

Volunteer Opportunities

- **Volunteer Ombudsmen**

work with facilities (Nursing Home or Assisted Living) to contribute to the best possible quality of life for the residents. Certification training and support are provided through the Area Agency on Aging.

- **Volunteer Benefits Counselors**

receive twenty-five hours of training and use their knowledge to assist individuals in accessing public benefits. These volunteers are available at senior centers, nutrition sites, or locations in the community where need is identified.

- **Volunteer Coaches**

for our health and wellness programs lead classes for older adults living in the community. Training for coach certification is available.

For additional information

(888) 622-9111 Ext. 6062 Toll free or
(512) 916-6062 Austin local



One call to the Area Agency on Aging provides access to specialized professionals who have been supporting older adults and their families in the Capital area since 1981.

Find the help you need today!

(888) 622-9111 Ext. 6062 Toll free or
(512) 916-6062 Austin local

Area Agency on Aging
of the Capital Area
6800 Burleson Road
Building 310, Suite 165
Austin, TX 78744

www.aaacap.org

A program of the Capital Area Council of Governments

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Providing
Quality Services
to Support and
Advocate for the
Health, Safety, and
Well-Being of the
Older Individual in
the Capital Region

Serving Bastrop, Blanco, Burnet, Caldwell,
Fayette, Hays, Lee, Llano, Travis and
Williamson Counties

Specialists in Aging

What is the Area Agency on Aging?

- A trusted community source for information on services and supports for older individuals and their caregivers.
- Assistance for older individuals to maintain independence in their homes and communities.
- A program of the Capital Area Council of Governments. We are a not-for-profit organization.
- Part of the national aging services network created by the Older Americans Act (OAA) of 1965 and subsequent amendments.

What services are available?

● Information, Referral & Assistance

Information on region-wide resources; assistance with referrals and determining next steps in seeking help.

● Health and Wellness Promotion

Programming which promotes and assists in healthy aging, such as physical activity and fall prevention, with the goal of supporting the independence of the older individual.

● Ombudsman Program

The Ombudsman Program provides friendly advocates for seniors living in nursing or assisted living facilities. Specially trained and certified, the Ombudsman staff develops positive relationships with residents and facility staff to ensure issues are addressed and resident rights preserved.

● Care Coordination

Assessment of needs by a Care Coordinator to link consumers to in-home resources. Consumers are adults over age sixty who have recently been hospitalized or suffered a health crisis, have a mild to moderate impairment, or a temporary severe impairment.

● Caregiver Support

Support for family members who are caring for older individuals.

- ◆ Arrangement of services to support the caregiver
- ◆ Assistance in long-term care planning
- ◆ Education and support
- ◆ Kinship: Grandparents or other non-parent relatives age 55 or older with formal or informal custody of a relative child age 18 years or younger

● Benefits Counseling

Information and counseling on government benefits programs; assistance with understanding and navigating benefits eligibility. Available to individuals of any age who are Medicare eligible.

For Benefits Counseling Services only: An individual of any age who is Medicare eligible

Who can receive services? You may be able to receive services through the Area Agency on Aging if you are:

- Age 60 years or older.
- The primary caregiver for an adult 60 years of age or older
- The primary caregiver for an individual of any age with a diagnosis of Alzheimer's or disease-related dementia.
- The non-parental caregiver, age 55 or older, for an adult with severe disabilities.

Important Note

All services are short-term, temporary, and provided at no cost to the consumer. Contributions toward the cost of the services are encouraged and welcomed!