

Caregiving Cafe

Information Resources Solutions Support

CAREGIVING RESOURCE DIRECTORY

Recommended by Family Caregivers & Professionals

CAREGIVER EMOTIONAL WELLNESS				
Denise Cleveland, LCSW, Therapist		denise@deniseclleveland.com	512-301-9389	DeniseClevelandLCSW.com/
Joan Ransom, LPC, Counsellor		JRLPC@att.net	512-327-1759	
Elizabeth Miller, Happy Healthy Caregiver		elizabeth@happyhealthycaregiver.com		HappyHealthyCaregiver.com
Jessica L.Cannon, Consulting, Author: The Proactive Caregiver		info@jessicalizelcannon.com	512-766-7231	ProactiveCaregiver.com JessicaLizelCannon.com/books
SUICIDE & CRISIS LIFELINE		CALL OR TEXT	9-8-8	
CAREGIVER TOOLS, EDUCATION, WEBINARS,				
AARP Caregiving Support: Strategies, Services	Information, resources			https://www.aarp.org/caregiving/
AGE of Central Texas	Resources, Classes, Equipment, Adult Day Ctr.	info@AGEofCentralTX.org	512-600-9275	AGEofCentralTX.org

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CaregiverU: Classes for Caregivers, Fall Prevention Dementia Strategies	Dianne Preston, Director	DPreston@AGEofCentralTX.org	512-600-9279	CaregiverUCenTX.org
Caregiving Cafe Support Groups: Resources, Education, Fellowship	Lynn Greenblatt	ccafemal2@gmail.com	830-837-3162	CaregivingCafe.com
engAGE Travis County: Healthy Living Workshops	Jessica Martone	jessica.martone@traviscountytexas.gov	737-356-8620	ENGAGETRAVISCOUNTY.ORG
Happy Healthy Caregiver	Elizabeth Miller	elizabeth@happyhealthycaregiver.com		HappyHealthyCaregiver.com
Power for Parkinson's	Exercises, events related to PD	info@powerforparkinsons.org	512-815-3324	PowerForParkinsons.org
SandwYch: Courses & Information	Christi Cornell	christi@sandwych.net	512-710-7357	SandwYch.net
STAP Program: Funds Devices for Vision/Hearing-Impaired	Sonia Khurana	STAPContractor6@hhs.texas.gov	409-904-2368	https://www.hhs.texas.gov/services/disability/deaf-hard-hearing/stap-services
10 Steps to Organized Caregiving: Author, Consulting	Samantha Young Cervantes	youngs6265@gmail.com	737-226-3620	https://www.amazon.com/dp/B0C2SH6K35/
The Proactive Caregiver: Consulting, Books	Jessica Lizel Cannon	info@jessicalizelcannon.com	512-766-7231	ProactiveCaregiver.com JessicaLizelCannon.com/books
WayWiser App: Coordinate care, securely store documents	Care Coordination App,	support@waywiser.com		WayWiser.com
Your Dementia Therapist	Mary Osborne	mary@yourdementiatherapist.com		YourDementiaTherapist.com

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CAREGIVING & SENIOR SUPPORT PROGRAMS				
AAA - Area Agency on Aging	Caregiver Resources & Support for Seniors		512-916-6062	https://www.capcog.org/what-we-do/care-guidance-services/
ADRC - Aging & Disability Resource Center	Resources & Support for Seniors & Disabled		855.937.2372	https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center
AGE of Central Texas	Resources, Classes Thrive Sr. Day Center		512-451-4611	AGEofCentralTX.org
Alzheimer's Association		24/7 HELPLINE	800-272-3900	alz.org
Alzheimer's Texas		24/7 HELPLINE	512-241-0420	txalz.org
ASC - Aging Services Council	Helping Seniors Resolve Needs		855.937.2372	AgingServicesCouncil.org
CAPS - Capital Area Parkinson's Society	Christi Cornell CAPS	christi@capitalareaparkinsons.org	512-371-3373	CapitalAreaParkinsons.org
Regarding Cancer: Connecting Families	Linda Richards	linda@regardingcancer.org	512-213-4993	RegardingCancer.org
Shalom Austin: Jewish Culture, Support, Wellness	Joan E. Maniere, Hilary Katz	joan.maniere@shalomaustin.org	512-735-8000	ShalomAustin.org

