

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults



SUMMER 2024

July 1 - Sept 30



CONTACT US TO REGISTER

(888) 500-6472

lcww@familyeldercare.org

VISIT US AT WWW.FAMILYELDERCARE.ORG

Lifetime Connections Without Walls

What is Lifetime Connections Without Walls?



Lifetime Connections Without Walls is a virtual activities program for older adults. We offer social and educational sessions, friendly conversation, and support groups, all from the comfort of home. All sessions are available by phone. Some sessions are also available by video. Sessions are facilitated by volunteers and community partners. We're a program of Family Eldercare, a nonprofit agency serving older adults and adults with disabilities in Austin, Texas.

How do I enroll?

- Please contact (888) 500-6472 or lcww@familyeldercare.org to register.
- You may also download our registration form on our [website](#) and submit by mail, email, or call us with your registration.
- We create four program schedules per year: winter, spring, summer, fall.
- You must register every quarter, as our sessions vary by quarter.
- You may register at any time during a quarter.
- Enrollment is open to older adults ages 55+ in the U.S. You do not have to live in Austin, Texas to participate.

How much does it cost?

There is no cost to participate in our program.

Please see the donate section at the end of this catalog for details on how to support our program so that we can continue to offer it at no cost to older adults.

How Our Program Works

We use a conferencing system to conduct our sessions.

ALL sessions are available by **phone**.

SOME sessions are also available by **video**. *Noted with a  icon.*

To join all sessions by phone:

- The conferencing system will automatically call you at the time of the session that you register for.
- All you have to do is answer your phone and press 1, and you will be connected to the session.
- You may also call into the session on your own with a phone number that you will receive when you register.

To join the selected sessions by video:

- Registered participants will receive an email the morning of the session with a link to join via a **desktop, laptop, or tablet**. *Please be sure to check your junk folder if you don't see the email in your inbox.*
- **Please do not join via a smart phone or app.** *These are currently not compatible with our conferencing system.*
- You will receive step-by-step instructions when you register.
- If you need assistance with joining by video, please reach out to us.

For participants who do not have access to a device or internet, not to worry. The video sessions will still be accessible to you by phone.

**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

SUMMER 2024 Program Schedule July 1 - September 30

The following pages list the sessions for our SUMMER 2024 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: Summer Flutter Book

NEW

Select Tuesdays - 8/20, 8/27, 9/3, 9/10, 9/17, 9/24
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS JULY 30

Join Art Spark Texas this summer as we create an artbook that will hold poetry and pictures. The Flutter Book Project is designed to expand participants' understanding of themselves and the natural world around them through mindfulness exercise and art. This fun workshop series requires no previous experience and is sure to grow your art skills with lessons on book-making, drawing, and poetry writing, while introducing you to new mediums.

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 SUMMER 2024: July 1 - Sept 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 9/2 (LCWW closed for Labor Day)

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

Practicing gratitude is an easy thing to do, but we often are too busy to do it. The truth is that it is impossible to feel both the positive emotion of being grateful and a negative emotion such as anger or fear at the same time. Make a difference in your life with a daily gratitude practice.

Facilitated by Danielle Whitaker



Across the Miles

Wednesday, 9/25

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

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

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

To join by phone: **(877) 237-9339, code 60**

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

Facilitated by the Without Walls Network Staff

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Fun & Games

Name That Tune - except 8/13

Every Tuesday

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

Join Chris as he leads a half-hour of music and melody-guessing. Worried you can't carry a tune? You'll have so much fun, you won't care. Plus it's all over the phone. No stage fright necessary. You can sing your heart out.

Facilitated by Chris Varney

BINGO - except 7/4 (LCWW closed for Independence Day)

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

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 Bob Elwell

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

George Bernard Shaw

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Travel & Culture



Armchair Traveling

Select Wednesdays - 7/17, 7/24, 7/31, 8/7, 8/14, 8/21

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

Select Thursdays - 7/11, 7/25, 8/8, 8/22, 9/5, 9/19

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

Harrison Eppright has been a professional tour guide for more than 20 years. He is the visitor services manager and tour ambassador with the Austin Visitor Center, and a native Austinite. Harrison is passionate about history, African American cultural heritage, and architecture. Join us for some interesting stories and learn some fascinating facts.

Facilitated by Harrison Eppright, Austin Visitor Center

****These sessions are for SUMMER 2024: July 1 - Sept 30****

Sessions are listed in Central Time (CT)

Special Interest

America Sing-Along **NEW**

Wednesday, 7/3

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

Join us for a sing-along in honor of our country's birthday! Debra will lead us as we sing and celebrate music of America, for America, and written by American artists.

Facilitated by Debra Erck



BridgingApps **NEW**

Monday, 7/29

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

Join us to learn about BridgingApps, a program that provides resources, education, and information on apps and mobile devices. BridgingApps manages a database of around 2,700 apps, providing a free "short cut" for those looking to find help with various tasks of daily living, medication management, and more. Bridging Apps is a program of Easter Seals in Houston, Texas.

