

**NORTH AUSTIN EDITION**

**YOUR SENIOR  
KARE  
EXPERT  
RESOURCE**

**BY STACEY K. EISENBERG**

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The listings in this guide are to be a resource for adults 50+, for the adult children or family members of seniors or for those who work in the senior care community. A listing does not mean an explicit endorsement, just that we or others in the community have found the resource helpful. If you have any additional questions about this guide or the resources found within, please contact us.

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# DEDICATION

*This guide is the resource I wish I had to give to my seniors, families and coworkers over the years. To all of you who share your heart and a smile with this community, I thank you.*

Your North Austin Guide	8
Simplify Senior Care: How a Geriatric Care Manager Eases Your Burden	11
Understanding the Levels of Senior Care: A Comprehensive Guide	17
Assisted Living & Memory Care	21
Assisted Living & Memory Care	22
Assisted Living & Memory Care	23
Memory Care	24
Hospice Care	25
Skilled Nursing & Rehabilitation	26
In-Home Care and Placement	27
Home Health and Hospice Care	29
Care Check-In	30
Rehabilitation Center	31
HomeCare	32
Adult Day Care	34
Senior Center	35
Senior Activity Center	36
Memory Loss Respite Program	37
Memory Loss Respite Program	38
Memory Loss Respite Program	39

Memory Loss Respite Program	40
Senior Education	41
Estate Planning & Elder Abuse	43
Master Pooled Trust	44
Estate Planning & Attorneys	45
Estate Planning & Attorneys	46
Medicare Benefits specialist	47
Financial & Food Assistance	48
Daily Money Management	49
Real Estate	50
Health Insurance - Medicare	51
Hearing Evaluations & Aids	53
Mobile Audiology	54
Mental Health Services	55
In Home Medical Care	56
In Home Physical Therapy	57
Medical Home Visits	58
Patient Advocacy	59
Care Manager/Social Worker	60
Independent Patient Advocacy	61
Home Medical Equipment	62

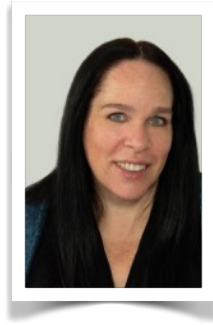
Home Medical Equipment	63
Food Services	64
Adaptive Clothing Websites	66
Portable shower	67
On Demand Transportation	69
Wheelchair Transportation	70
Free Volunteer Transportation	71
Free Volunteer Transportation	72
Minor Home Repairs & Maintenance	74
Lawn Care	75
Sprinkler, Dripline Repair	76
Home Safety, remodels & Maintenance	77
Home Safety, Remodels & Interiors	78
Tech support	79
Senior Move Management	80
House cleaning	81
Bathroom Remodel	82
Pre-arranged Cremation Services	84
Funeral & Cremation Services	85
Direct Cremation Provider	86
Musical Last Wishes	87

Legacy Stories	88
Legacy & tribute Films	89
End of Life Doula	90
Emergency Planning for Senior Caregivers	91

# YOUR NORTH AUSTIN GUIDE

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**S**tacey K. Eisenberg's connection to the senior care industry began at a young age. At just three years old, her mother started working at a nursing home and often took her along. By the time she was 13, Stacey had her first official job at a nursing home. Over four decades, she has worked in various roles. These include opening assisted living and memory care residences, as well as working in nursing homes and independent senior living communities. Her daily inspiration stems from her deep passion for preserving the dignity and well-being of seniors.



In her previous position, she served as the Director of Fun for nearly 300 independently living seniors. This role involved coordinating multiple daily events, activities, and trips. Throughout her journey, Stacey has sadly encountered owners and managers who prioritized profits over the care of clients and staff. However, she has always treated her "seniors" as an extension of her own family, even involving her children in supporting her clients. Trained as a recreation therapist and driven by a profound sense of duty, Stacey brings her unwavering passion and respect for seniors to her work every single day. Today, Stacey is the proud owner of in-home care agency [A Place At Home - North Austin](#) and the founder of [SeniorKareExpert.com](#). She is also a Community Educator for the Alzheimer's Association, Capital of Texas Chapter and is on the volunteer board of Austin's Adult Protective Services.



Stacey's senior care expertise has been recognized by the media including U.S. News and World Report, AARP and Care.com.

Other media to feature Stacey Eisenberg include:

- How to set up your home for aging in place.
- A Checklist For Finding the Best Assisted Living Facility
- Veteran Benefits for Assisted Living: What You Need to Know
- 11 Signs Your Aging Parent Needs Senior Care

If you have any additional resources you feel should be included in this guide, please email Stacey at [stacey.eisenberg@aplaceathome.com](mailto:stacey.eisenberg@aplaceathome.com).

# GETTING THE MOST FROM SENIOR LIVING

# SIMPLIFY SENIOR CARE: HOW A GERIATRIC CARE MANAGER EASES YOUR BURDEN

Feeling overwhelmed trying to balance your life while caring for an aging loved one? You're definitely not alone. Many children of senior parents find themselves struggling with parents who might be difficult or resistant to care. Imagine if someone could step in and handle the toughest parts for you. That's where a geriatric care manager (GCM) or care coordinator comes in—think of them as a professional family member, blending healthcare expertise with a big heart. This allows you to just be the son or daughter, and have a trusted expert helping your family make decisions together.

## WHAT DOES A GERIATRIC CARE MANAGER DO?

**Health Care Coordination:** your mom has a doctor's appointment next week, but you're swamped with work. A Geriatric Care Manager coordinates with your senior's healthcare team, ensuring your mom gets there on time, and takes notes, picks up prescriptions and manages any follow ups. No more last-minute scrambles or forgotten appointments.

**Navigating Resources:** Remember the time you spent hours trying to find the right home health agency or

affordable medical equipment for your dad? Geriatric Care Managers do this daily. They have tons of contacts inside the community, from healthcare professionals, benefit coordinators, financial planning, and more. It's like having a personal guide through the maze of elder care options.

**Advocacy:** When your loved one is in the hospital, it can be intimidating to push doctors and nurses to get the care your parent deserves, navigate their medical jargon and advocate for their health care needs. They make dealing with the healthcare system less overwhelming.

**Care Coordination:** Think of a Geriatric Care Manager as the conductor of an orchestra. They ensure that doctors, specialists, caregivers, and family members are all in sync, providing seamless, comprehensive care for your loved one. They wrangle all the senior care resources needed for quality of care.

**Improving Quality of Life:** Whether it's rearranging the furniture to prevent falls or organizing a weekly bingo night, Care Coordinators focus on enhancing daily life. They can recommend adaptive and smart home technology to improve the quality of care. They're not just about medical care or activities of daily living; they're about making every day a bit brighter and safer.

# WHEN SHOULD YOU HIRE A GERIATRIC CARE MANAGER?

Your aging parent is doing well, mostly independent, but you start noticing slight changes. Maybe they experienced a few falls lately. Perhaps their doctor mentions a new diagnosis or a change in their health status. This is the perfect

time to bring in a care manager. It's like having your own senior care concierge before any crisis arises. They can help you understand available resources, costs, and options. Here are some key areas they cover:

**Day Care and Rehab:** They can explain what adult day care services offer and what types of rehab programs might be available. They help you understand terms like "short-term rehab" and find the best fit for your loved one's needs. They know the care facilities that offer better quality care than others.

**Respite Care:** Sometimes you need a break. Care Coordinators can find respite care options, and arrange the necessary services to give you some 'you' time to prevent burnout and recharge.

**Home Care Services:** Do you and your loved one prefer to age in place? Geriatric Care Managers know what kind of care can be provided at home and how much it will cost. They can help coordinate a team to ensure they house is safe for your loved one, like getting grab bars and non-slip flooring where needed. They help arrange everything from basic assistance to skilled nursing care.

**Paying for Services:** A common misconception is that Medicare covers long-term care. A Care Manager can clarify what Medicare and Medicaid cover, the differences between them, and what your insurance will pay for. They help you understand what costs might come out of pocket.

**Discharge Planning:** When your loved one is ready to leave the hospital, time is of the essence. GCMs ensure that all discharge-related services are arranged quickly, working with Medicare or your insurance company to meet their timelines.

**Legal Documents:** GCMs ensure your loved one has a health care proxy, power of attorney, and other necessary documents in place. They check that these documents are current and appropriately witnessed. They can refer you to attorneys and experts to get all your documents in place.

**End-of-Life Planning:** They facilitate conversations about end-of-life wishes, making sure the designated proxy understands their responsibilities. They also ensure that the physician has a copy of the necessary documents.

**Insurance Requirements:** If your loved one has long-term care insurance, Care Coordinators know what's required for the policy to begin coverage and help you navigate the process.

**Financial Planning:** They help assess available resources to pay for services, determine what the family can afford, and plan who will pay for what. They can also recommend well respected senior financial advisors.

**Challenges with Dementia:** For families dealing with dementia, Geriatric Care Managers are a godsend. They help navigate the tough conversations, such as when you are concerned with your senior's driving and manage care, providing a calm, objective presence in emotionally charged situations.

# HOW SENIORS AND FAMILIES BENEFIT:

**Reduced Hospitalizations:** Studies show that Geriatric Care Managers significantly reduce hospital readmissions by closely monitoring health and coordinating care. By managing

health proactively, Geriatric Care Managers help prevent emergencies that lead to hospital stays.

**Enhanced Care Quality:** Families with Geriatric Care Managers report higher satisfaction with care quality. Geriatric Care Managers create tailored care plans, ensuring that each individual's unique needs are met, leading to better health outcomes and a higher quality of life.

**Cost Savings:** While hiring a Geriatric Care Manager might seem like an added expense, they often save money in the long run by preventing hospitalizations and streamlining care. The savings from reduced medical bills and improved efficiency can offset the cost of a Geriatric Care Manager.

**Family Satisfaction:** Families felt more at ease knowing a Geriatric Care Manager was involved. The reduction in stress and improved communication were key factors in their satisfaction.

