

Volunteer Opportunities

- **Volunteer Ombudsmen**
usually work with one facility (Nursing Home or Assisted Living) to contribute to the best possible quality of life for the residents. Complete certification training and support are provided through The Area Agency on Aging.
- **Volunteer Benefits Counselors**
receive twenty-five hours of training, then use their knowledge to assist older adults in accessing benefits. Our volunteers make help available at senior centers, nutrition sites, or locations in the community where a 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 provided.

For additional information

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



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

Find the help you need today!

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(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

Funded in part by the
Texas Department of Aging and Disability Services



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

Unbiased information about region-wide resources; assistance in determining next steps in finding help.

• Benefits Counseling

Information and counseling about the many government benefits programs; assistance to understand and navigate benefits eligibility. Available to an individual of any age who is Medicare eligible.

• 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 that issues can be addressed, and that residents' rights are preserved.

• Care Coordination

Assessment of needs and resources by a Care Coordinator to link clients to in-home resources. Clients are adults over sixty who have recently been hospitalized or suffered a health care 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 making a long-range caregiving plan
- Education
- Kinship care: Grandparents or other non-parent relatives age 55 or older with formal or informal custody of a relative child age 18 years or younger

• 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 older individuals.

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 a disease-related dementia
- The non-parental caregiver, age 55 or older, for an adult with severe disabilities

For Benefits Counseling Services only:

- An individual of any age who is Medicare eligible

Important Note

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