

Elder Support			
Organization	Contact	Website	Notes/Overview
AGE of Central Texas	512-451-4611	https://ageofcentraltx.org/	Adult Day Healthcare, Caregiver Education and Resources, Early Memory Loss Support, Health Equipment Lending, Peer-based computer classes for seniors through the AGE Computer Lab
Senior Independence Program (The Caring Place)	512-943-0700	Monday through Friday 9:00 - 4:00	The Senior Independence Program aims to ease some of this housing-cost burden, helping people to age with grace in their own homes. Households with one person age 65 or older must provide proof of permanent income, such as Social Security benefits and self-declare the household income and total housing expenses. Households whose housing expenses exceed 30% of the household income may qualify. All participants are further assessed for additional case management support, to assist them in navigating resources and barriers to services.
Commodity Supplemental Food Program (C.S.F.P.) (60+)	855-366-3401	https://www.centraltexasfoodbank.org/get-help/help-seniors	Every month, each C.S.F.P. participant receives a free box of 25 to 30 pounds of groceries. Exact contents vary, but every box includes cereals, juices, proteins, peanut butter or dry beans, milk, grains, canned fruits and vegetables, and 2 pounds of cheese. Find Senior Programs distributions near you using the Find Food Now tool and the "Senior Programs" filter. Click on the organization's name to see if they offer H.O.P.E. or C.S.F.P. Be sure to verify the distribution day and time on the CSFP calendar before going. We are able to offer C.S.F.P. delivery only at select sites. Please contact the Central Texas Food Bank to check where delivery is available.
Healthy Options Program for the Elderly (H.O.P.E.) (60+)	855-366-3401	https://www.centraltexasfoodbank.org/get-help/help-seniors	Every month, each H.O.P.E. participant can pick up 15 to 20 pounds of nonperishable groceries. Although exact contents vary, H.O.P.E. always includes canned fish or meat, milk, cereal, canned fruits and vegetables, beans, pasta, and pasta sauce. Several H.O.P.E. sites offer delivery. Please contact the Central Texas Food Bank to check where delivery is available.
Area Agency on Aging & Disability Services (AAA)	855-YES-ADRC (855-937-2372)	https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-centers	The 28 area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services.

Area Agency on Aging of the Capital Area (AAACAP)	6800 Burleson Road Bldg 301, Ste 165 Austin, TX 78744 512-916-6062	https://www.capcog.org/divisions/area-agency-on-aging/	Area Agency on Aging of the Capital Area (AAACAP) serves older adults, people with disabilities and their caregivers with a variety of services and supports throughout the region. It works to ensure people can maintain their best quality of life in the environment of their choosing. It also operates the Aging and Disability Resource Center of the Capital Area (ADRC-CAP), which connects people with the support programs that can assist them. AAACAP provides services to support and advocate for the health, safety and well-being of older adults in CAPCOG 10-county region — Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis and Williamson counties.
Texas Dept of Aging and Disability	Alzheimer's Disease Program PO Box 149347 MC 1945 Austin, TX 78714-9374 800-242-3399	https://www.dshs.texas.gov/alzheimers-disease	alzheimers@dshs.texas.gov
Aging Texas Health and Human Services	Texas Health and Human Services Commission Mail Code W358 P.O. Box 149030 Austin, TX 78714-9030 855-937-2372	https://www.hhs.texas.gov/services/aging	Aging and Disability Resource Center (ARDC) Help for older adults and people with disabilities
Texas Ramp Project	(214) 558-0339	https://texasramps.org/	
Family Elder Care	Main: 512-450-0844 Intake & Referrals: 512-483-3580	https://www.familyeldercare.org/	Provides services that promote dignity and stability for older adults and people with disabilities