

Lifetime Connections Without Walls

A virtual community for older adults

REGISTRATION FORM Spring 2023: April 1 – June 30

Please complete and return by mail, email, or call us with your registration.

**If you're renewing, you may just fill out your name, current income, and any updates you may have.*

MAIL: LCWW, c/o Family Eldercare, 1700 Rutherford Ln., Austin, TX 78754

EMAIL: lcww@familyeldercare.org

PHONE: (512) 483-3584


Name:	DOB:		
Address:			
City:	State:	Zip Code:	County:
Phone number you want to use for sessions:			
Email (required for video sessions):			
Marital Status: <input type="checkbox"/> Married <input type="checkbox"/> Widow <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Separated			Military Veteran: <input type="checkbox"/> Yes <input type="checkbox"/> No
Ethnicity/Race: <input type="checkbox"/> Caucasian <input type="checkbox"/> Black <input type="checkbox"/> Hispanic <input type="checkbox"/> Asian <input type="checkbox"/> Other: _____			Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Decline
<i>These income questions help us with our grant reporting.</i>			
Monthly Income Amount: \$ _____			
Source of Income: (example: Social Security, SSI, pension) _____			
Do you live: <input type="checkbox"/> Alone <input type="checkbox"/> With spouse/partner <input type="checkbox"/> With family <input type="checkbox"/> Residential care facility (assisted living, nursing home, etc.)			
Do you have any of the following impairments?			
Mobility: <input type="checkbox"/> Cane <input type="checkbox"/> Walker <input type="checkbox"/> Wheelchair Hearing: <input type="checkbox"/> Low hearing <input type="checkbox"/> Deaf Vision: <input type="checkbox"/> Low vision <input type="checkbox"/> Blind			
Emergency Contact:			
Name:		Relationship:	
Contact info (phone/email):			
Please tell us about your interests and hobbies:			
Do you have a computer or tablet? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you use the internet? <input type="checkbox"/> Yes <input type="checkbox"/> No			
<i>These questions help us understand our participants and evaluate our program's mission.</i>			
How often do you feel that you lack companionship? <input type="checkbox"/> Hardly ever <input type="checkbox"/> Some of the time <input type="checkbox"/> Often			
How often do you feel left out? <input type="checkbox"/> Hardly ever <input type="checkbox"/> Some of the time <input type="checkbox"/> Often			
How often do you feel isolated from others? <input type="checkbox"/> Hardly ever <input type="checkbox"/> Some of the time <input type="checkbox"/> Often			
How did you hear about us?			
If you connect to our sessions by phone, your first name and phone number will be visible to participants who connect by video. Are you okay with this? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure			

















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SESSION SELECTION

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Select the sessions that you want to join. All sessions are available by phone. ****For sessions that also incorporate video (noted with the  icon), select if you will be joining by video or phone.**

- Across the Miles
- Aging Alone Together 
 Phone Video
- Alzheimer's Association Series 
 Phone Video
- Armchair Traveling 
 Phone Video
- Art Workshop 
 Phone Video
- Austin Gay Men's Chorus 
 Phone Video
- Austin Public Library 
 Phone Video
- Bad Boys & Girls of Sports 
 Phone Video
- BINGO (*Currently a waitlist.*)
- Bone Health, Builders & Breakers
- Book Club
- Brain Aerobics
- Buzz Behind Bone Broth & Collagen
- Chair Yoga 
 Phone Video
- Coffee Talk
- Crime Prevention & Education
- Gratitude
- Grief & Loss Support Group
- Historical True Crime
- Living Well with Vision Loss
- Medicare Minutes
- Mindfulness & Nature 
 Phone Video
- Movie Chat
- Museum Tour: Ansel Adams 
 Phone Video
- Museum Tour: Jewish Traditions 
 Phone Video
- Museum Tour: Sargent and Spain 
 Phone Video
- Music of Motown 
 Phone Video
- Name That Tune
- Older Americans Month 
 Phone Video
- Opera: Mezzo-Soprano
- Pet Tales
- Power for Parkinson's
- Share and Learn
- Stay Smart
- Stay Strong 
 Phone Video
- Story Café
- Summer 2023 Sneak Peek
- What is Pride Month 
 Phone Video
- Without Walls Programs

For office use only:

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PHYSICAL ACTIVITY RELEASE OF LIABILITY FORM

*****Please complete this form if this is your first time participating in an exercise session.***

I understand the “**Chair Yoga**” and “**Stay Strong**” session, event or program (“Session”) is not sponsored by Family Eldercare and will not be supervised or taught by a Family Eldercare employee or agent. The instructor of the session is an independent contractor and Family Eldercare does not control and is not responsible for the instructor’s actions.

The goal of “**Chair Yoga**” and “**Stay Strong**” is to help you strengthen and stretch your muscles. The central physical activity of this session is standing or sitting, and moving your arms and legs as instructed. Please perform the exercises to your preference and comfort level. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

By signing or verbally confirming to this document,

I, on behalf of myself, agree to indemnify and hold harmless Family Eldercare and the officers, employees and agents of the organization from all claims, damages or causes of action, including but not limited to claims or lawsuits for any alleged injuries, that may arise out of my participation in this Session.

I understand that it is my responsibility to consult with a medical professional before starting this or any other fitness program.

I understand that by signing or verbally confirming to this document, I release Family Eldercare and their officers, employees or agents from any liability related to the Session.

Participant Name (please print): _____

Signature: _____ **Date:** _____