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Transportation, Ride Guide Austin	Ride Guide Austin	Transportation Services Available, Austin	512-369-6047	https://mytxride.com/docs/Transportation-Services-Guide.pdf
Transportation, Office of Mobility Management	Office of Mobility Management	Transportation Services Available	512-369-6047	mytxride.com
TX Dept. of Public Safety, Drivers License for persons 79+	Drivers License for persons 79+		512-424-2000	https://www.dps.texas.gov/section/driver-license/drivers-age-79-or-older
TX Dept. of Public Safety, License & State ID	License & State ID		512-424-2600	https://www.dps.texas.gov/section/driver-license
TX Dept. of Public Safety, Department Directory	Department Directory		512-424-2000	https://www.dps.texas.gov/section/media-and-communications-office/contact-us
CapMetro	Public Transportation - Austin area		512-474-1200	https://www.capmetro.org/ride
CapMetro Access	Rides for Persons with Disabilities		512-852-7272	https://www.capmetro.org/access
Chariot	Rides for Seniors	info@chariot.org	512-445-5552	chariot.org
Drive-A-Senior	Rides for Seniors		512-472-6339	driveaseniortx.org
Drive-A-Senior-Faith In Action Northwest	Rides for Seniors	rides@driveaseniornorthwest.org	512-250-5021	driveaseniornorthwest.org

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CARE MANAGEMENT		Managing medical care & treatment		
Care For	Debbie Pearson	DPearson@carefor.com	512-338-4533	CareFor.com
Family Tree Private Care			512-337-8882	FamilyTreeCares.com
Mir Senior Care Management	Lina Supnet-Zapata	Lina@mircareconsultants.com	512.517.0621	MirCareConsultants.com
Senior Services of Austin	Ariel Rosenbaum	ariel@seniorservicesofaustin.com	512-574-1722	SeniorServicesofAustin.com
Texas Family Services	Erica Schmidt	erica@txfamilyservices.com	512-400-4174	http://txfamilyservices.com/geriatric-care-management/
DOCTORS & MEDICAL PROFESSIONALS				
ACA - Adult Care of Austin	Dr. Steven Dobberfuhl	adultcareaustin@gmail.com 7201 Menchaca Rd Suite B, Austin, TX	512-443-3577	AdultCareAustin.com
AGS Austin Geriatric Specialists		referral@agsaustin.com	512-477-4088	AGSAustin.com
Baylor Scott & White Health			844-279-3627	BSWHealth.com
Be Well MD	Dr. Mark Carlson	info@stayhealthystayhome.com	512-553-1921	StayHealthyStayHome.com
HarmonyCares Medical Group	fka Visiting Physicians		512-407-8880	HarmonyCaresMedicalGroup.com

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Hears To You, Dr. Natasha Dewald-Nielsen	Natasha Dewald-Nielsen AuD	natasha@hearstoyoutx.com	512-956-4327	HearsToYouTX.com
Integral Care / Mental Wellness	Fancy Fairchild	fancy.fairchild@integralcare.org	512-472-4357	https://integralcare.org/en/home/
Optimize Neuology, Dr. Iris Wingrove	Neurology	6611 River Place Blvd, #205, Austin, TX 78730	512-593-2131	OptimizeNeurology.com
Central Texas Neurology, Dr. Elizabeth Peckham	Neurology, Parkinson's	16040 ParkValley Dr, Bldg B, #100, RR, TX 78681	512-218-1222	CentralTexasNeurology.com
Pelvis Restored	Krista Jenney, DPT	info@pelvisrestored.com	512-766-2786	PelvisRestored.com
Privia Medical Group	Cynthia Gonzalez	Cynthia.Gonzales@priviamedicalgroup.com	888-774-8428	PriviaHealth.com
SASH - Senior Adult Specialty Care	Drs. Bertelson, Winston, Simpson	Zaraujo@senioradults.net	512-476-3556	SeniorAdults.net
Texas Oncology		4101 James Casey St Ste.100, Austin, TX 78745	512-447-2202	https://www.texasoncology.com/cancer-centers
The Doctor is at Your Door	Dr. José R. García		512-891-0056	TheDoctorsAtYourDoor.com
US Oncology	Edna Grear	edna.grear@usoncology.com	512-329-2728	USoncology.com
WellMed			888-781-9355	WellMedHealthcare.com

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DOCTORS: HOUSE CALLS TO PRIVATE HOME				
AGS Austin Geriatric Specialists	Ryan Carpenter, APRN	referral@agsaustin.com	512-477-4088	AGSAustin.com
Enable Dental Mobile Dental Practice		info@enabledental.com	866-988-4504	EnableDental.com
HarmonyCares Medical Group		[fka Visiting Physicians]	512-407-8880	HarmonyCaresMedicalGroup.com
Hears To You	Natasha Dewald AuD	natasha@hearstoyoutx.com	512-956-4327	HearsToYouTX.com
Pelvis Restored	Krista Jenney, DPT, PT	info@pelvisrestored.com	512-766-2786	PelvisRestored.com
The Doctor is at Your Door	Dr. José R. García		512-891-0056	TheDoctorIsAtYourDoor.com
Your Dementia Therapist	Mary Osborne, OT	mary@yourdementiatherapist.com		YourDementiaTherapist.com
ELDER LAW, FINANCES				
Barnes & Leuty	Keith Leuty	kleuty@civil-law.com	512-336-1529	civil-law.com
Barnes & Leuty, VA A&A, Medicaid	VeeCee Spear, Legal Administrator	veecespear@gmail.com	512 229-6561	civil-law.com