By hiring a Geriatric Care Manager, you're not just getting a care manager—you're gaining a dedicated partner in your loved one's care journey. If you have any questions or want to learn more about how a Care Coordinator or Geriatric Care Manager can benefit your family, don't hesitate to reach out to me.

# SENIOR LIVING ALTERNATIVES

**SKILLED NURSING, ASSISTED LIVING,  
INDEPENDENT LIVING, REHAB AND IN-  
HOME CARE, MEMORY CARE**



# UNDERSTANDING THE LEVELS OF SENIOR CARE: A COMPREHENSIVE GUIDE

**A**s our loved ones age, their care needs change. While some seniors maintain independence well into their golden years, others might require more assistance. This can often lead to overwhelming decisions about what level of care is most appropriate. Whether you're a senior yourself or are caring for an elderly loved one, understanding the various options available can offer clarity and peace of mind. In this guide, we'll delve into the different levels of senior care to help you navigate this important journey.

## 1. In-Home Companionship

**What it is:** This is a non-medical service that offers companionship and basic assistance. It's ideal for seniors who are mostly independent but might feel lonely or need someone around to ensure their safety.

### Services include:

- Companionship
- Assistance with light housekeeping
- Meal preparation
- Medication reminders
- Errands and grocery shopping

**Benefits:** Seniors can remain in their own home, maintaining their usual routines and surroundings while

having the added support and companionship of a trusted individual.

## **2. Caregivers (In-home care)**

**What it is:** These are professionals trained to provide both non-medical and basic medical care to seniors within their own homes.

### **Services include:**

- Personal care (bathing, grooming, and dressing)
- Medication management
- Mobility assistance
- Light housekeeping
- Meal preparation

**Benefits:** Like in-home companionship, seniors can remain in familiar settings but with additional medical and non-medical support. This ensures they're taken care of without the need for institutional settings.

## **3. Senior Independent Living Communities**

**What it is:** This is a housing option designed for active seniors who can largely take care of themselves. These communities offer social opportunities, maintenance-free living, and sometimes, amenities like pools, gyms, and more.

### **Services include:**

- Housing (apartments or cottages)
- Social activities
- Community dining, based on location
- Maintenance services
- Transportation

**Benefits:** Seniors have the opportunity to live independently while enjoying the company of their peers.

These communities are often bustling with activities, classes, and trips, offering a vibrant social life.

#### **4. Assisted Living Communities**

**What it is:** For those who need more assistance than independent living offers, assisted living provides a balance of care and independence.

**Services include:**

- Housing
- Personal care assistance
- Medication management
- Meals
- Social activities
- Housekeeping

**Benefits:** Seniors can receive the daily help they need while still enjoying a degree of independence. There's usually a strong emphasis on providing a variety of social opportunities to keep residents engaged and active.

#### **5. Nursing Homes (Skilled Nursing Facilities)**

**What it is:** These are residential communities providing 24-hour medical care and supervision for seniors with more serious health issues.

**Services include:**

- Medical care
- Rehabilitation services
- Personal care
- Meals
- Social activities

**Benefits:** Nursing homes provide a high level of medical care for those who need it. Whether for long-term needs or

short-term rehabilitation, they ensure that seniors receive comprehensive support.

## **6. Dementia Care (Memory Care Units)**

**What it is:** These are specialized communities designed for individuals with Alzheimer's disease, dementia, or other cognitive impairments.

### **Services include:**

- 24-hour supervised care
- Structured activities tailored to individuals with memory loss
- Safe, secure environments
- Meals
- Personal care
- Medical management

**Benefits:** Memory care units provide a specialized environment for those with cognitive impairments. Staff is trained to understand the unique challenges faced by these individuals, ensuring they receive compassionate, effective care.

### **Are you choosing the right level?**

Choosing the right level of senior care can be a daunting task, but it's essential to remember that every person is unique. What works for one individual might not be suitable for another. The most crucial aspect is to ensure the safety, happiness, and well-being of your loved one. By understanding the different care options, you can make an informed decision that best meets the needs of your family. The road might seem long, but with love, understanding, and information, you can navigate it with confidence and care. If you have any additional questions or are looking for someone to help you with senior care coordination, please reach out to me.

# ASSISTED LIVING & MEMORY CARE

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## DOUBLE CREEK ASSISTED LIVING & MEMORY CARE

2300 Louis Henna Blvd.

Round Rock, TX 78664

Phone: [512-996-5315](tel:512-996-5315)

Email: [erodriguez@csriving.com](mailto:erodriguez@csriving.com)

<https://www.civitasseniorliving.com/double-creek/>

Contact: Emily Rodriguez

**R**ound Rock, Texas community Double Creek has a tenured management team with over 45 years of combined experience in senior living. Our compassionate care team truly gets to know our residents personally to anticipate their needs and provide personalized service on a daily basis. You will find residents engaged in a variety of activities that include outings, exercise, games to sharpen the brain, parties, entertainment, and more. From our Executive Director to our care team to the housekeeping department, we all take pride in helping our residents live their best day every day.

# ASSISTED LIVING & MEMORY CARE

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## TECH RIDGE OAKS ASSISTED LIVING & MEMORY CARE

400 E. Yager Lane

Austin, TX 78753

Phone: [512-996-5315](tel:512-996-5315)

Email: [erodriguez@csrliving.com](mailto:erodriguez@csrliving.com)

<https://www.civitasseniorliving.com/tech-ridge-oaks>

Contact: Emily Rodriguez

**T**ech Ridge Oaks Assisted Living & Memory Care is a contemporary, well-appointed senior living community located in North Austin, Texas. If you're searching for Jollyville, Pflugerville, or Round Rock senior living, we can't wait for you to meet our dedicated caregiving and leadership team.

Our vibrant residents are actively engaged in a robust activity program. Common areas like our Art Wall showcases work from the Art Throb Club and the talents of our creative residents. This example is only a glimpse into our distinguished Passion Program. In addition, our social residents enjoy multiple outings and on-site offerings such as live music, theater, and educational events.

We are a licensed type B assisted living community.

# ASSISTED LIVING & MEMORY CARE

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## BOUQUET HOMES - THE PRIMROSE

3602 Winding Way  
Round Rock, TX 78664  
Phone: [512-551-3502](tel:512-551-3502)  
Email: [primrose.mgr@bouquethomes.com](mailto:primrose.mgr@bouquethomes.com)  
<https://bouquethomes.com>  
Contact: Rhunda Henderson

**T**he Primrose is the premier home of Bouquet Homes Assisted Living & Memory Care, opening its doors in Spring 2022 after a beautiful and extensive renovation. We offer an upscale Assisted Living experience, combining all the luxuries of home with the highest standard of excellence in care.

Social connectivity, physical exercise, and cognitive stimulation are the foundation of our holistic approach to care and well-being.

Our mission is to provide a home-like experience for our residents while promoting autonomy, dignity, and personhood to ensure their highest quality of life. Families will have peace of mind knowing that their loved one is safe, respected, and meaningfully engaged.

# MEMORY CARE

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## SUNFLOWER MEMORY CARE

3000 Glacier Pass Ln  
Cedar Park, TX 78613  
Phone: 512-514-0671  
Email: [ac@sfmccp.com](mailto:ac@sfmccp.com)  
[www.sfmccp.com](http://www.sfmccp.com)  
Contact: Andrea Castro

**W**e honor the aging process and all levels of memory care. Through daily ADL and hygiene assistance, brain healthy meals, and engaging daily programming, we honor every senior in our care by incorporating their past routines, hobbies and interests. We pride ourselves on becoming familiar with each residents' unique life story and using that to create a care plan that reflects their individual needs. We understand that a person living with dementia can continue to experience life in a meaningful way, and we foster that while caring for the whole person - physically, socially, emotionally and spiritually. We are excited to partner with families in assuring that their loved one's receive the best care possible.



# HOSPICE CARE

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## VITAS HEALTHCARE

1300 Dacy Lane, Suite 140

Kyle, Tx 78640

Phone: 512-871-6300

Email: [tomas.montano@vitas.com](mailto:tomas.montano@vitas.com)

<https://vitas.com>

Contact: Tomas Montano

**V**itas is the nations leading hospice provider for over 40 years. We provide hospice care above and beyond what people expect from end-of-life care. VITAS Healthcare service is your reassurance that you have a direct line to medical advice, support and hands-on care, as appropriate, at any time of the day or night.

# SKILLED NURSING & REHABILITATION

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## THE CENTER AT PALMER

13800 N FM 620

Austin, TX 78717

Phone: 737-236-6400

Email: calcaraz@centeratpalmer.com

<https://www.centeratpalmer.com>

Contact: Clyde Alcaraz

**W**e are here to help our patients achieve strength and functionality. Skilled-nursing care, family involvement, psychological care and discharge planning complement a well-rounded, individualized program and encourage each patient's transition to their highest functional level.

Since The Center is not a hospital there are a few differences that you may notice after arriving here. We are licensed by the state of Texas as a skilled nursing facility. That means that we are capable of providing care to patients who have had their acute or surgical illness dealt with at the hospital and now are ready to begin the process of achieving wellness prior to going home.

# IN-HOME CARE AND PLACEMENT

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## A PLACE AT HOME - NORTH AUSTIN

551 S IH-35 Frontage Road  
Round Rock, TX 78664

Phone: [512-521-3010](tel:512-521-3010)

Email: [stacey.eisenberg@aplaceathome.com](mailto:stacey.eisenberg@aplaceathome.com)

<https://APlaceAtHomeNorthAustin.com>

Contact: Stacey Eisenberg

Understanding the intricacies and emotional challenges in ensuring the right care for your aging parents, Stacey and Bryan Eisenberg have established a senior home care agency, serving the heart of North Austin communities including Round Rock, Cedar Park, Leander, Hutto, and Georgetown. Their alliance with the distinguished 'A Place At Home' franchise, recognized by the esteemed Home Care Pulse awards, reflects a deep-rooted commitment to premium care, grounded in genuine satisfaction of both caregivers and families.

