia? Hear from the Alzheimer's Association Capital of Texas about the unique challenges facing the LGBTQ+ population regarding Alzheimer's or dementia. Learn about helpful resources, both locally and nationally, so you or a loved doesn't have to go it alone.

Presented by Richard Bondi, Rainbow Connections ATX

Learn About ASHwell Sexual Health & Wellness **NEW**

Thursday, 12/1

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

Founded in 1988 by a group of individuals living with AIDS, ASHwell joined with several holistic health therapy practitioners who believed that many of the symptoms of chronic illnesses could be effectively treated with holistic or complementary health therapies. While initial programming focused on those living with HIV/AIDS, the Center has changed over the past 27 years to include and serve those populations at greatest risk of contracting sexually transmitted diseases as well as those who do not seek timely medical care – often people of color (especially men who have sex with men and women) and recreational drug users in the lower income areas of Austin, Texas.

Presented by Cy Herrera, ASHwell



*Family Eldercare's new program, **Rainbow Connections ATX**, strives to improve the quality and vitality of life for LGBTQIA2+ older adults by providing connections, support, and advocacy in the greater Austin area.*

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Special Interest

Historical True Crime

Monday, 12/5

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

Crime Prevention and Education

NEW

Monday, 11/21 at 3:30 pm - 4:30 pm: Financial Crimes

Monday, 11/28 at 3:30 pm - 4:30 pm: Property Crimes

Join us for this informative series with Certified Crime Prevention Specialist Veronica Saldate to learn about recognizing and preventing financial and property crimes, why older adults are highly targeted, and what you can do to reduce your chance of becoming a victim.

Presented by Veronica Saldate

Pet Tales

RETURNING SESSION

Monday, 12/5 at 3:30 pm - 4:00 pm

Monday, 12/12 at 2:30 pm - 3:00 pm

Veronica and Maggie are back for more pet tales! Veronica is a volunteer with Divine Canines, a nonprofit organization in Austin, Texas that provides pet therapy. Join us to hear about the wonderful work that she and Maggie do.

Facilitated by Veronica Saldate

Medicare Minutes

Tuesday, 10/18 at 2:00 pm - 3:00 pm (CT)

Monday, 11/14 at 2:00 pm - 3:00 pm (CT)

Tuesday, 12/6 at 2:30 pm - 3:30 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.

Presented by LCWW Program Staff

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Holidays

Kwanzaa Celebration **NEW**

Wednesday, 12/14

3:30 pm - 4:30 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 Faith Weaver, Carver Museum, Cultural & Genealogy Center



Holidays Around the World **NEW**

Thursday, 12/15

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

Take a trip through the calendar and around the world as we share the lights, music, and joy of international holidays.

Presented by Danielle Whitaker, Aging is Cool

Harmless Harmonies (holiday sing-a-long) **NEW**

Tuesday, 12/13

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

Join us for a holiday SING-A-LONG as we get into the holiday spirit. Debra will lead us in well-known favorites, and save a couple songs for participants who are feeling up for a solo. All are welcome, whether you can carry a tune or not!

Facilitated by Debra Erck

**"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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Health & Wellness

Nutrition Series **NEW**

Thursday, 11/17 at 3:30 pm - 4:30 pm (CT): Fall in Love with Organics

Friday, 12/16 at 10:30 am - 11:30 am (CT): Digestive Discomfort

Join us for our continued nutrition series with Natural Grocers. Their community health coaches provide us with educational and beneficial information to keep us healthy. Join us for their new sessions this fall on why eating organic food is so popular and another session to help you learn the importance of healthy microbial balance in the gut.

Presented by Randi Holder, Community Health Coach with Natural Grocers

Living Well with Vision Loss

Select Tuesdays - 10/18, 11/15, 12/6

10:30 am - 11:30 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, American Foundation for the Blind

COVID-19 Updates from Austin Public Health

Select Mondays - 10/10, 11/7, 12/5

2:30 pm - 3:00 pm (CT)

Angie McFadden with Austin Public Health will continue to provide updates on COVID-19 and answer your questions. Angie is a registered nurse with the City of Austin and has been a nurse for more than 15 years with experience in primary care, ICU, telemetry, and home health.

