

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.
- 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: activities, meals and snacks, and transportation options.
- Activities designed to engage mind and body including music, brain boosters, exercise, and more.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$65 per day.

AGE of Central Texas Is an Equal Opportunity Provider

Caregiver Education and Resources

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars, workshops, and conferences, with respite services available.
- Free monthly caregiver support groups in Austin and Round Rock.

Memory Connections

- Brain exercises and emotional support for older adults living with dementia or early memory loss, to improve quality of life through evidence-informed activities and a professionally facilitated support group.
- Five weekly Central Texas community locations with sessions from 9:30 am to 2:30 pm.
- Monthly caregiver support group for family members of Memory Connections participants.

CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round at convenient locations in Travis, Williamson, Hays, and Bastrop Counties.
- Visit www.CaregiverUcentx.org to find a free caregiver class near you.

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 to request and reserve items.

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 for class schedules and more information.



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(512) 451-4611 | 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