

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults

SPRING 2023

April 1 - June 30



CONTACT US TO REGISTER

(888) 500-6472

lcww@familyeldercare.org

VISIT US AT WWW.FAMILYELDERCARE.ORG

family
ELDERCARE

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.

**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

SPRING 2023 Program Schedule April 1– June 30

The following pages list the sessions for our SPRING 2023 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: Spring Flutter Book

NEW

Select Tuesdays - 5/23, 5/30, 6/6, 6/13, 6/20, 6/27
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS MAY 3

This spring, join **Art Spark Texas** to create a spring flutter book. The intention of this workshop is to expand participants' understanding of themselves and the natural world around them through mindfulness exercises, poetry, and visual art. Over the course of the workshop, each participant will explore themes in nature through looking and creating visual art, listening to and writing poetry, breathing and practicing mindfulness, and experience community growth through sharing.

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

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



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

Lifetime Connections Without Walls participant

****These sessions are for SPRING 2023: 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

Gratitude

Every Monday - except 5/29 and 6/19 (LCWW closed for holidays)

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, 4/26

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://abiento.frontporch.net/conference/Across_the_Miles_/en

Facilitated by the Without Walls network staff

****These sessions are for SPRING 2023: April 1 - June 30****

Sessions are listed in Central Time (CT)

Fun & Games

Name That Tune

Every Tuesday - except 4/18, 5/16, and 6/20

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

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 Deanna Kaier

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 LCWW Program Staff

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

George Bernard Shaw

****These sessions are for SPRING 2023: April 1 - June 30**
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Travel & Culture

Armchair Traveling

Select Wednesdays - 4/5, 4/12, 4/19, 5/17, 5/24, 5/31

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

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 - 4/13, 4/27, 5/11, 5/25, 6/8, 6/22

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 SPRING 2023: April 1 - June 30****
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Rainbow Connections ATX



Austin Gay Men's Chorus **NEW**

Tuesday, 5/9

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

The Austin Gay Men's Chorus is the longest operating men's chorus in Central Texas. For the past 34 years, it has built a reputation for artistic excellence and continues to strive season after season to fulfill its mission of raising its voice in song to help change minds, transform lives, and build community. Join us for this spotlight on the Austin Gay Men's Chorus and learn about its upcoming events and volunteer opportunities.

Presented by Austin Gay Men's Chorus



What is Pride Month and Why Should I Care? **NEW**

Tuesday, 6/13

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

Why do gays and lesbians celebrate Pride Month? How did that even start? One way to approach this is to learn more about the gay, lesbian, and other diverse communities that celebrate Pride Month, which takes place during the month of June. We hope you will join us!

Presented by Richard Bondi, Rainbow Connections ATX



*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.*

****These sessions are for SPRING 2023: April 1 - June 30****
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Special Interest

Opera: Let's Hear It For the Mezzo-Soprano!

NEW

Wednesday, 4/12

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

Let's take a closer look at some of the prime roles for mezzo-sopranos in opera. We will listen to recordings of several extraordinary mezzo-sopranos, both past and present. Debra Erck is the former Director of Education with Austin Opera.

Presented by Debra Erck

Book Club

Select Mondays - 4/24, 5/22, 6/26

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

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

April 24: *Lessons in Chemistry* by Bonnie Garmus

May 22: *The Devil in the White City: Murder, Magic, and Madness at the Fair that Changed America* by Erik Larson

June 26: *Lincoln Highway* by Amor Towles

Facilitated by Ann Bartelstein

Medicare Minutes

Select Tuesdays - 4/4, 5/16, 6/20

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

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

Presented by LCWW Program Staff

****These sessions are for SPRING 2023: April 1 - June 30****
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Special Interest



Aging Alone Together

NEW

Wednesday, 5/3

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

We're all aging, young or old. However, aging as an older adult can be a challenging and isolating experience. Join us to hear about resources that may help and hear from others who may also be aging by themselves. You don't have to do it alone. Let's age together.