Stacey's lifelong involvement in senior care, stemming from her early days in a nurturing nursing home environment, has matured over four decades into a profound expertise and heartfelt commitment to senior wellness. Her journey, from her initial employment at a nursing home at 13 to leading recreational activities in senior living communities, showcases

an unyielding dedication to enhancing the quality of life for seniors.

Bryan Eisenberg, her husband, brings a unique blend of customer experience expertise to the table, ensuring a seamless and supportive interaction for families in need. Together, they are a formidable team, striving to create an atmosphere where the well-being of your loved ones and their caregivers is the paramount priority. Their belief is simple yet powerful – happy caregivers foster happy clients.

Their agency is a haven of compassionate care, offering a wide spectrum of services to assist families during the aging journey of their loved ones. From in-home care that ensures the comfort and familiarity of home, to facilitating smooth transitions into suitable senior living arrangements, they aim to provide a seamless, supportive experience. Their Senior Living Alternatives program stands as a testament to this, offering free personalized guidance in finding the right senior living community that resonates with the needs and preferences of your loved ones.

A Place At Home - North Austin also offers an invaluable Care Coordination service, designed to provide a comprehensive care plan through professional planning, provider recommendations, and a collaborative approach with a network of medical and non-medical providers.

In essence, the Eisenberg's agency is more than a senior care provider; it's a community dedicated to nurturing a sense of belonging, respect, and enhanced quality of life for your loved ones. Entrusting A Place At Home- North Austin with the care of your parents means becoming a part of a larger family, where the ethos of putting people before profits, and a smile on every seniors' face, is not just a slogan, but a promise lived every day.

# HOME HEALTH AND HOSPICE CARE

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## VALERIAN HOME HEALTH AND HOSPICE

4701 Campus Drive  
Round Rock, TX 78665  
Phone: 512-643-1706  
Email: relation2@valerianhhh.com  
<https://www.valerianhhh.com>  
Contact: Mardi Benedict

If you or a loved one is considering home health or hospice care, know that you are not alone. Many individuals face daily challenges due to illness or disability. At Valerian Home Health & Hospice, we provide a range of services, including social work and chaplain services for hospice patients. Our goal is to help you maintain your independence while minimizing the impact on your daily life. Additionally, home health care can provide companionship and help alleviate feelings of loneliness. You can always count on our team for support and assistance.

# CARE CHECK-IN

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## SWINGBY.CARE APP

1601 Lightsey Road Unit 2

Austin, TX 78704

Phone: [512-830-4311](tel:512-830-4311)

Email: [info@swingby.care](mailto:info@swingby.care)

<https://www.swingby.care>

Contact: Brooks Rhinehart

**S**wingBy.care is a non-medical companion service that provides on-demand or scheduled check-ins for loved ones. 35 minutes is the minimum for only \$45.00 - During the wellness check-in, the care companion will light household cleaning, help organize items, take the trash out, make sure the mail has been brought in, and all of the animals have been fed. Short walks, playing cards, and just conversing are often recommended.

# REHABILITATION CENTER

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# PAM HEALTH REHABILITATION HOSPITAL

351 Seton Pkwy  
Round Rock, TX 78665  
Phone: 737-900-3194  
Email: [hodom@pamrehab.com](mailto:hodom@pamrehab.com)  
<https://pamhealth.com/>  
Contact: Heather Odom

**O**ur experienced, friendly staff at PAM Health is dedicated to offering all-inclusive, specialized, and trans-disciplinary medical care. When you choose PAM health Rehabilitation Hospital of Round Rock, Texas, as your acute inpatient care destination, you will enjoy specialized attention, six hours of direct care daily, and 24-hour availability from our staff.

# HOMECARE

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# HOMEWATCH OF SOUTHWEST AUSTIN

2222 Western Trails Blvd, Suite 203

Austin, TX 78745

Phone: 737-273-0632

Email: [mifernandez@homewatchcaregivers.com](mailto:mifernandez@homewatchcaregivers.com)

<https://www.homewatchcaregivers.com/sw-austin>

Contact: Maria Fernandez

**T**he owners, Maria Fernandez and Cesar Chavez, have a profound connection to the world of home care, rooted in personal experiences that drive their mission. Family experiences have driven Maria and Cesar to establish a business rooted in compassion and quality care. Witnessing the positive impact of caregiving, they are passionately committed to extending that same level of support to others. Homewatch CareGivers is more than just a care provider; it's a testament to the founders' belief in enhancing lives through personalized, dignified care. They strive to create meaningful and transformative experiences for their clients and believe that everyone deserves compassionate and tailored care that respects their individual needs and enhances their quality of life. Homewatch CareGivers is guided by a deep-seated commitment to excellence, ensuring that each person they serve receives the highest standard of care and attention.



# SOCIAL

**ACTIVITY CENTERS, GROUPS, SENIOR  
EVENT HOSTS**

# ADULT DAY CARE

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## TOWN SQUARE NW AUSTIN

13450 Research Blvd

Unit 106

Austin, TX 78750

Phone: 512-375-4328

Email: [ereodica@townsquare.net](mailto:ereodica@townsquare.net)

<https://www.townsquare.net/>

Contact: Elisa Reodica

**A**t Town Square NW Austin, we're a new kind of adult day care center. Our services have people with Alzheimer's disease and other types of dementia in mind, as well as their families and those who take care of them. Simply put, we're a great place to be for socialization, learning, laughter, great care, safety, and fun.

We're able to provide our members with an incredible day of activities no matter their level of cognitive function. That's what keeps them – the people who make Town Square NW Austin – coming back, and why they and their caregivers are so thrilled about Town Square. We're committed to joyous, nostalgic experiences of connection and learning, as well as the highest level of care to ensure caregivers' total peace of mind.

# SENIOR CENTER

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## AGE OF CENTRAL TEXAS

475 Round Rock W. Dr. #120

Round Rock, TX 78681

Phone: 512-255-4865

Email: BHow@AGEofCentralTX.org

<https://ageofcentraltx.org>

Contact: Bonnie How

**A**GE's Thrive Social & Wellness Centers are designed for seniors who need help managing daily activities during the day, or who are at risk of feeling isolated and lonely. Our Centers enable older adults to socialize with peers while receiving the care they need during the day. Then they return to the comfort and familiarity of home at night with their family.

AGE offers one-on-one information and referral, as well as educational events and support groups, for people who provide care to an aging or disabled adult.

AGE's durable medical equipment lending closet provides wheelchairs, walkers, shower benches, and other assistive devices to those in need at no cost; free adult incontinence products are also available. You can email them at [equipment@AGEofCentralTX.org](mailto:equipment@AGEofCentralTX.org) or call 512-600-9288.

# SENIOR ACTIVITY CENTER

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## ALLEN R. BACA CENTER

301 W. Bagdad Avenue, Building 2

Round Rock, Texas, 78664

Phone: 512-218-5499

Email: [bacacustomerservice@roundrocktexas.gov](mailto:bacacustomerservice@roundrocktexas.gov)

<https://www.roundrocktexas.gov/city-departments/parks-and-recreation/facilities/allen-r-baca-center/>

**T**he Allen R. Baca Center offers a wide variety of programming designed to meet the needs of Round Rock's active 50+ population. Programs focus on physical activity, social engagement, education, arts, creativity, and healthy lifestyles. These programs are designed to serve adults of all abilities – those who are physically active, those who are just becoming active, and programs for those who have age-related limitations. Many of our members boast about making meaningful social connections, losing weight, increasing flexibility and balance, and traveling to regional destinations.

Conveniently located in downtown Round Rock, the Allen R. Baca Center has been serving the community since 2005. The Center has a weight room, billiards room, aerobics/dance room, meeting rooms, patio and much more. In addition, the facility is available for rental for your next baby shower, wedding shower, business luncheon or reception.

# MEMORY LOSS RESPITE PROGRAM

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## THE GATHERING

Westlake Hills Presbyterian Church  
7127 Bee Caves Road  
Austin, TX 78746

Phone: 512-327-1116 ext. 103

Email: [thegathering@whpc.org](mailto:thegathering@whpc.org)

<https://thegatheringatwhpc.org>

Contact: LuCinda Chiles, The Gathering Director

**T**he Gathering is a fun and engaging memory loss respite program located at Westlake Hills Presbyterian Church in Austin, Texas. This weekly program gives caregivers a break while their loved one spends 4 hours participating in activities and socializing with a caring group of trained volunteers. Free of charge but donations are appreciated. Wednesday from 9:30am – 1:30pm (Lunch is included).

**Basic Requirements:** Independent using restroom, eating/chewing/swallowing, and walking (may use cane or walker)

**Basic Admission Process:** Phone screening (with caregiver), Paperwork, Meet & Greet (with caregiver & participant)

We welcome and are open to people of all religious backgrounds.

To find out more information and get signed up, please contact us via email [thegathering@whpc.org](mailto:thegathering@whpc.org).

# MEMORY LOSS RESPITE PROGRAM

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## PALS (PATIENCE AND LOVING SUPPORT)

410 E. University Avenue  
Georgetown, TX 78626

Phone: [512-863-2370](tel:512-863-2370)

Email: [bacacustomerservice@roundrocktexas.gov](mailto:bacacustomerservice@roundrocktexas.gov)

<https://www.fumcgt.org/event-details/pals-volunteers>

Contact: Kathy Pena

**M**ckinney Christian Ministry Center - PALS (Patience And Loving Support) offers 4 hours of respite care every Monday in the MCMC to persons with Alzheimer's or other forms of dementia. We currently have a waiting list for our services. If we could add more volunteers, we could serve more people! If you are interested in volunteering as a one-on-one "buddy" from 9:45 AM-2:00 PM (this includes a free lunch), please contact Kathy Pena at [care@fumcgt.org](mailto:care@fumcgt.org).

# MEMORY LOSS RESPITE PROGRAM

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## SPECIAL FRIENDS MINISTRY

Sun City Campus

811 Sun City Blvd

Georgetown, TX 78633

Phone: 512-869-1310

Email: grovestx41@gmail.com

<https://www.twptx.org/event/11271350-2024-07-18-special-friends/>

Contact: Cheryl White, Coordinator

**S**pecial Friends Ministry meets each Thursday from 10:00 am - 1:00 pm. This weekly program is designed to provide a one-to-one friend and a day of activities, including lunch, to those dealing with various forms of dementia and provide a few hours of relief to caregivers.

