

CAREGIVERU

A Program of AGE of Central Texas

CaregiverU is a collaboration of more than 30 Central Texas non-profit agencies and community organizations, joining together to bring free classes offering support and resources to family members that are caring for an older loved one.

Classes are offered at no cost to participants. The courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:

www.CaregiverUcentx.org

Powerful Tools FOR Caregivers

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.



According to the Centers for Disease Control, one out of three older adults experience a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults. **A Matter of Balance** is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work.

SAVVY Caregiver

Taking care of a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven, professional-level training for the non-professional, family caregiver. The small group discussion format addresses the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities.



For more information and services, please contact:
AGE of Central Texas
(512) 451-4611
www.AGEofCentralTX.org

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**St. David's
FOUNDATION**

Find a Class Near You: www.CaregiverUcentx.org

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PARTNER AGENCIES

Enhancing the Lives of Care Givers and Care Recipients

Alzheimer's Texas

AGE of Central Texas

Bastrop YMCA

Bethany United Methodist Church

Cedar Creek United Methodist Church

Christ Lutheran Church of Georgetown

Drive a Senior

Drive a Senior – Southwest Austin

El Buen Samaritano

Elgin First United Methodist Church

Faith in Action Georgetown

Family Eldercare

First Presbyterian Church of Georgetown

Friendship Bible Baptist Church

Hays Communities Family YMCA

Hope Lutheran

Hyde Park Baptist Church

Lake Travis United Methodist Church

Meals on Wheels Central Texas

Onion Creek Senior Citizen Center

Scott & White Round Rock

Shalom Austin

South Asian International

Volunteer Association

St. Catherine of Siena Catholic Church

St. David's South Austin

Medical Center

St. James' Episcopal Church

St. Mark United Methodist Church

Texas A & M Agrilife Extension -

Bastrop County

YMCA of Austin, Northwest Branch

YMCA of Austin, Town Lake



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