

AUSTIN MEMORY CARE

QUICK GUIDE

Your Essential Resource for Finding Memory Care

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What is Memory Care?

Memory care is specialized 24-hour care for individuals with Alzheimer's disease, dementia, and memory-related conditions. These secure communities have specially trained staff and environments designed to support cognitive challenges.

How Memory Care Differs from Assisted Living

Feature	Assisted Living	Memory Care
Security	Open environment	Secured to prevent wandering
Staff Training	General care	Dementia specialized
Staffing	Moderate ratios	Higher staffing levels
Average Cost	\$4,500-6,500/mo	\$5,500-8,000/mo

Is It Time for Memory Care?

Warning Signs

Safety Concerns:

- Wandering from home or getting lost
- Leaving stove/appliances on
- Forgetting medications
- Frequent falls

Caregiver Burnout:

- Primary caregiver exhausted
- 24-hour supervision needed
- Caregiver's health suffering

Behavioral Changes:

- Increased aggression or anxiety
- Severe sundowning
- Resisting care from family

Daily Living Challenges:

- Cannot bathe, dress, or toilet independently
- Forgetting to eat or drink
- Incontinence unmanageable at home

Austin Memory Care Costs (2025)

Central Austin: \$7,000-12,000/month (avg \$8,500)
North Austin: \$5,500-8,000/month (avg \$6,500)
South Austin: \$5,000-7,500/month (avg \$6,000)
West Austin: \$6,500-10,000/month (avg \$7,500)

What's Typically Included

- Room and board
- Three meals daily plus snacks
- 24-hour staffing and supervision
- Medication management
- Housekeeping and laundry
- All activities and programming

Payment Options

- 1. Private Pay:** Personal savings, home equity, retirement accounts
- 2. Long-Term Care Insurance:** Check your policy - many cover memory care
- 3. Veterans Benefits (Aid & Attendance):**
 - Veteran alone: Up to \$2,295/month
 - Veteran with spouse: Up to \$2,713/month
 - Surviving spouse: Up to \$1,474/month
- 4. Medicaid:** Limited options in Austin - most memory care communities do not accept Medicaid

Top 10 Questions to Ask During Tours

- 1. What is your staff-to-resident ratio?**
Look for 1:6 or better during day, 1:10 or better at night
- 2. What specialized dementia training does staff receive?**
Look for specific programs like Positive Approach to Care
- 3. How do you prevent wandering?**
Look for multiple safety systems, not just locked doors
- 4. Can residents age in place here?**
Look for hospice partnerships and ability to care through disease progression
- 5. What is your staff turnover rate?**
Look for under 30% annually
- 6. How are activities tailored to different cognitive levels?**
Look for small groups and modified activities
- 7. What additional costs should we expect?**
Get specific details about level-of-care fees

8. What is your visitation policy?

Look for open visitation, 24/7 access

9. How do you keep families informed?

Look for regular updates and care conferences

10. Can I speak with families of current residents?

Red flag if they're unwilling to provide references

Austin Resources

Alzheimer's Association - Central Texas Chapter

Phone: 512-241-0420 | 24/7 Helpline: 800-272-3900

Address: 3520 Executive Center Dr, Suite 100, Austin, TX 78731

Dell Medical School - Mulva Clinic for Neurosciences

Phone: 512-324-7000

Address: 1701 Trinity St, Austin, TX 78712

Austin/Travis County Area Agency on Aging

Phone: 512-854-9181

How TSL Tour Senior Living Can Help

Our services are 100% FREE to families. We can help you with:

- **Personalized consultation** - assess needs and discuss options
- **Community matching** - access to 40+ Austin memory care communities
- **Tour coordination** - we accompany you and ask the hard questions
- **Application support** - help gather documents and navigate process
- **Move-in assistance** - transition planning and emotional support
- **Ongoing advocacy** - available for questions after move-in

Why Families Choose Us:

- Deep knowledge of every Austin memory care community
- No cost to you - communities pay us, never families
- Unbiased guidance - we represent your interests
- Personal experience – on this journey with my own mother and helped other families
- Available 7 days/week including evenings
- Crisis placement help for urgent situations

READY TO GET STARTED?

Contact Stella Williams

TSL Tour Senior Living | Senior Advocate

Call or Text: 737-389-2130

Email: stella@stellawilliamstx.com

Website: tourseniorliving.org

Serving Austin & All Surrounding Areas

You don't have to navigate this alone.

Let's find the right memory care community for your family together.

Williams Senior Transition Services 737-389-2130 stella@stellawilliamstx.com