Pick up a brochure in the Welcome Center at either campus. If you are interested in participating as a volunteer or if you have a loved one with dementia, please contact Cheryl White.

# MEMORY LOSS RESPITE PROGRAM

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## A GIFT OF TIME

7127 Bee Caves Road

Austin, TX 78746

Phone: 512-489-0160

Email: [info@agiftoftimegeorgetown.org](mailto:info@agiftoftimegeorgetown.org)

<https://agiftoftimegeorgetown.org>

Contact: LuCinda Chiles, The Gathering Director

**O**ur unique Respite and Retreat Program uses the Montessori approach in designing our activities and focuses on rediscovering and supporting Dementia.

When: Tuesdays or Wednesday's 10 AM- 1 PM Lunch and snacks included

Where: Tuesdays: Carver Center for Families 1200 W 17th St, Georgetown, TX 78626

Wednesdays: St. John's Methodist Church 311 E. University Avenue Georgetown Texas 78626 - Fellowship Hall



# SENIOR EDUCATION

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## SENIOR UNIVERSITY GEORGETOWN

Southwestern University, Mundy Hall, Room 110,  
1310 Service Rd,

Georgetown, TX 78626

Phone: 512-819-7680

Email: [admin@senioruniv.org](mailto:admin@senioruniv.org)

<https://senioruniv.org/>

**S**enior University, located in Georgetown, Texas, is a non-profit membership organization for persons 50 years of age and older, which is dedicated to the proposition that: Lifelong learning is an essential component of a life of satisfaction and fulfillment.

# **FINANCIAL, LEGAL & INSURANCE**

**TRUSTS, ESTATES, ELDER CARE  
PLANNING, INSURANCE SPECIALISTS**

# ESTATE PLANNING & ELDER ABUSE

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## FOWLER LAW FIRM

312 W. University Avenue

Georgetown, Texas, 78626

Phone: 512-441-1411

Email: [lfowler@thefowlerlawfirm.com](mailto:lfowler@thefowlerlawfirm.com)

<https://thefowlerlawfirm.com>

**T**hey believe in service – every member of our team invests in our community through pro-bono counsel service, active membership in civic, political and charitable organizations, and has a strong desire to help others succeed, seeing their success as just as important as their own. We share with our colleagues and friends. We do not hesitate to refer our best client or friend to another lawyer or professional adviser whenever we believe that individual or firm has special skills and is better able to help our clients and friends. Oh, yes.....we love animals. We think they add pure joy to the world.

All too often law firms rely on expensive and flashy advertising to lure people in. That's not us. We would rather trust that, if we remain impeccable with our word and strive to always put forth our very best, success and abundance will surround us. That's what makes us Not Your Conventional Law Firm®. They will even meet with you over Zoom if travel is an issue.

# MASTER POOLED TRUST

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## THE ARC OF TEXAS

8001 Centre Park Drive

Suite 100

Austin, TX 78754

Phone: 512-454-6694

Email: [info@thearcoftexas.org](mailto:info@thearcoftexas.org)

<https://www.thearcoftexas.org>

**M**aster Pooled Trust provides an ongoing source of income for beneficiary's supplemental needs. "Supplemental needs" related to the Master Pooled Trust refer to anything other than food, housing and basic medical care. Government benefits, including Supplemental Security Income and Medicaid, will only pay for a person's primary living needs, such as food, housing, and basic medical care. The Master Pooled Trust is designed to provide another source of funds that can be used to pay for supplemental needs including but not limited to travel, entertainment, education, eyeglasses, insurance premiums, diapers, and other nonessential medical supplies and services.

# ESTATE PLANNING & ATTORNEYS

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## RAINEY AND RAINEY

04 I-35 # 100

Georgetown, TX 78628

Phone: 512-357-7169

Email: reception@raineyandraineey.com

<https://www.raineyandraineey.com>

Contact: Sara Meg Griego

**R**ainey & Rainey was founded by P. James Rainey and Elisa Dillard Rainey. James teaches elder law at Baylor University School of Law and is Board Certified in Personal Injury Trial Law by the Texas Board of Legal Specialization. He handles estate planning, elder law, and personal injury law here at Rainey & Rainey. Elisa is a Certified Elder Law attorney, certified by the National Elder Law Foundation and recognized by the State Bar of Texas Board of Legal Specialization. She practices estate planning and elder law exclusively and is also an adjunct professor of elder law at Baylor University School of Law.

When it comes to legal counsel in such sensitive matters as elder law, estate planning, or injury law, you can count on Rainey & Rainey to provide personalized service, compassionate help, and tireless representation in order to help you reach the best possible result and a brighter, more stable future.

# ESTATE PLANNING & ATTORNEYS

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## BARNETT AND LEUTY, PC

11824 Jollyville Rd Suite 500,  
Austin Tx 78759

Phone: 737-337-4357

Email: veeceedspear@gmail.com

<https://civil-law.com>

Contact: VeeCee Spear

**B**arnett and Leuty specializes in wills, trust and estate planning while also having a ton of experience with Medicaid eligibility Veterans Aid and attendance benefits.

# MEDICARE BENEFITS SPECIALIST

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## SENIOR HEALTH PROFESSIONALS

123 Sunshine Rd

Austin Tx 78717

Phone: 737-214-2032

Email: [andrea@seniorhealthprofessionals.com](mailto:andrea@seniorhealthprofessionals.com)

Website: [SeniorHealthProfessionals.com](http://SeniorHealthProfessionals.com)

Contact: Andrea Coles

**S**enior Health Professionals is a full-service independent insurance brokerage specializing in helping you transition into Medicare. We realize Medicare is like a foreign language of its own so it is our job to educate you on your options and empower you to make the decision!

We are located in Austin, TX and licensed in 30+ states and are here to help you every step of the way through your Medicare journey.

About me: Originally from Baton Rouge, LA, I have lived in Austin for 15 years. By deciding to become an independent broker, my loyalty is to my clients by helping with lifetime claims and benefits services. I am a member, and serve on the board, of my local chapter of the National Assoc. of Benefits and Insurance Professionals, advocating for Medicare beneficiaries. I also volunteer with the Junior League, love to travel the globe, and network everyday!

# FINANCIAL & FOOD ASSISTANCE

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## THE CARING PLACE

2000 Railroad Ave,

Georgetown, 78626

Phone: 512-943-0700

Email: [khopkins@caringplacetx.org](mailto:khopkins@caringplacetx.org)

<https://www.caringplacetx.org>

Contact: Kathleen Hopkins

**A**ssistance in Williamson County including emergency financial assistance, non- financial assistance like clothing and housewares, minor home upgrades and repairs related to accessibility issues, assistance with applications to state benefits programs, and spiritual care. Also offers a box of food to adults fifty-five and older meeting certain income requirements.



# DAILY MONEY MANAGEMENT

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## INDEPENDENCE NAVIGATOR

PO Box 1388

Cedar Park, TX 78630

Phone: 737-337-4357

Email: shannon@independencenavigator.com

<https://IndependenceNavigator.com>

Contact: Shannon Tefft-James

**P**ersonal finance / Financial Executive Assistant services.  
Bill pay / reconciliation through more comprehensive administration such as budgeting, tax time organizing, and special projects.

Help solo agers and those aging in place by providing expert holistic personal finance services to ensure bills are paid and account monitored.

# REAL ESTATE

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## C & C INVESTMENTS

Leander, TX 78641

Phone: [512-585-5584](tel:512-585-5584)

Email: [icate84@gmail.com](mailto:icate84@gmail.com)

<https://IndependenceNavigator.com>

Contact: Isabelle Cate

**C**xC Investments is a locally owned small business. We invest in our community, Western Williamson County, by buying and revitalizing homes.

At CxC, we love to help Seniors who are downsizing, transitioning to independent or assisted living, or moving for any reason. It is our goal to serve others based on their unique needs and situation. We believe there is always a win-win solution when you know all of your options.

For example, it is possible to sell a home with no repairs or clean-up, no realtor's fees, and none of the hassles of open houses.

# HEALTH INSURANCE - MEDICARE

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## ESSENTIAL SENIOR BENEFITS

1779 Wells Branch Pkwy

STE 110B PMB 273

Austin, TX 78728

Phone: [512-855-7624](tel:512-855-7624)

Email: [hlevi@essentialseniorbenefits.com](mailto:hlevi@essentialseniorbenefits.com)

<https://www.planenroll.com/?purl=xMSmh1Ev>

Contact: Hamp Levi

**H**elping You Find a Plan That Fits Your Needs.

Medicare doesn't have to be confusing. We're here to help you get coverage with the benefits you deserve and feel more confident about the choices you make.

**MEDICAL,  
DENTAL,  
HEALTH  
SERVICES**

# HEARING EVALUATIONS & AIDS

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## ADVANCED HEARING

5353 Williams Dr Ste 112

Georgetown, TX 78633

Phone: 512-468-7776

Email: advancedhasgtx@gmail.com

<https://advancedhas.com>

**K**aren performs detailed free hearing evaluations along with free consultations. She takes most insurance.

Karen has hearing problems and can relate to her customers and family and understands that it is a process not a single event.

# MOBILE AUDIOLOGY

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## HEARS TO YOU

Austin, TX

Phone: 512-956-4327

Email: natasha@hearstoyoutx.com

<https://hearstoyoutx.com>

**W**e are a Mobile Audiology and Hearing Aid Clinic, owned and operated by Dr. Natasha Dewald-Nielsen, a Doctor of Audiology. We bring better hearing to you! Customer service and satisfaction is our main goal! And who wants to battle our traffic? Whether you are too busy to get out of the office, have transportation challenges, desire a higher level of privacy or wish for exceptional personal service, Hears To You has you covered. Hears To You strives for quality care to provide you with personal visits, in the comfort of our Mobile Clinic at your doorstep for comprehensive hearing aid evaluations and more.

