

Age Well ~ Live Well Resources

The Texas Department of Aging and Disability Services, the Texas AgriLIFE Extension Service and Texas Area Agencies on Aging provide a wide selection of service and programs that support and enhance the health of older Texans helping them age well and live well.

A Matter of Balance – Eight two-hour sessions are designed to help older adults 60+ years of age reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls. Call (800) 252-9240 to find a class.



Dinner Tonight - *Dinner Tonight* recipes and resources help Texans create healthy meals. Each week, the website hosts a quick and nutritious meal demonstrated by a Texas AgriLIFE Extension Agent. Videos, recipes and nutrition information are available at: <http://healthyliving.tamu.edu>

Fall Prevention in the Home – The *Fall Prevention in the Home* program includes an Extension-produced video in English and Spanish. Scenes in the video feature older adults in their homes in six high-risk situations, as well as effective ways to make slight modifications to the home environment to reduce the risk of falling. <http://fcs.tamu.edu>

Long-Term Care Ombudsman – A volunteer advocacy program to help people living in nursing homes and assisted living facilities resolve concerns. A long-term care ombudsman is trained as problem-solver to promote person-directed care and “culture change” in Texas nursing homes. www.toughenoughtocare.org

Master of Memory – A six-lesson series which encourages participants to recognize they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function, and find ways that may help address some of those factors. <http://fcs.tamu.edu>

Medication Management – A program that helps older adults and their caregivers understand the importance of complying with instructions for taking medications as well as how to safely sort and store their medications. <http://fcs.tamu.edu>

Silver Lining – A volunteer outreach program that assists in creating volunteer visits with people living in long term care facilities. The program offers flexible volunteering styles for individuals, families, groups and corporate partnerships. Volunteers have access to a range of motivational incentives for participation and recognition, as well as tools to help with volunteer visits. www.silverliningatdads.com



Texercise – A health promotions program that provides individuals and communities with tools and resources to encourage healthy lifestyles. Resources are available at no charge and include educational materials, motivational incentives and recognition tools. www.texercise.com

Walk Across Texas – A fun, fitness program to help participants adopt the habit of regular, moderate-intensity exercise. Teams of eight family members, friends, co-workers, or neighbors walk together or individually over the 8 weeks of the program. They also receive information on nutrition, exercise, weight loss, and other health topics. <http://walkacrosstexas.tamu.edu/>



Texas' 28 **Area Agencies on Aging** help older Texans (60+), their family members and/or other caregivers receive the information and assistance they need in locating and accessing community services to help them live with dignity and choice in their homes and communities for as long as possible.

The Texas Area Agencies on Aging offer an array of health and volunteer opportunities for their communities including:

- Long Term Care Ombudsman
- Matter of Balance

To locate the nearest Area Agency on Aging visit www.dads.state.tx.us or call (800) 252-9240.



Through high quality, community-based education the **Texas AgriLIFE Extension Service** helps improve the lives of people, businesses and communities across Texas.

AgriLIFE programs ensure Texans are better prepared to:

- eat well, stay healthy, manage money, and raise their children to be successful adults.
- efficiently help themselves through preventing problems and using tools for economic stability and security.
- improve stewardship of the environment and of the state's natural resources.

To locate your local Texas AgriLIFE Extension Service office visit <http://county-tx.tamu.edu/>. To learn more about the highlighted programs visit the Texas AgriLIFE Extension Service Family and Consumer Sciences website: <http://fcs.tamu.edu>.

Along with long-term services and supports for older adults and people with developmental disabilities, the **Texas Department of Aging and Disability Services (DADS)** provides programs and services to help Texans live independent, healthy lives.



The agency's mission is to provide a comprehensive array of aging and disability services, supports, and opportunities that are easily accessed in local communities.

To find out more about DADS or to locate services visit: www.dads.state.tx.us.