Presented by Amy Fuchs, Easter Seals Greater Houston

Historical True Crime

Thursday, 9/19

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

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

Lifetime Connections Without Walls participant

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Special Interest



Normalizing Death & Dying

NEW

Thursday, 8/22

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

Join us for a conversation on a topic most of us like to avoid: death and dying. But what if talking more openly and frequently about death actually helped to reduce our fears and anxiety around it, and instead led us to live a more intentional, present, and joyful life? We'll also discuss how end-of-life doulas support and care for the dying and their loved ones, and can help ease feelings of anxiety and fear. Presented by Kirstin Briones, an end-of-life doula and yoga teacher in Austin, Texas.

Presented by Kirstin Briones

Book Club

Select Mondays - 8/5 and 9/23

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!

August 5: *The Silent Patient* by Alex Michaelides

September 23: *Remarkably Bright Creatures* by Shelby Van Pelt

Facilitated by Ann Bartelstein

Medicare Minutes

Select Tuesdays - 7/30, 8/20, 9/17

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 prevent, detect, and report Medicare fraud and scams.

Presented by LCWW Program Staff

****These sessions are for SUMMER 2024: July 1 - Sept 30****

Sessions are listed in Central Time (CT)

Special Interest



Reminiscing Series with ACC Students **NEW**

Select Wednesdays - 7/10, 7/17, 7/24, 7/31

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

Join us for our annual reminiscing series with students from Austin Community College's Occupational Therapy Assistance Program. This is a fun opportunity to reminisce, indulge in enjoyable recollection of past events, and make new friends. Reminiscing can be good for your mind, memory, and mood. Students will facilitate these sessions. Topics include:

7/10 Family Traditions

We'll reminisce on special holidays, family gatherings, and rituals unique to your family.

7/17 Pets and Animals

We'll remember our beloved pets, funny animal encounters, and meaningful connections with wildlife.

7/24 Movies and Television

We'll discuss movies and TV shows that defined certain periods of your life.

7/31 Technological Advances

We'll discuss how technology has evolved and impacted your life.



Join us and meet the 2024 Reminiscing Series ACC students!

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Health & Wellness



Health and Wellness Series

Select Tuesdays - 7/16, 8/13, 9/17

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

Join us for this health and wellness series with Sarah Nielsen, a board certified health and wellbeing coach with a master's degree in health education.

7/16 Nature Exposure & Physical Wellbeing

In part one of this summer series, we'll explore the wellbeing benefits of spending time in nature. We'll start off with learning about the physical benefits we experience when we spend time in nature. From reduced blood pressure to improved sleep and immunity, we'll dive into how and why spending time in nature can be one of our most invaluable prescriptions for our health.

8/13 Nature Exposure & Emotional Wellbeing

In part two, we'll explore the emotional and cognitive benefits that come with spending time in nature. We'll talk about how nature can provide a sense of awe, empathy, and fascination, while also easing our symptoms of anxiety and loneliness. And because nature is so effective at keeping our brains sharp and senses activated, we'll also talk about how sensory experiences with nature can impact our memory and cognitive abilities as we age.

9/17 Nature Exposure & Creative Wellbeing

In part three, we'll learn practical and sustainable tips for reestablishing your unique relationship with nature in order to wake up your creative brain, spark curiosity, and cultivate interest in your natural surroundings. This practice benefits both the mind and body by using imagination, and free play techniques that generate new creative experiences.

Presented by Sarah Nielsen, SG Wellness

**"I enjoy being able to listen and learn something of interest,
and participate. Presenters really know their subjects."**

Lifetime Connections Without Walls participant

****These sessions are for SUMMER 2024: July 1 - Sept 30**
Sessions are listed in Central Time (CT)**

Health & Wellness

Nutrition Series

Select Thursdays - 7/18, 8/29, 9/26

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

Join us for this nutrition series with Shannon McKeown, a licensed dietician nutritionist with a master's degree in nutrition.

7/18 Soy

Soy has been in the headlines lately and for good reason. Join us to learn what long-term studies have been discovered about soy and its impact on your health.

8/29 Bone Health

Can you get enough calcium from food? What sources of calcium are most absorbable? How does vitamin D play a role in your bones? Join us to learn answers to these questions and tips to increase your bone health.

9/26 Supplements

If food is thy medicine, as Hippocrates said, do we really need to take supplements? Join us to learn about supplements, which ones are beneficial and why. We'll discuss whole food and regular supplements, and how the matrix of plants can benefit our health.

Presented by Shannon McKeown



Alzheimer's Association Educational Series

Select Tuesdays - 7/23, 8/27, 9/24

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

Join us for this three-part series on *Living with Alzheimer's: The Early Stages*, a helpful guide for caregivers of those in the early stages of the disease.

7/23 Living with Alzheimer's: The Early Stages Part 1

In part one, we'll cover the symptoms of the early stage, go over planning that needs to be done, and help define the components of a care team.

8/27 Living with Alzheimer's: The Early Stages Part 2

In part two, we'll cover information about community resources, different treatment approaches, and informing friends and family.

9/24 Living with Alzheimer's: The Early Stages Part 3

In part three, we'll cover care planning, financial decisions, and legal considerations.