We go above and beyond the a traditional hearing aid sales environment. After your hearing exam, diagnosis, selection and custom fitting of your hearing devices, we provide excellent follow-up care to ensure you are reaching your communication goals to help you live a more fulfilling and independent life.

# MENTAL HEALTH SERVICES

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## ELLIE MENTAL HEALTH

7719 Wood Hollow Drive

Suite 201

Austin, TX 78731

Phone: 512-500-0027

Email: egreenwell@elitementalhealth.com

<https://elliementalhealth.com/>

Contact: Eva Greenwell

**E**llie Mental Health in Central NW Austin, Texas isn't your average therapy clinic. We've created a comfy, judgment-free zone where you can be authentic, get real about where you're at in your mental health, and receive the compassionate care you deserve. We strive to break down treatment barriers and provide our patients with customized counseling services that meet the therapy needs of the entire family. We offer individual, family and couples counseling services. Services are available by visiting the clinic in-person or online.

# IN HOME MEDICAL CARE

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## LOTUS PRIMARY & PALLIATIVE

8127 Mesa Dr. STE B-206 PMB 136  
Austin, TX 78759  
Phone: [512-968-6105](tel:512-968-6105)  
Email: [info@lotuspcp.com](mailto:info@lotuspcp.com)  
<https://lotuspcp.com>

Lotus' medical provider will perform medical home visits and grant you access to a higher level of medical care. We look forward in this opportunity to co-managing your care with your current medical providers. Lotus' medical providers can review pertinent history and perform physical examinations to assess your physical, medical, emotional, and/or social needs. These examinations may include but are not limited to: health assessments, general health screenings and ongoing health care.

Medical services may include the ordering of labs, radiology studies, and medications. Procedures may include podiatry care or wound care evaluation.

Our medical providers can also help manage your short term or chronic issues with home health and hospice partnerships..



# IN HOME PHYSICAL THERAPY

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## NATURAL FIT PHYSICAL THERAPY

13740 Research Blvd Ste U1,  
Austin, TX 78750

Phone: [512-488-5714](tel:512-488-5714)

Email: [info@naturalfittherapy.com](mailto:info@naturalfittherapy.com)

<https://naturalfittherapy.com/>

**R**yan Seifert is the owner of Natural Fit Therapy, one of the fastest growing clinics in North Austin.

Ryan is a former college athlete and a leading pitcher for his University of Redlands baseball team. After his time at Redlands, he went on to graduate school to earn his Doctorate of Physical Therapy from Chapman University in Orange, California. Not only did he learn the foundations that make him such a great PT, he found the love of his life (and now wife) Laura. Laura herself is a Doctor of Physical Therapy and a member of the Natural Fit Therapy team.

Ryan specializes in balance training as well as treatment of back pain in adults 50+. He and his diverse team of therapists specialize in helping adults 50+ stay healthy and maximize their activity without pain pills, injections, or surgery so they can fully enjoy the retirement they've worked so hard for.

# MEDICAL HOME VISITS

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## DR JOSEPH HERMOSA

402a W Palm Valley Blvd #350

Round Rock, TX 78664

Phone: 512-630-1969

Email: [drhermosa@jhermosa.com](mailto:drhermosa@jhermosa.com)

**A**n internal medicine physician; Dr Hermosa is a full time visiting physician for the elderly, debilitated and homebound. These are the patients who have difficulties keeping their PCP appointments. And during these trying times it is imperative for these patients to have continuity of medical care. This is where he comes in. It's his mission to keep my medically complex patients healthy and out of the hospital.

# PATIENT ADVOCACY

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## BBM ADVOCATE

10121 Wind Cave Trail

Austin, TX 78747

Phone: 512-736-9333

Email: [belynda@bbmadvocate.com](mailto:belynda@bbmadvocate.com)

<https://www.bbmadvocate.com>

Contact: Belynda Montgomery

I have always enjoyed helping people navigate the healthcare system from illness to wellness. I have over 25 years of experience in Healthcare. I began providing home health care for a quadriplegic patient while attending school to become a Licensed Physical Therapist Assistant in Texas. I worked at a Neuro Rehab Center in Austin for most of my career. Many patients have experienced both physical and neurological trauma. This involves a wide range of medical care, including complex behavioral issues, traumatic brain injuries (TBI), strokes, and dementia. My work requires a team approach with Physicians, Nurses, Wound Care Specialists, Physical Therapists, Speech Therapists, Occupational Therapists, Respiratory Therapists, Social Workers, Case Managers, and Chaplains. My experience illuminated the need for Patient Advocacy. I have witnessed first-hand the frustration, anxiety, and confusion of patients, families, and friends. Over the years, I have served as a Patient Advocate for her family and friends. This has reinforced the need for and the best ways to approach each patient's unique situation.

# CARE MANAGER/SOCIAL WORKER

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## FEET ON THE GROUND

Georgetown, TX 78626

Phone: 717-349-7360

Email: [sara@feetonthegroundcare.com](mailto:sara@feetonthegroundcare.com)

<https://www.feetonthegroundcare.com>

Contact: Sara Wilmoth

**C**aring for a loved one can be very draining emotionally and physically. Whether you live close by or far away, Feet on the Ground is able to help with “what to do next?” and “where do we go from here?”. We help with all things senior such as being a liaison & advocate, creating a plan to support each senior, and connecting to community resources to provide the best care. Is the goal to maintain independence at home or do you desire a move to a senior community? Let's work together and establish goals to best serve your loved one!

# INDEPENDENT PATIENT ADVOCACY

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## COMPASSIONATE HEALTHCARE ADVOCACY OF TEXAS

5114 Balcones Woods Drive  
Suite 307-152  
Austin, TX 78759  
Phone: 512-686-8507  
Email: [jsanchez@chatatx.com](mailto:jsanchez@chatatx.com)  
<https://www.chatatx.com>  
Contact: Jolie Sanchez

**J**olie Sánchez is an Independent Patient Advocate with over 16 years experience working in Central Texas as an Advanced Practice Nurse. She has worked in both oncology and geriatrics as well as in multiple settings - including clinics, hospitals, Assisted Living and Skilled Nursing facilities. Her current role as a Board Certified Patient Advocate (BCPA) includes helping people navigate new diagnoses, chronic illnesses, transitional care, and end of life decision making. She is also able to help guide clients regarding insurance decisions and billing questions. She has worked locally as a Patient Advocate since 2021.

# HOME MEDICAL EQUIPMENT

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## KERRING GROUP

2900 W. Anderson Lane  
Austin, TX 78757

Phone: 512-541-8853

Email: jeffc@kgaustin.com

<https://www.kgaustin.com>

Contact: Jeff Chandler

**P**roudly serving Central & South Texas since 2002, Kerring Group is an accredited home medical equipment provider conveniently located in Central Austin. We'll work with you or your loved one's physicians and insurance company to help you qualify for power wheelchairs, scooters, and other medical equipment as well as repairs in the Austin area. At our Kerring Group Austin scooter store, we specialize in home medical equipment, Scooters, Power Wheelchairs, Mobility, Accessibility, Bath Safety, and Comfort Products to enhance independence and quality of life. Powerchairs and Bath Safety is our specialty

# HOME MEDICAL EQUIPMENT

---

## MOBILITY CITY

11066 Pecan Park Blvd #409

Cedar Park, Tx 78613

Phone: 830-708-4812

Email: gary.kral@mobilitycity.com

<https://centraltx.mobilitycity.com>

Contact: Gary Kral

**A**t Mobility City of Central Texas, we focus on providing seniors and disabled people with the independence to live a better quality of life. Many people spend over twelve hours a day in their mobility equipment, and we must help them enjoy clean, dependable, and mechanically safe mobility equipment. Our team is ready to assist you with all of your mobility needs!

Mobility City is your one stop shop for mobility equipment repairs, rentals and sales. We help seniors, veterans and the disabled both young and old, achieve independence with mobility equipment such as rollators, walkers, wheelchairs, mobility scooters, powerchairs, and lift chairs.

# FOOD SERVICES

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**Clean Eat**z - Clean Eatz is more than a restaurant that offers healthy food. We are heart-driven to change lives through clean, balanced food...

201 University Oaks Blvd #790, Round Rock, TX 78665  
(512) 590-2686

[roundrocktx@cleaneatz.com](mailto:roundrocktx@cleaneatz.com)

<https://locations.cleaneatz.com/tx/roundrock/meal-prep-123.html>

**Cook Unity** - is a Collective of chefs ready to stock your fridge with their best dishes. Meals that balance nutrition & taste, delivered weekly.

[support@cookunity.com](mailto:support@cookunity.com)

<https://www.cookunity.com/>

**Meal Pro** - offers mouthwatering, ready-to-eat meals for all medical needs, such as:

diabetes - low carb meals to stabilize blood sugar levels

high blood pressure - low sodium meals to manage your hypertension

high cholesterol - low fat meals to reduce your cholesterol

stage 3 kidney disease - renal friendly meals to stabilize your condition

stage 4 kidney disease - renal friendly meals with very low sodium, potassium, and phosphorus

stage 5 kidney disease - renal friendly meals for dialysis patients

irritable bowel syndrome - low fiber meals to prevent and mitigate flares

acid reflux syndrome - anti-inflammatory meals



No subscriptions - just high quality food that keeps you coming back.

<https://www.mealpro.net>

(844) 463-2577

**Meals On Wheels** - Serving good, healthy meals designed to meet specific needs and preferences of the community and ensure clients have the nutrition they need.

[mealsonwheelscentraltexas.org](http://mealsonwheelscentraltexas.org)

(512) 476-6325

# ADAPTIVE CLOTHING WEBSITES

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**buckandbuck.com** - Clothing, Shoes, Footwear and Accessories - Men and Women

**silverts.com** - Clothing, Shoes, Footwear and Accessories - Men and Women

**magnaready.com** - Clothing for men and women with magnets

**slickchicksonline.com** - Women's Adaptive Intimates

**friendlyshoes.com** - Zipper Closure - around back of shoe

**billyfootwear.com** - Zipper Closure - whole top of shoe opens

# PORTABLE SHOWER

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## SHOWER BAY

Soquel, CA, 95073

Phone: 877-959-4428

Email: [info@showerbay.com](mailto:info@showerbay.com)

<https://showerbay.com/>

**S**hower Bay is a safe and portable shower designed for wheelchair users. It provides a true shower experience without dangerous wet-environment transfers or expensive home renovations. Shower Bay's unique design allows for quick assembly in any room of the home. Just snap the unit together, connect it to a standard faucet, turn on the pump, and you're ready to enjoy a relaxing shower.