Presented by Amy Temperley, Aging is Cool



Alzheimer's Association Educational Series

Select Tuesdays at 3:00 pm - 4:00 pm (CT):

4/25 Effective Communication Strategies

Learn about communication changes that take place throughout the course of Alzheimer's disease and effective strategies to respond, connect, and communicate with the person living with the disease.

5/23 Dementia Conversations

Learn tips on how to "break the ice" and have the most common difficult conversations with those with Alzheimer's disease or dementia. Learn also about building a care team and hear about helpful resources.

6/27 Understanding Alzheimer's & Dementia

Gain a better understanding of Alzheimer's disease and dementia. Learn the difference between the two, how they affect the brain, risk factors, and more.

Presented by Richard Bondi, Alzheimer's Association Educational Trainer

"Several sessions have enhanced my learning and inspired me."

Lifetime Connections Without Walls participant

****These sessions are for SPRING 2023: April 1 - June 30**
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Special Interest

Without Walls Programs **NEW**

Tuesday, 5/2

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 Front Porch’s Well Connected in California and DOROT’s University Without Walls in New York? Did you know that you can also join these programs at no cost? Join us and learn how you can connect with the Without Walls programs in the U.S.

Facilitated by Without Walls network staff:

Amber Carroll, Front Porch

Amy Wald, DOROT

Robyn Heid, Lifetime Connections Without Walls



Older Americans Month **NEW**

Tuesday, 4/18

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

May is Older Americans Month. What is Older Americans Month and why is it important? How long has it been going on? What does it represent or celebrate? Join us for this spotlight on Older Americans Month to answer all these questions and more.

Presented by Richard Bondi, Family Eldercare



Austin Public Library Programs & Services **NEW**

Tuesday, 4/11

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

Join us for this spotlight on the Austin Public Library, whose mission is to inspire all to discover, learn, and create. The library offers a variety of programs, services, and materials that support literacy advancement, workforce and economic development, digital inclusion and computer training, outreach and community engagement, and equity, diversity, and inclusion. Learn how the Austin Public Library can serve you.

Presented by Austin Public Library

****These sessions are for SPRING 2023: April 1 - June 30****

Sessions are listed in Central Time (CT)

Health & Wellness

Power for Parkinson's **NEW**

Monday, 5/15

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

Join us to learn about Power for Parkinson's, an Austin nonprofit organization that provides free exercise classes to help those with Parkinson's disease to manage their symptoms. This local organization has a global audience with more than 3.5 million YouTube views. This session will also cover the ABCs of Parkinson's and how to prevent, delay, or manage symptoms.

Presented by Dr. Nina Mosier, M.D., Power for Parkinson's

Buzz Behind Bone Broth & Collagen **NEW**

Thursday, 4/20

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

Maybe you've heard of bone broth, or have seen some of the latest collagen supplements at the health food store. You may have even tried some of these trendy products without knowing what makes them so great. Find out why these products have become so popular, what they are, and how to use them to support optimal health.

Presented by Randi Holder, Natural Grocers Community Health Coach

Bone Health, Builders & Breakers **NEW**

Friday, 5/12

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

It's never too late to build bone health. Bones are living tissue that respond to bone building care throughout life. Support lifelong bone health by knowing how to get all the nutrients your bones need.

Presented by Kevin Iski, Natural Grocers Community Health Coach

****These sessions are for SPRING 2023: April 1 - June 30****
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Special Interest

Historical True Crime

Thursday, 5/18

10:30 am - 11:30 am (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

Monday, 5/1 at 2:00 pm - 3:00 pm

Join us for this session to learn how to recognize and prevent financial and property crimes, why older adults are highly targeted, and what you can do to reduce your chance of becoming a victim. Veronica Saldate is a Certified Crime Prevention Specialist and former chair of the Senior and Law Enforcement Together (SALT) committee with the Austin Police Department.

Presented by Veronica Saldate

Pet Tales

Monday, 6/5 at 2:00 pm - 2:30 pm

Monday, 6/12 at 2:00 pm - 2:30 pm

Veronica and Maggie are back for more pet tales! Veronica has volunteered 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, and share stories about your own pets.