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Law Office of Virginia Sampson	Virginia Sampson, Elder Law	virginiasampsonlaw@gmail.com	512-980-4610	VirginiaSampsonLaw.com
Marilyn Millier, Elder Law Attorney	Marilyn Miller, Elder Law	marilyn@mgmillerlaw.net	512-894-0319	MGMillerLaw.net
Texas RioGrande, Legal Aid, Inc.	Fax: 512-447-3940	300 South Texas Blvd, Weslaco, TX 78596	512-374-2700 800-369-9270	TRLA.org
END-OF-LIFE				
Funeral Consumers Alliance of Central TX: Prices, Resources	Nancy Walker, Executive Director	execdir@fcactx.org	512-480-0555	FCACTX.org
Kitchen Table Conversations: Advance Planning, Grief	Garrick Colwell, Co-Founder	garrick@kitchentableconversations.org	512-787-3402	KitchenTableConversations.org
Pale Hearse: Resources for EOL plans & arrangements	Alex Casas, Founder	alex@palehearse.com		PaleHearse.com
Altus Hospice			512-614-2851	AltusHospice.com
Enhabit Hospice			512-284-9642	EHAB.com
Halcyon Hospice			512-815-9009	HalcyonHome.com
Hospice Austin	Shirley Price	sprice@hospiceaustin.org	737-346-9939	HospiceAustin.org
Silverado Hospice	Linda Lisby	linda.lisby@silverado.com	512-825-2940	SilveradoHospice.com
True Heart Hospice	Dura Sims	dura@truehearthospice.com	830-837-3162	TrueHeartHospice.com
Swan Songs - musicians visit / perform at your home	Karen McElhatten	info@swansongs.org	512-416-7926	SwanSongs.org

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HEALTH SERVICES: COUNTY / STATE				
REPORT ELDER ABUSE / NEGLECT			800-252-5400	https://www.txabusehotline.org/ Login/Default.aspx
HOTLINES: Family & Protective Services			HOTLINES	https://www.dfps.texas.gov/ Contact_Us/hotlines.asp
Adult Protective Services				https://www.dfps.texas.gov/ adult_protection/
Central Health: Healthcare for Low Income Families			512-978-8000	CentralHealth.net
Community Care: Health, Dental, Pediatrics			512-978-9015	CommunityCareTX.org
engAGE Travis County: Healthy Living Workshops	Jessica Martone	jessica.martone@traviscountytexas.gov	737-356-8620	ENGAGETRAVISCOUNTY.ORG
Integral Care: Mental Health Services for all ages			512-472-4357	https://integralcare.org/en/ home/
Texas Caregivers: HHS Self-care, Resources, Training			512-424-6500	https://www.hhs.texas.gov/ services/health/support- caregivers
Travis County Services Directory				https://www.traviscountytexas.gov/ service-directory
Travis County Phone Directory				https://www.traviscountytexas.gov/ helpful-numbers

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HOME CARE AGENCIES - Non-medical assistance				
Assisting Hands	Emmie Knox	eknox@assistinghands.com	512-999-7379	https://assistinghands.com/44/texas/westaustin/
Blue Water Home Care	Jennifer Prescott	jen@bluewaterhomecare.com	512-872-2955	BlueWaterHomecare.com
Brookdale Home	Jeramie Hieb	jhieb@brookdale.com	737-781-8530	https://www.brookdale.com/en/brookdale-at-home.html
BubbieCare	Laura Oden	laura@bubbiecare.com	833-476-2273	BubbieCare.com
ComForCare	Brad Massey		512-402-9599	ComForCare.com
Cornerstone Caregiving	Sterling Harper	San Marcos 737-214-9364 Ausin 512-645-1705	800-410-2570	CornerstoneCaregiving.com
Elder Home Care	Katrina Riojas	katrina@ehcus.com	512-850-9731	EHCUS.com
Halcyon Home	Monica Picos	mpicos@halcyonhome.com	512-815-9009	HalcyonHome.com
Home Well Austin	Juan Martinez	JMartinez@homewellaustin.com	512-222-6196	https://homewellcares.com/tx140/
Practical Care Continuum	Samantha Young	samantha@practicalcarecontinuum.com	512-400-4331	PracticalCareContinuum.com
Senior Helpers	Moire & Frank Hayes		512-388-4357	https://www.seniorhelpers.com/tx/austin-georgetown-round-rock/
The Helper Bees	Teresa Ferguson-Sansone	teresaf@thehelperbees.com	512-379-5456	TheHelperBees.com

