

# AGE of Central Texas

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!  
**(512) 451-4611**

## Thrive Social & Wellness Centers

Austin: (512) 458-6305 | Round Rock: (512) 255-4865

- Providing vibrant daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, with specialized care in secure facilities for individuals with dementia or memory loss.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: engaging activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$70 per day.

*AGE of Central Texas Is an Equal Opportunity Provider*

## Resource & Information Center - (512) 600-9275

- Free personalized resource and information navigation.
- Free educational seminars, workshops, and conferences for family caregivers and older adults.
- Free monthly caregiver support groups throughout Central Texas.

## Health Equipment Lending Program

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email [Help@AGEofCentralTX.org](mailto:Help@AGEofCentralTX.org) to request and reserve items.

## Virtual Connections

- A new program of innovative virtual services for older adults experiencing challenges with their memory or cognition.
- Monthly subscription program offering a variety of 60-90 minute virtual activities throughout the week. Each small group session is interactive and strengths-based.
- In collaboration with you, we create a personalized video meeting schedule to meet your goals, needs, and interests.
- Brain Exercise such as trivia, word, and logic games; Discussion & Reminiscence such as educational and travel presentations; Creative Activities such as live music, art, and creative writing; plus emotional support groups, physical exercise, and social time to connect with others.
- Email [MemoryInfo@AGEofCentralTX.org](mailto:MemoryInfo@AGEofCentralTX.org) to schedule a consultation or to request more information.

## CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round virtually and at convenient locations in Travis, Williamson, Hays, and Bastrop counties. Visit [www.CaregiverUcentx.org](http://www.CaregiverUcentx.org) to find a free caregiver class near you.

## AGE Computer Lab

- Peer-to-peer technology instruction and personal coaching for older adults.
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit [www.AGEcomputer.org](http://www.AGEcomputer.org) for class schedules and more information.



Proud grant partner of

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FOUNDATION

**(512) 451-4611 | [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)**

Central Office and Austin Thrive Center:  
3710 Cedar Street, Box 2; Austin, TX 78705

Williamson County Thrive Social & Wellness Center:  
475 Round Rock West Drive, #120; Round Rock, TX 78681