Presented by Angie McFadden, Austin Public Health

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Presentations



Austin Bats **NEW**

Monday, 10/24

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

Every year, from March through November, large groups of locals and tourists flock to the Ann Richards Congress Avenue Bridge, home to the largest urban bat colony in the world, to watch up to 1.5 million bats emerge for their nightly feeding in Austin, Texas, the “bat capital of North America.” Yet bats continue to be feared and misunderstood. Thanks to conservation organizations like Austin Bat Refuge, appreciation for these winged mammals is growing. Join us to learn about bats and the work of the Austin Bat Refuge.

Facilitated by Dianne Odegard, Austin Bat Refuge



Wonderful World of Cats **NEW**

Thursday, 10/27

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

Big ones, small ones, fluffy ones, hairless ones. Cats come in all shapes and sizes. Come learn about the different breeds and celebrate some of the world's most famous cats.

Presented by Danielle Whitaker, Aging is Cool



Secret Lives of Amazing Authors **NEW**

Thursday, 11/10

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

You may have read their books but do you know about their private lives? Learn about Roald Dahl, Shakespeare, Bram Stoker, Agatha Christie and more.

Presented by Danielle Whitaker, Aging is Cool

“Several sessions have enhanced my learning and inspired me .”

Lifetime Connections Without Walls participant

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Museum Tours



Holocaust and Resistance

NEW

Tuesday, 11/29

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

Join us on a journey through past and current exhibitions, exploring the life stories of artists before and during World War II, and their determination to resist the Nazi regime, and survive. In this virtual tour, we will share the stories of the photographer Roman Vishniac, artists Claude Cahun and Marcel Moore, and the remarkable story of puppeteers, Mike and Frances Oznowicz from our 2022 exhibition *Oz is for Oznowicz: A Puppet Family's History*. We hope that by sharing these stories and bringing to light examples of artistic resistance connected to the Holocaust, we encourage conversation and contemplation, and further Holocaust education and lessons in fighting antisemitism, hate, and authoritarianism today.

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



*Mike and Frances Oznowicz at the Children's Fairyland Puppet Fair, 1956.
Courtesy the San Francisco Bay Area Puppeteers Guild and Children's Fairyland Archives.*

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

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Museum Tours



Ramses the Great and the Gold of the Pharaoh

NEW

Thursday, 12/8

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

Ramses the Great was the third pharaoh of the Nineteenth Dynasty and is regarded as the greatest, most celebrated, and most powerful pharaoh of the New Kingdom, Egypt's Golden Age, when it was a wealthy and powerful empire. This exhibition contains exquisite sculpture and objects related to this pharaoh, who was not only worshiped as a god during his lifetime, but was also venerated far into the future. In addition, this exhibition includes a dazzling display from unplundered royal tombs revealing the fabulous wealth of the pharaohs, the extravagance and luxuriousness of their tombs, and the superb workmanship of Egyptian artists.

Presented by The Fine Arts Museums of San Francisco



Japanese Prints in Transition

NEW

Tuesday, 12/13

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

Featuring selections from The Fine Arts Museums' Achenbach Foundation for Graphic Arts, *Floating World to Modern World: The Japanese Print in Transition* documents the late nineteenth-century shift from delicately colored ukiyo-e of actors, courtesans, and scenic views to brightly colored images of Western architecture, industry, Victorian fashion and custom, and modern military warfare.

Presented by The Fine Arts Museums of San Francisco

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

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Brain Health

Brain Boosters

NEW

10/11 and 11/22

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

Created by AGE of Central Texas' evidence informed approach, join us for brain boosters! Together, as a group, we will get our brains moving and groovin' to become more resilient and maintain what we already have. Interactive trivia, word games, puzzles and more that challenge and exercise your brain, build confidence, and have fun!