Presented by Richard Bondi, Alzheimer's Association Educational Trainer

****These sessions are for SUMMER 2024: July 1 - Sept 30****

Sessions are listed in Central Time (CT)

Brain Health

Laugh Out Loud

Select Fridays - 7/12, 8/9, 9/13

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

Did you know that laughter benefits the brain? It increases oxygen intake, reduces stress, relaxes the mind, and boosts immunity. Join us for some jokes with Danielle and have a good laugh. This session was inspired by the jokesters in the LCWW community. You know who you are!

Facilitated by Danielle Whitaker

Trivia & Brain Teasers

Select Mondays - 7/15, 8/19, 9/16

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

What has a neck but no head? What goes up but never comes down? Find out the answers to these questions and much more as you stretch your brain in a fun way with trivia and brain teasers.

Facilitated by Danielle Whitaker

Preview of Danielle's Summer Trivia

(Join her sessions to find out the answers!)



1. What does SPF stand for?
2. What three zodiac signs occur during the summer?
3. What are the two dates that the summer solstice will always occur on any given year? *(One of the two will always be summer solstice.)*
4. What is the hottest temperature ever recorded in the world and where did it occur?

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Museum Tours



Something's Happening Here: What Is It?

NEW

Wednesday, 8/21

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

Have you ever looked at a painting or sculpture and thought - I know there's a story being told but it isn't clear to me. We will look at a variety of objects from different cultures and find out the story being told. It will be fun and entertaining to discover the meanings together!

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



Japanese Prints in Transition: From the Floating World to the Modern World

NEW

Wednesday, 9/18

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

Japanese Prints in Transition: From the Floating World to the Modern World exhibition spotlights the transition from the Edo period's delicately colored ukiyo-e of actors, courtesans, and scenic views to the late nineteenth century Meiji era brightly colored images of Western-influenced architecture, fashion, industry, and modern military warfare.

Presented by Amy Chu Finkel, The Fine Arts Museums of San Francisco



Katsushika Hokusai, *Under the Wave off Kanagawa* (detail), from the series *Thirty-Six Views of Mount Fuji*, ca 1830-1832.

Museum images will be sent to registered participants.

Support

Living Well with Vision Loss

Select Fridays - 7/19, 8/16, 9/20

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

Join us to learn about tips and tricks for living well with vision loss. Neva will explain various programs and resources available to you, some of which are free. This session is a great opportunity to learn about resources available to those living with low vision or blindness, and to connect with others who also live with a visual impairment. Don't give up on the things you need and want to do because of vision loss!

Presented by Neva Fairchild

Grief and Loss Support Group

Select Thursdays - 7/11, 7/25, 8/8, 9/12, 9/26

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

Join us for a support group focusing on grief and loss late in life. Please note, this is a peer support group, not a psychotherapy support group. Led by a group facilitator, participants will talk with one another about their experiences with grief and loss, and offer each other emotional support and connection. Counselors with Family Eldercare's In-Home Counseling program will facilitate the group this summer. Lisa White is a Licensed Clinical Social Worker (LCSW) and Robert Arambel is a master's level social work intern.

Facilitated by Lisa White and Robert Arambel, Family Eldercare

"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 SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

LCWW Program Sessions

Get To Know LCWW

Friday, 8/23

10:30 am - 11:00 am (CT)

Led by Lifetime Connections Without Walls (LCWW) program staff, this session will be an opportunity to get to know each other a bit better. LCWW has participants from across the country, so join us to connect with your fellow participants.

Facilitated by LCWW Program Staff

Fall 2024 Sneak Peek

Friday, 9/20

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

Join us to hear what's on our fall schedule. Reminder: You must register every quarter (*winter, spring, summer, fall*) because our sessions vary by quarter. Some 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*



****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

Index of Sessions

Across the Miles, **page 7**
Alzheimer's Association Educational Series, **page 14**
America Sing-Along, **page 10**
Armchair Traveling, **page 9**
Art Workshop, **page 6**
BINGO, **page 8**
Book Club, **page 11**
Brain Aerobics, **page 8**
BridgingApps, **page 10**
Coffee Talk, **page 7**
Fall 2024 Sneak Peek, **page 18**
Get To Know LCWW, **page 18**
Gratitude, **page 7**
Grief and Loss Support Group, **page 17**
Health and Wellness Series, **page 13**
Historical True Crime, **page 10**
Laugh Out Loud, **page 15**
Living Well with Vision Loss, **page 17**
Medicare Minutes, **page 11**
Movie Chat, **page 9**
Museum Tour: Something's Happening Here: What Is It?, **page 16**
Museum Tour: Japanese Prints in Transition, **page 16**
Name That Tune, **page 8**
Normalizing Death & Dying, **page 11**
Nutrition Series, **page 14**
Reminiscing Series with ACC Students, **page 12**
Story Café, **page 9**
Trivia & Brain Teasers, **page 15**

****These sessions are for SUMMER 2024: July 1 - Sept 30****
Sessions are listed in Central Time (CT)

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 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

1700 Rutherford Lane

Austin, Texas 78754

(888) 500-6472

www.familyeldercare.org