

Age Well Live Well Resources

The Texas Health and Human Services, Department of State Health Services, Texas A&M AgriLife Extension Service and Texas area agencies on aging provide older adults and their families with an array of services and programs that support and enhance a long, healthy life.

Texercise- A health promotions initiative that provides programs, tools and resources that encourage regular physical activity and having a nutritious diet. Resources are available at no charge and include educational materials, motivational incentives and recognition items. www.texercise.com

Walk Across Texas- A fitness program to help participants adopt the habit of regular, moderate intensity exercise. Teams of eight walk together or individually over the eight weeks of the program. They also receive information on nutrition, exercise, weight loss and other health topics. <http://fch.tamu.edu/programs/>

A Matter of Balance- Eight two-hour sessions designed to help people 60 and older reduce their fear of falling through group discussion, problem solving strategies and increasing physical activity levels. Call 800-252-9240 to find a class.

Dinner Tonight- Recipes and resources to help Texans create healthy meals. The website provides weekly videos featuring quick and nutritious meal demonstrated by a Texas A&M AgriLIFE Extension agent. <http://fch.tamu.edu/programs/>

Chronic Disease Self-Management Program- Six two and one-half hour sessions that enable participants to build self-confidence to take part in maintaining their health and managing chronic health conditions, such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes. Call 800-252-9240 to find a class.

Master of Memory- A six-lesson series that helps people evaluate and improve their memory function, identify factors that may enhance or detract from memory function and find ways to help address some of those factors. <http://fch.tamu.edu/programs/>

Master Wellness Volunteers -A support to help extend Texas A&M AgriLife Extension Service's outreach and education related to health, nutrition, food safety and family wellbeing in the communities. <http://fch.tamu.edu/programs/>

Be Connected -Part of the Age Well Live Well campaign, this initiative encourages older adults to reduce loneliness and isolation through social engagement activities. Organizations can receive tools and resources to about creating engagement opportunities. For more information, visit: www.AgeWellLiveWell.org.

Long-term care Ombudsman -

Long-term care Ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care for people who live in nursing homes or assisted living facilities. Ombudsmen are either volunteers or paid employees of agencies that are independent of long-term care facilities. Services are free, confidential and available statewide.

https://apps.hhs.texas.gov/news_info/ombudsman/

Texas Healthy Communities (TXHC)

-The TXHC program helps communities assess existing environments and implement local changes to promote public health practices that are proven to reduce risk factors for chronic diseases. TXHC works with communities to assess their community health infrastructure, guide community-driven initiatives to improve health and recognizes them for their efforts.

<http://www.dshs.texas.gov/diabetes/healthycommunities/Texas-Healthy-Communities.doc>



TEXAS
Health and Human
Services

The Texas Health and Human Services provides an array of services and programs designed to help Texans live independent, healthy lives. To find out more about HHS or to locate services go to www.hhs.texas.gov.



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Texas Department of State Health Services

The Texas Department of State Health Services oversees state-operated health care services, including laboratory testing, health centers, hospitals, and regional and local health agencies. The DSHS mission is to improve the health, safety, and well-being of Texans through good stewardship of public resources, and a focus on core public health function in Texas <https://www.dshs.texas.gov/>.



Texas' 28 area agencies on aging help Texans 60 and older, their family members and/or other caregivers receive information and assistance about community services that can help them live in their homes and communities for as long as possible. To locate the nearest area agency on aging, call 800-252-9240 or visit <https://apps.hhs.texas.gov/contact/aaa.cfm>.



The Texas A&M AgriLife Extension Service helps improve the lives of people, businesses and communities across Texas through high-quality, community-based education. To locate your local Texas AgriLife Extension Service office, visit <http://county-tx.tamu.edu/>.