A daily shower should be enjoyed, not dreaded. The warm, gentle massage of water running through our hair and down our back is one of the best parts of our day. Most of us take this rejuvenating sensation for granted, but many people with mobility limitations miss their shower time because it's too dangerous and time-consuming for a family member or caregiver to assist them.

# TRANSPORT & MOBILITY

# ON DEMAND TRANSPORTATION

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## ROUND ROCK RIDES

Round Rock, TX 78664

Phone: [512-312-2124](tel:512-312-2124)

[book.roundrock.rideco.com](http://book.roundrock.rideco.com)

**R**ound Rock Rides offers an affordable public transit option within a defined service area. Powered by Austin-based zTrip, this service allows passengers to book, pay and track their ride using a mobile app, website or by phone.

Riders can schedule pickups and drop-offs at designated locations. The shared ride service will enable multiple passengers headed in the same direction to efficiently share a single vehicle. Trips may be scheduled as little as 30 minutes before, and up to 7 days in advance of a ride.

The cost for a trip is \$4 one way, and a \$2 rate is available for senior citizens above the age of 65 (ID required), paratransit service eligible passengers and active-duty U.S. Military. Paratransit services are provided curb-to-curb and can be scheduled in advance for qualified riders.

The app can be downloaded from the Apple App Store or Google Play.

# WHEELCHAIR TRANSPORTATION

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## ATX WHEELCHAIR TRANSPORT

Leander, TX 78641

Phone: [512-361-6067](tel:512-361-6067)

Email: [info@atxwheelchairtransport.com](mailto:info@atxwheelchairtransport.com)

<https://www.atxwheelchairtransport.com>

Contact: Kimberly Gaspar-Wolfe

**A**TX Wheelchair Transport is a reliable and efficient transportation company serving Williamson County and the surrounding areas. We understand the importance of punctuality and strive to provide our clients with on-time pick-ups and drop-offs for all of their transportation needs. Our mission is to help the community by providing safe and comfortable transportation options for those who require mobility assistance. We are committed to delivering exceptional service and ensuring our clients feel valued and respected throughout their journey. At ATX Wheelchair Transport, we pride ourselves on being a trusted partner in our clients' lives, providing reliable and compassionate transportation services that make a difference.

# FREE VOLUNTEER TRANSPORTATION

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## SENIOR ACCESS

2498 E. Palm Valley Blvd.

Round Rock, TX 78665

Phone: 512-310-1060

Email: admin@senioraccesstx.org

<https://senioraccesstx.org/>

**S**enior Access connects volunteer drivers with seniors needing a way to get around. We focus on low-income areas, seniors who cannot afford transportation, and our aging neighbors who need a safe, reliable way to get around.

# FREE VOLUNTEER TRANSPORTATION

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## DRIVE A SENIOR NORTHWEST - A FAITH IN ACTION PROGRAM

10633 Lake Creek Parkway

Austin, TX 78750

Phone: [512-250-5021](tel:512-250-5021)

Email: [rides@driveaseniornorthwest.org](mailto:rides@driveaseniornorthwest.org)

[www.driveaseniornorthwest.org](http://www.driveaseniornorthwest.org)

**S**erving Northwest Austin, Cedar Park and Leander (Western Williamson County areas) since 1986, we currently have over 500 senior adult clients receiving over 650 rides per month from our volunteers to medical appointments, grocery stores and personal errands.

Volunteers with additional skills also provide handyman services/minor home repairs and friendly visits. Our office hosts a social program twice a month and transportation to that program for clients to come share a meal (provided by our community supporters and congregations), play games, visit, etc.

There are several other groups covering different geographic areas that you can check out at <http://www.driveasenor.org>. The website lists and maps each group and areas.



# HOME MAINTENANCE, ORGANIZING & REPAIRS

# MINOR HOME REPAIRS & MAINTENANCE

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## ROUND ROCK HELPERS

Round Rock, TX 78664

Phone: [512-450-4398](tel:512-450-4398)

Email: [RoundRockHelpers@gmail.com](mailto:RoundRockHelpers@gmail.com)

<https://rrhelpers.org>

**R**ound Rock Helpers volunteers provide minor home maintenance and repair service with a key focus on safety issues in the home. Typical repairs are the type that can be completed in 3 hours over a couple of work sessions. On a special basis, we do work on projects that are more complex and take more time than typical.

Examples include:

- Installation of bathroom grab bars and wheel chair ramps
- Installation of smoke detectors
- Minor plumbing repair
- Minor electrical repair
- Filter replacement
- Thermostats not working
- Lawn maintenance for code enforcement (not routine maintenance)
- Fence repair
- Issues resulting from City of Round Rock Code Enforcement letters

# LAWN CARE

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## SELECT LAWNSCAPES

2302 Broughton Court

Austin, TX 78727

Phone: 512-689-0170

Email: [selectlawnsapes@gmail.com](mailto:selectlawnsapes@gmail.com)

<https://selectlawnsapes.com/>

Contact: Hayden Magee

**Y**our local lawn care business dedicated to assisting Seniors in the Central Texas area. Select Lawnsapes provides essential assistance to Seniors in maintaining their outdoor spaces. Select Lawnsapes offers a range of services, including lawn mowing, trimming, weeding, pressure washing, landscaping and general yard maintenance.

The business employs a team of courteous and considerate professionals who not only tend to the Seniors' lawns but also offer companionship and a friendly face during their visits. The team prioritizes safety, ensuring that walkways and pathways are clear of obstacles, and that the Seniors' outdoor areas are both beautiful and hazard-free.

This lawncare business not only fosters a sense of community and connection but also allows Senior citizens to enjoy their outdoor spaces, enhancing their quality of life while ensuring their yards remain well-kept and inviting.

# SPRINKLER, DRIPLINE REPAIR

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## GREEN ZONE IRRIGATION

Calaveras Dr

Austin, TX 78717

Phone: 408-676-9766

Email: bartchen08@gmail.com

Contact: Bart Chen

**A** licensed landscape irrigator with the license# LI0028299, ensuring their certified expertise in the field. Whether you need minor repairs, major maintenance work, all brand-new system design, they provide top-quality sprinkler repair services to ensure your lawn stays healthy and green. Finding someone who will take care of your sprinklers is harder than you can imagine, just ask Bart. After his troubles trying to find someone to help him with his lawn, and not finding a reliable solution for months he decides to become licensed and serve the community.

# HOME SAFETY, REMODELS & MAINTENANCE

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## GOLDEN HOME MANAGEMENT

314 E Highland Mall Blvd

Austin, TX 78752

Phone: [512-884-1792](tel:512-884-1792)

Email: [darius@goldenhomemanagement.com](mailto:darius@goldenhomemanagement.com)

<https://www.goldenhomemanagement.com/>

Contact: Darius McKinnis

**O**ur service focuses on removing the stress and time it takes to manage and maintain your home. Enjoy your freedom as our handyman provides an hour every month to focus on ongoing maintenance. From scheduled up keep to your personal to-do list, we've got you covered. Our service helps anyone 55+ manage and maintain everything related to their home. And, as needs change, we are experts in adapting their home to ensure safety and peace of mind.

# HOME SAFETY, REMODELS & INTERIORS

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## LISA KANG INTERIORS

5903 Pecanwood Lane

Austin, TX 78749

Phone: 512-796-0312

Email: [lisakang@lisakanginteriors.com](mailto:lisakang@lisakanginteriors.com)

<https://lisakanginteriors.com>

Contact: Lisa Kang

**L**isa Kang Interiors is a certified Interior Designer with over 20 years experience in new construction and remodeling. One of her specialties is bathroom remodels for homeowners that are aging in place.

Lisa simplifies the process by assisting with material selections, space planning and project management. Lisa works with experienced contractors, trades and resources to complete a project on time and within budget.

Lisa carries the following certifications: CAPS (Certified Aging in Place Specialist), Minority & Women Owned Business & the City of Austin Asian Certified Business of the Year.

# TECH SUPPORT

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## SUPPORT SHARKS

10801-2 N MoPac Expo, Suite 145  
Austin, TX 78759

Phone: 512-777-1255

Email: [helpme@supportsharks.com](mailto:helpme@supportsharks.com)

<https://supportsharks.com>

Contact: Joshua Natinsky

**S**upport Sharks provides technical support services for older adults. They help with anything technology-related, from computers to smartphones to printers to TVs and much more! They can provide support in person by meeting you at your home, or they can work remotely through Zoom. Uniquely, Support Sharks is entirely student-owned and operated, and all of the technical support is provided by ambitious, tech-savvy young people. Having grown up surrounded by technology, younger generations have a profound understanding of technology, giving them valuable knowledge they can use to help others.

More information can be found on their website. If you have any questions, please call, text, or email them. They are always happy to chat!

# SENIOR MOVE MANAGEMENT

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## LIFE'S NEXT STEP

Austin, TX 78738

Phone: [512-263-9417](tel:512-263-9417)

Email: [linda@lifesnextstep.com](mailto:linda@lifesnextstep.com)

<https://lifesnextstep.com>

**L**ife's Next Step is a senior move management company that specializes in providing support and solutions for life's challenges in the Austin, Texas area. Since 2008, Life's Next Step has been providing turn-key move management services and creating home environments for seniors and retirees that have chosen to live a simpler lifestyle by moving into a smaller home or retirement community.

As we face challenges at any age, we have carried this same level of support and attention to detail to family moves and executive relocations. Life's Next Step further tackles the issues of life by providing de-clutter and organization services, estate disbursement services and construction management services for seniors in the Austin area. Life's Next Step is an A+ Accredited Senior Move Manager in the state of Texas by the National Association of Senior Move Managers (NASMM). This accreditation is awarded based on excellence of operations and client services.