Presented by Anna Tutum, AGE of Central Texas

Stay Smart

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

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

Created by Aging is Cool, this series of brain training and memory techniques helps maintain mental functioning. Activities combine games, physical movements (integrating research on the benefits of cross body work), coordination, observational skills, mental agility, processing skills, and techniques to improve memory.

Presented by Danielle Whitaker, Aging is Cool

"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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Fitness



Chair Yoga*

Every other Wednesday - 10/12, 10/26, 11/9, 12/7

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

Who says yoga has to be done standing or on the floor? Join us for a seated yoga class. You'll wonder why you never tried it this way before! Same movements and poses as in a regular yoga class, only adapted to a chair. Mindful breathing and meditation are also part of this class.

Facilitated by Becky Shidlofsky, Aging is Cool



Stay Strong*

Every other Wednesday - 10/5, 10/19, 11/2, 11/16, 11/30, 12/14

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

Join us for an all-over workout focused on developing stronger muscles and a strong heart. A fun workout with music and lots of laughter. Can be adapted for seated participants.

Facilitated by Becky Shidlofsky, Aging is Cool

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

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

Lifetime Connections Without Walls participant

****These sessions are for FALL 2022: October 3 - December 16**
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Spirituality & Support

Praying to Hear God's Voice

RETURNING SESSION

Every Thursday - except 11/24 (LCWW closed for Thanksgiving)

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

Using the Bible, we will read and meditate on a passage from Scripture following the format of Lectio Divina. Our goal is to derive a deeper understanding not just of what the Scripture means or is saying, but of what God is saying to each of us individually in that passage. Please have ready a Bible, paper and pen, and be in a quiet place, away from distractions.

Participants from all religious faith are welcome.

Facilitated by Deacon Dan Lupo

Grief and Loss Support Group

Every Friday - except 11/25, 12/9, 12/16

10:30 am - 11:30 am (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. Death loss is the primary focus of this group, but there's room to discuss all loss including: loss of independence, health, home, disconnection with loved ones, etc. Master's level counseling intern Karen Dyre with The Christi Center, a nonprofit grief support center in Austin, will facilitate.

Facilitated by Karen Dyre, The Christi Center

"Painted for the first time in my life and I'm 80 years old. Loved it! Loved the chat group; different ideas and life experiences. Loved to travel with Bruce. Praying session is very uplifting. Dan is very good."

Lifetime Connections Without Walls participant

****These sessions are for FALL 2022: October 3 - December 16****
Sessions are listed in Central Time (CT)

LCWW Program Sessions

Training for LCWW Video Sessions

Thursday, 10/13

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

Have you tried one of our video sessions yet? Do you have questions or aren't sure how it works? Please join us for this session so we can show you how they work and answer any questions you may have. *Please note: you must register for this session so we can email you the link to join the session.

Facilitated by LCWW Program Staff

Share & Learn

Tuesday, 11/1

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

Join us to learn more about the Lifetime Connections Without Walls program and get to know your fellow participants from across the country. Share about yourself, which sessions you like, don't like, and what sessions you'd like to see on the schedule. We'd love to hear your thoughts and ideas.

Facilitated by LCWW Program Staff

Winter 2023 Sneak Peek

Wednesday, 12/14

2:30 pm - 3:00 pm (CT)

Join us to hear about our winter schedule and how to register. Reminder: You must register every quarter (*winter, spring, summer, fall*), as our sessions vary by quarter. Most of our sessions stay the same, but we do get new sessions every quarter so please register. Contact us at (888) 500-6472 or lcww@familyeldercare.org, or access our registration form on our website.

Facilitated by LCWW Program Staff

****These sessions are for FALL 2022: October 3 - December 16****
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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

wellconnectedprogram.org

also offers Spanish programming through their sister program, **Well Connected Español*



University Without Walls

(877) 819-9147

info@dorotusa.org

www.dorotusa.org



Senior Center Without Walls

(262) 658-3508

www.kafasi.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.

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.

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: 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 Locator 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.



Lifetime Connections Without Walls

A Program of Family Eldercare

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www.familyeldercare.org