

RESOURCES FOR CAREGIVERS IN CENTRAL TEXAS

AGE of Central Texas

Website: ageofcentraltx.org

Resources: Caregiver support groups, transportation options for older adults, caregiverU (free class for caregivers)

Family Eldercare

Website: familyeldercare.org

Resources: Low-income housing resources, fall prevention checklist, service coordination

Elder Options of Texas

Website: elderoptionsoftexas.com

Resources: Find Texas Senior Care and Housing Options

Adult Children of Aging Parents

Website: acapcommunity.org

Resources: Helps adult-children (and other family members) gain insights, learn strategies and acquire skills so they may be effective caregivers and advocates for elder loved ones while also taking care of themselves

AARP

Website: aarp.org

Resources: Advance directives by state, caregiving Q&A, long-term cost calculator

Alzheimer's Association Capital of Texas Chapter

Website: alz.org

Resources: Alzheimer's and dementia education classes