# HOUSE CLEANING

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## CLEANING FOR A REASON

Email: [info@cleaningforareason.com](mailto:info@cleaningforareason.com)  
<https://cleaningforareason.org/>

**C**leaning for a Reason provides free home cleaning to patients battling cancer in the US and Canada. When cancer makes life at home difficult, our trusted network of residential cleaners, cleaning industry volunteers, and community volunteers come together to support cancer patients and their families.

Cleaning for a Reason is a 501(c)(3) nonprofit organization and our goal is to remove the burden of cleaning and allow those recovering from surgery, in active treatment, or in hospice to focus on their health and spending valuable time with loved ones.

# BATHROOM REMODEL

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## BATH TUNE-UP OF ROUND ROCK

PO Box 1212

Hutto, TX 78634

Phone: [512-355-1832](tel:512-355-1832)

Email: [ssanghavi@bathtune-up.com](mailto:ssanghavi@bathtune-up.com)

<https://www.bathtune-up.com/round-rock-tx/>

Contact: Sid Sanghavi

Bath Tune-Up provides full-service bathroom remodels. From shower & tub updates to a full custom design, we are here to help ensure a smooth process that covers all elements.

Besides these services, we've acquired experience in renovating bathrooms for aging-in-place and in-home care requests. From adding accessibility elements like folding benches, comfort-height toilets, and grab bars to tub to shower conversions for avoiding stepping into a tub all the way to full-fledged remodels with ADA and VA regulation. We have knowledge of providing hollow-vanities, walk-in tubs, curb-less shower entry, non-slip tiles and pocket doors for easy wheelchair access. We are also registered with the VA as approved suppliers and where necessary, have also guided our customers with SAH grants. Above all, one of our owners is an architect and can suggest better layouts and placement for best comfort and safety bath routines.

**END OF LIFE  
SERVICES &  
LEGACY  
STORIES**

# PRE-ARRANGED CREMATION SERVICES

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## NEPTUNE SOCIETY

911 W Anderson Lane Suite 101

Austin, TX 78757

Phone: 512-749-9055

Email: brett.landrey@sci-us.com

<https://www.sci-corp.com>

Contact: Brett Landrey

**P**rearranging yours or a loved ones Cremation removes the burden that is associated with having to make final arrangements when a plan has not been put into place ahead of time. The Neptune Society has been lifting this burden and helping our families that we serve for over 50 years. We are the oldest and the largest provider in the United States and we have a preneed plan for all situations. A preneed plan with the Neptune Society can also protect you anywhere in the world. Our plan is all-inclusive so there are never any hidden or additional fees that will be put on your loved ones at the time of fulfillment. We include everything that is necessary so that nothing will be required out of pocket for the family. This is truly one of the greatest gifts that you can give and provides peace of mind knowing that there will be no decision making or financial responsibility left to your family.

# FUNERAL & CREMATION SERVICES

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## ETERNAL PEACE FUNERAL SERVICES

16912 N IH 35

Austin, TX, 78653

Phone: [512-820-1080](tel:512-820-1080)

Email: [ep.marketingtx@gmail.com](mailto:ep.marketingtx@gmail.com)

<https://www.eternalpeacefuneral.com/>

Contact: Karen Peña

**E**ternal Peace Services proudly and compassionately serves the community of central Texas: Austin, Round Rock, Pflugerville, Leander, Cedar Park, Manor, Georgetown, and surrounding cities in Texas by providing the most accessible funeral and cremation services at low costs, while valuing all families' cultures and traditions in and around Austin. English, Spanish & Vietnamese speakers.

# DIRECT CREMATION PROVIDER

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## SMART CREMATION

8921 Corran Ferry Dr.

Austin, TX 78749

Phone: 512-917-1845

Email: ericjfry@yahoo.com

<https://www.smartcremation.com>

Contact: Eric Fry

**S**mart Cremation is a nationwide and global pre-arranged cremation provider. Our pre-paid plan covers members wherever their passing occurs. At home, out of town, out of state or even out of the country. The plan eases the burden on loved ones during a very difficult time and insures that they are not spending any additional money because you have pre-arranged the cremation arrangements.

# MUSICAL LAST WISHES

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## SWAN SONGS

2101 S IH-35 Frontage Road Ste 219,  
Austin, TX 78741

Phone: [512-416-7926](tel:512-416-7926)

Email: [info@swansongs.org](mailto:info@swansongs.org)

<https://www.swansongs.org>

**S**wan Songs fulfills musical last wishes™ by organizing private concerts for individuals with a terminal illness or nearing the end of life. At no cost to the family, a favorite style of music or regional musician is brought directly to the home or care facility. Committed to supporting live music in the community, Swan Songs compensates its musicians for each performance.

# LEGACY STORIES

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# CIDER SPOON STORIES

PO Box 300194

Austin, Tx 78703

Phone: 512-814-7143

Email: cidrspoon@gmail.com

<https://www.ciderspoonstories.com>

Contact: Jessica Bross

**C**ider Spoon Stories is Austin's premier ghostwriting and editing company. Jess helps seniors, veterans, small business owners, and others write their life stories as books.



# LEGACY & TRIBUTE FILMS

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## SACRED STORIES LLC.

PO Box 91852

Austin, TX 78709

Phone: 512-731-6387

Email: [whitney@sacredstoriesfilms.com](mailto:whitney@sacredstoriesfilms.com)

<https://sacredstoriesfilms.com/>

Contact: Whitney Myers

**W**e create quality video projects that help document & preserve personal and family stories. Owner and Founder, Whitney Myers, is also available to speak to groups about family storytelling, active listening, the latest in reminiscence research, and more. See video samples on our website, and learn more about upcoming events.

"Every Life is a Story Worth Sharing"

# END OF LIFE DOULA

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## KIRSTIN BRIONES

Austin, TX

Phone:

Email: [KirstinBrionesDoula@gmail.com](mailto:KirstinBrionesDoula@gmail.com)

<https://www.kirstinbriones.com>

**E**nd of life doulas (also known as death doulas) help to meet the needs of a dying person, their family, friends, and caregivers by offering non-medical, practical, emotional, and spiritual support.

# EMERGENCY PLANNING FOR SENIOR CAREGIVERS

Have you ever found yourself in the middle of a storm, the streets flooding, power going out around the city and having no idea what you should do next? Many seniors in Houston faced this reality during Hurricane Beryl, the first storm of the season. As the storm struck the city, many seniors found themselves struggling without a plan, being horribly impacted by the heat or in facilities that weren't required to have backup generators to deal with the intense heat and power outages.

As millions were left without power, 14 nursing homes and 30 assisted living facilities in Harris County were without power four days after Beryl struck Texas. When a storm hits Texas, utilities, by law, are supposed to give nursing homes and assisted living centers (as well as hospice sites) the same "priority" as hospitals when it comes to restoring power. How that happens and how fast is not detailed by the state. Sadly, there is no requirement that the state's nearly 2,000 assisted living facilities and 1,200 nursing facilities have generators to power heating and cooling systems. The only requirement is that they have alternative power sources to keep medication refrigerated and lifesaving equipment, like oxygen machines, up and running. Even electronic locks, medical alert systems and pendants ceased functioning,

Mrs. Thompson, 78, lives alone and uses a cane to get around. When Beryl hit, her power went out, leaving her without air conditioning in the sweltering heat. Fortunately, Mrs. Thompson had an emergency plan. She had a well-stocked emergency kit, a list of important contacts on her refrigerator, and neighbors who checked on her regularly. Thanks to these preparations, she managed to stay safe and

comfortable until help arrived. Many of her neighbors who count on their caregivers, struggled when their caregivers could not make it because of the issues they faced on the roads and with their own families.

My own family was in Houston during the storm. I was glad they were staying in a safe place, but this highlights the importance of having an emergency plan, especially for our most vulnerable seniors. During emergencies, whether it's a hurricane, power outage, crazy ice storm or other disaster, having a solid plan in place for your seniors can make all the difference. It can ensure that seniors have the resources and support they need to weather the emergency safely.

Let's use the lessons learned from Hurricane Beryl to prepare for the next emergency. By taking proactive steps now, we can protect our loved ones, and ourselves, ensuring that everyone is ready to face whatever challenges come our way. Have you checked their emergency kit recently?

# **RECOGNIZING RISKS AND VULNERABILITIES FOR YOUR SENIORS**

As we plan, we need to identify the specific vulnerabilities that your seniors face during emergencies. Understanding these risks will help us create a comprehensive emergency plan that addresses the unique needs of our loved ones. Here are some key areas to consider if they lose power, air conditioning or heat, water, or even their home:

# POWER OUTAGES:

Here in Texas we get our fair share of outages. I remember several blackouts growing up in New York, and this week I have friends in Canada who are experiencing power outages.

## HEALTH RISKS:

**Medical Equipment:** Many seniors rely on medical devices like oxygen concentrators, CPAP machines, or mobility scooters that require power. When the power goes out, these essential devices stop working and charges wear out, posing significant health risks. Have you checked if your medical devices have backup power? How long will it last?

**Refrigeration of Medications:** Certain medications, such as insulin, need refrigeration. A prolonged power outage compromises their effectiveness, endangering health. Make sure you have a plan to keep these medications cool. Do they have a good cooler, like a Yeti, they can fill with ice as the storm hits to keep items cool?

**Temperature Regulation:** Seniors become more vulnerable to extreme temperatures based on their medical conditions, and their medications. Without air conditioning, they risk dehydration, heat exhaustion or heat stroke in hot weather. In cold weather, lack of heating can lead to hypothermia. It is helpful to always have some electrolyte packets available with some bottled water.

## DAILY LIVING CHALLENGES:

**Lighting:** Navigating in the dark increases the risk of falls and injuries, especially for seniors with limited mobility or vision problems. Keeping flashlights handy can make a big difference. I also like to recommend having some battery powered LED lights and nightlights around as backup.