Facilitated by Veronica Saldate

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Presentations



Mindfulness and Nature **NEW**

Tuesday, 4/11

1:30 pm - 2:30 pm (CT)

Nature is healing to the soul. In this session, participants will experience the practice of mindfulness using elements of nature.

Presented by Sarah Nielson, Aging is Cool



Music of Motown **NEW**

Wednesday, 5/10

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

Motown began as record company and eventually became a musical movement. Learn about its history, the predominant artists and sing along to some of the hits.

Presented by Danielle Whitaker, Aging is Cool



Bad Boys and Girls of Sports **NEW**

Wednesday, 6/7

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

Sport stars are often heroes, but there are also some zeros. Learn about some of the controversial men and women of sports and what cause their downfall.

Presented by Danielle Whitaker, Aging is Cool

**"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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Museum Tours



Sargent and Spain **NEW**

Thursday, 5/4

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

This is the first exhibition to explore John Singer Sargent's long-standing captivation with Spain, where he traveled extensively over three decades to create a remarkable body of work. While major exhibitions have focused on Sargent's portraiture practice, *Sargent and Spain* will bring together works in an array of media that showcase his multifaceted approach to depicting Spain's art, culture, peoples, and topography.

Presented by Anne Burns Johnson, The Fine Arts Museums of San Francisco



Ansel Adams in Our Time **NEW**

Thursday, 6/15

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

Ansel Adams was the most important landscape of the 20th century. He is also perhaps the most widely known and beloved photographer in the history of the United States. Adams's most important work was devoted to what was or appeared to be the country's remaining fragments of untouched wilderness, especially in national parks and other protected areas of the American West. He was also a vigorous and outspoken leader of the conservation movement.

Presented by Anne Burns Johnson, The Fine Arts Museums of San Francisco



Jewish Traditions and Rituals in Contemporary Art **NEW**

Wednesday, 6/28

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

This tour highlights Jewish traditions and rituals as they are reexamined and interpreted through contemporary art. We'll explore artworks that will invite you to reflect on concepts of grief, lifecycle, and interconnectedness with our community and environment. Together, we will engage in conversation and consider what it means to be Jewish in our world today, and consider how art can contribute to a more just, empathetic world.

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

Brain and Body Health

Stay Smart

Select Mondays - 4/10, 5/8, 6/12

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



Chair Yoga*

Every other Wednesday - 4/5, 4/19, 5/3, 5/17, 5/31, 6/14, 6/28

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. 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 - 4/12, 4/26, 5/10, 5/24, 6/7, 6/21

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

Join us for an all-over workout focused on developing stronger muscles and a strong heart. 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.**

****These sessions are for SPRING 2023: April 1 - June 30**
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Support

Living Well with Vision Loss

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

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

Grief and Loss Support Group

Every Monday - except 4/17, 5/29 and 6/19

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

Join us for a support group focusing on grief and loss late in life. Please note, this is a peer support group, *not* a psychotherapy support group. Led by a group facilitator, participants will talk with one another about their experiences with grief and loss, and offer each other emotional support and connection. 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 interns with The Christi Center, a nonprofit grief support center in Austin, will facilitate this group.

Facilitated by Caroline Touma and Aura Morales Fuentes, The Christi Center

"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 2023: April 1 - June 30**
Sessions are listed in Central Time (CT)**

LCWW Program Sessions

Share & Learn

Wednesday, 5/10

1:30 pm - 2:00 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

Summer 2023 Sneak Peek

Wednesday, 6/14

2:00 pm - 2:30 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 by quarter. Many sessions stay the same but we do get new sessions, so please register. Contact us at (888) 500-6472 or lcww@familyeldercare.org, or access our registration form on our website, www.familyeldercare.org.

Facilitated by LCWW Program Staff

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

Lifetime Connections Without Walls participant



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****These sessions are for SPRING 2023: April 1 - June 30****
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Program Sponsors

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



Donate

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

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

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

Without Walls Network

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



Well Connected
CREATING COMMUNITY

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



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



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



Volunteer

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

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

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

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

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 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.



Lifetime Connections Without Walls

A Program of Family Eldercare

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