**Communication:** Landline phones might not work, and if cell phones run out of battery, it becomes difficult to call for help or stay informed about the situation. Have you thought about how you'll stay in touch during a power outage?

# AIR CONDITIONING OR HEATING LOSS:

What if their HVAC units go out of service in their private home or in their senior housing?

## HEALTH CONCERNS

**Heat-Related Illnesses:** Without air conditioning in the Texas heat, seniors can overheat, become dehydrated, fight with heat exhaustion, or heat stroke. Are you prepared for them to stay cool without AC? Do you have someone you can call to service their unit in an emergency?

**Cold-Related Illnesses:** In colder climates, lack of heating can result in hypothermia, frostbite, and exacerbation of chronic conditions like arthritis and respiratory illnesses. Some seniors can struggle putting on multiple layers of clothing.

**Comfort and Well-being:**

**Sleep Disruptions:** Extreme temperatures disrupt sleep patterns, affecting overall health and well-being.

**Increased Stress:** The discomfort of being too hot or too cold increases stress and anxiety levels, particularly for those with pre-existing mental health conditions.

## WATER SUPPLY INTERRUPTION

### **Hydration and Hygiene:**

**Dehydration Risk:** Are we noticing that seniors are particularly susceptible to dehydration, which leads to severe health issues such as urinary and kidney problems, heat injury, and electrolyte imbalances. Do you have enough bottled water on hand?

**Hygiene Challenges:** Lack of water makes it difficult to maintain personal hygiene, increasing the risk of infections and skin conditions. Do you have a supply of full body shower wipes and hand sanitizer?

### **Food Safety and Nutrition:**

**Meal Preparation:** Without water, preparing meals and maintaining a nutritious diet becomes challenging. Seniors might resort to eating less healthy, non-perishable foods.

**Sanitation:** Washing hands and cleaning food becomes difficult, increasing the risk of foodborne illnesses. Have you stored enough water for both drinking and cooking?

## LOSS OF HOME

### **Immediate Safety and Shelter:**

**Temporary Housing:** Finding immediate shelter becomes critical. Seniors often need assistance accessing emergency shelters or temporary housing. Do you know where they

would go if they had to evacuate? Who would you call for help?

**Safety Concerns:** The chaos of losing one's home leads to confusion, disorientation, and increased vulnerability to falls and injuries.

### **Emotional and Psychological Impact:**

**Stress and Anxiety:** The trauma of losing a home heightens stress, anxiety, and even depression. This is especially true for seniors who have strong emotional attachments to their homes.

**Cognitive Decline:** For seniors with conditions like dementia, the loss of familiar surroundings exacerbates confusion and disorientation.

### **Practical Considerations:**

**Access to Essentials:** Important items like medications, medical records, and personal identification might be left behind or lost, complicating recovery and care. Do you have backups of their most important documents and records?

**Continuity of Care:** Displacement disrupts routine medical care and access to regular healthcare providers.

Recognizing these vulnerabilities and planning for them ensures the safety and well-being of our seniors during emergencies. Proactive measures like having an emergency kit, setting up ICE contacts, and maintaining a list of medications and health conditions significantly mitigate these risks. Have you checked your emergency supplies and updated your contact lists recently?



# ESSENTIAL COMPONENTS OF AN EMERGENCY PLAN

## CONTACT INFORMATION

### In Case of Emergency (ICE) Phone Contacts

Have ICE Contacts on Cell Phones: ICE contacts provide critical information to first responders during emergencies. According to the Journal of Emergency Medical Services, having ICE contacts can significantly improve response times and the quality of care. Imagine how much quicker help can arrive if responders immediately know who to call!

### **Steps to Set Up ICE Contacts on Different Types of Phones:**

iPhone: Open the Health app, tap on your profile picture, and go to “Medical ID.” Add your ICE contacts and other medical information.

Android: Go to Contacts, select a contact, and choose the “Set as ICE Contact” option. You can also use third-party apps designed for ICE information.

### **In Case of Emergency Refrigerator Magnet**

Use of “In Case of Emergency” Refrigerator Magnets: Emergency responders often check the refrigerator for vital information. The National Association of Emergency Medical Technicians recommends this practice, as it provides quick access to essential details. Have you placed an ICE magnet on your fridge yet?

## **What Information Should Be Included:**

**Contacts:** List primary and secondary emergency contacts with phone numbers.

**Medical Conditions:** Include any chronic illnesses or conditions.

**Medications:** Provide a list of all medications, including dosages and schedules.

**Allergies:** Note any allergies, especially to medications.

**Do Not Resuscitate instructions.**

# **MEDICAL INFORMATION**

## **Comprehensive List of Medications**

**Keep an Updated List of Medications, Dosages, and Schedules:** Nearly 40% of adults aged 65 and older take five or more medications. Keeping an updated list helps prevent medication errors during emergencies. Is your medication list up to date?

**Include Over-the-Counter Drugs and Any Supplements:** Many seniors use over-the-counter medications and supplements, which can interact with prescription medications. Including these on the list ensures comprehensive medical care.

## **Medical History**

**Document Chronic Conditions, Recent Surgeries, Allergies, and Other Relevant Health Details:** Detailed medical histories help healthcare providers make informed decisions during emergencies. The American Medical Association emphasizes the importance of having a readily accessible medical history. Do you have your medical history documented?

# SUPPLIES AND EQUIPMENT

## Emergency Kit Essentials

Basics: FEMA recommends having at least a three-day supply of water (one gallon per person per day), non-perishable food, a flashlight, batteries, a first aid kit, blankets, and clothing in your emergency kit. Have you checked your emergency kit lately?

Special Needs: Include prescription medications, medical devices (e.g., hearing aids, glasses), and mobility aids. According to the American Red Cross, these items are crucial for maintaining health and mobility during emergencies.

## Medical Equipment

Ensure Extra Batteries for Medical Devices: Make sure to have extra batteries for essential medical devices like hearing aids and mobility scooters. Keeping a backup supply of batteries avoids interruptions in the use of these devices. Do you have extra batteries ready?

# HOME SAFETY MODIFICATIONS

## Fall Prevention

Falls are the leading cause of injury among older adults. Have you made modifications to reduce fall risk and enhance safety for your senior?

## **Fire Safety**

Smoke Detectors, Fire Extinguishers, and a Clear Evacuation Route: The National Fire Protection Association advises installing smoke detectors on every level of the home, keeping fire extinguishers accessible, and planning and practicing an evacuation route to ensure safety during a fire. Do you have a clear fire evacuation plan they can follow?

Incorporating these essential components into an emergency plan ensures the safety and well-being of seniors during emergencies. Regularly reviewing and updating the plan is crucial to maintaining preparedness. Have you checked your emergency supplies and updated your contact lists recently?

# **EMERGENCY COMMUNICATION AND COORDINATION FOR SENIORS**

## **Family and Caregiver Communication**

### **Regular Check-ins**

Regular check-ins ensure seniors stay safe and have the supplies needed ahead of an emergency. Schedule daily calls or visits, especially during extreme weather or other emergencies. Use technology like video calls or apps for quick communication.

## **Emergency Contacts and Plans**

Make sure everyone involved in the senior's care understands the emergency plan and their responsibilities. Hold a family meeting to go over the plan and give copies to everyone. Create a phone tree to ensure quick information sharing during an emergency. Knowing roles and tasks reduces confusion and ensures swift action when needed.

# EMERGENCY PLANNING COMMUNITY RESOURCES

## **Local Support Networks**

Register seniors with local emergency services, community centers, and senior support organizations for additional assistance during emergencies.

Contact your local fire department, police station, or emergency management office to register seniors. This ensures first responders are aware of their needs and can check on them during emergencies.

Community centers often offer shelter, meals, and other resources during emergencies. Organizations like Meals on Wheels may provide extra support, ensuring seniors receive necessary services even when regular schedules are disrupted.

**Senior Support Organizations:** Senior support organizations can provide additional aid, such as transportation and medical supplies. For example, the CDC's STEADI initiative focuses on fall prevention and can offer resources and support.

Make sure to check out the emergency planning resources on the Ready.Gov website.

## **Veteran Services**

Veterans can access specific programs designed to help during emergencies. The VA provides emergency support and healthcare services, including housing assistance, medical care, and mental health services.

Programs like the VA's Homemaker and Home Health Aide Care offer in-home support critical during emergencies. Veterans should contact their local VA office to learn more about available resources and have these benefits already in place before an emergency occurs.

The VA provides respite care and medical support tailored to veterans' needs, ensuring they receive appropriate care and support during emergencies. Prior to an emergency it may make sense to look into a community for respite services so that you know they are taken care of by staff and you can worry about dealing with the upcoming emergency.

Mr. Lewis is a 76-year-old veteran living alone. His family has set up a daily check-in routine with him after noticing he was becoming forgetful. During a recent heatwave, the power went out in his neighborhood. Because his family and caregivers knew the emergency plan, they quickly coordinated to ensure he had a cool place to stay.

Establish these communication and coordination strategies to keep your loved ones safe and supported during any emergency. Have you discussed your emergency plan with your family and caregivers?

# GETTING YOUR SENIOR'S EMERGENCY PLAN IN ORDER

Creating a comprehensive emergency plan for our vulnerable seniors isn't just a precaution—it's a necessity. From ensuring they have ICE contacts on their phones to stocking an emergency kit with essential supplies, every detail counts. Establishing regular communication routines and leveraging community resources can significantly enhance their safety and well-being.

Remember Mr. Lewis, the veteran who found himself without power during a heatwave? His story is a powerful reminder that preparation can make all the difference. Our emergency plans must be thorough and carefully crafted, considering every possible scenario.

As you review and update your emergency plans, think about how you can incorporate these strategies to protect your loved ones. Engage in conversations with senior care coordinators, family and caregivers, register with local services, and ensure everyone knows their role. These steps will provide peace of mind, knowing that your senior is prepared for any challenge.

Have you reviewed your emergency plan lately? Now is the perfect time to ensure it's up to date and comprehensive. By taking these proactive steps, you're not just preparing for an emergency—you're safeguarding the future for your senior loved one.