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MEDICARE ADVANTAGE & HEALTH INSURANCE				
AARP			888-687-2277	https://www.aarp.org/health/health-insurance/
BCBS TX	Dora Ann Saucedo	doraann_saucedo@bcbstx.com	512.968.1844	
Crossroad Insurance Group	Tami Martin MBA	tami@crossroadinsurancegroup.com	512-299-0119	CrossroadInsuranceGroup.com
Evolve Health Insurance	Helen Sanchez	helen@EvolveHealthInsurance.com	737-296-4890	EvolveHealthInsurance.com
Family & Individual ACA / UHC	Horacio Huerta	horacio_huerta@uhc.com	915-309-3672	
Family & Individual UHC-United Healthcare Insurance	Sonia Porras	sonia_porras@uhc.com	512-938-2870	
Health Markets	Randy Hsi	rhsi@healthmarkets.com	512-900-2717	
Health Insurance	Gene Rodriguez	Generodriguez@fcgins.com	512-940-2713	
Health Insurance	Colin Farmer	cfarmer4benefits@gmail.com	512-761-8645	
Humana	Maya Kern	MKern5@humana.com	737.230.6263	Humana.com
Medicare Guru / UHC	Daniela Thomas	danielathomas@medicareguru4you.com	210-872-0984	
Social Security, Evolve Health Ins.	Thuong Nguyen	ThuongNguyenWSB@yahoo.com	512-551-1875	

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MOVING & PACKING SERVICES				
Essential Next Steps	Leah Harlig	leah@essentialnextsteps.com	713-213-0775	EssentialNextSteps.com
The Cummings Home Team	Cyndi Cummings	cyndi@cyndicummings.com	512-423-6782	CummingsHomeTeam.com
Turnkey Transitions: Services for every step of moving process	Cyndi Cummings	cyndi@cyndicummings.com	512-423-6782	TurnkeyTransitions.com
REALTORS: SELL / BUY A HOME				
Best of Austin Living	Kristie Bryant, Susan Hammons	kristie@bestofaustinliving.com	512-994-9206	BestOfAustinLiving.com
The Cummings Home Team	Cyndi Cummings	cyndi@cyndicummings.com	512-423-6782	https://www.cummingshometeam.com/
Suzanna Rickman, Realtor	Coldwell Banker Realty	suzanna.rickman@cbrealty.com	512-695-8987	https://www.realtor.com/realestateagents/612f90beba7e0b0013b54b69

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SENIOR LIVING COMMUNITIES				
Arbor Terrace	Stephanie Lengers, Sales Director	300 Medical Pkwy, Lakeway, TX 78738 stephanie.lengers@arborcompany.com	512-569-0845	https://www.arborcompany.com/locations/texas/lakeway
Arden Courts		11630 Four Iron Drive, Austin, TX 78750	512-918-2800	Arden-Courts.org/Austin
Brookdale Lakeway	Adela Gonzalez	1915 Lohmans Crossing Rd, Lakeway, TX 78734 agonzalez57@brookdale.com	512-261-7146	https://www.brookdale.com/en/communities/brookdale-lakeway.html
Brookdale Lohmans Crossing	Estella Hilton, Sales Director	1604 Lohmans Crossing, Austin, TX 78734 ehilton@brookdale.com	512-261-6653	https://www.brookdale.com/en/communities/brookdale-lohmans-crossing.html?cid=yext
Brookdale Westlake Hills	Karen Crawford, Sales Director	1034 Liberty Park Dr., Austin, TX 78746 karen.Crawford@brookdale.com	512-592-1801	https://www.brookdale.com/en/communities/brookdale-westlake-hills.crcr.html?cid=yext
Buda Oaks	Crista Wallace, Sales Director	1120 Cabela's Drive, Buda, TX 78610 crd@budaoaks.com	512-906-2225	BudaOaks.com
Lavender Springs	Katie Hamilton, Sales Director	13701 Trautwein Rd, Austin, TX 78737 katie@lavendersprings.com	512-858-0211	LavenderSprings.com
Ledgestone Senior Living		13150 Four Star Blvd, Austin, TX 78737 crdil@ledgestonesl.com	512-744-7207	https://www.civitaseniorliving.com/ledgestone/
Longleaf Bee Cave	Natasha Perez, Sales Director	3936 S FM 620, Austin, TX 78738 NPerez@longleafbeecave.com	512-842-4415	LongleafBeeCave.com

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Querencia Retirement Community		2500 BartonCreek Blvd, Austin, TX 78735	866-607-5995	QuerenciaBartonCreek.com
Silverado Barton Springs Memory Care	Shawna Gallegos, Sales Director	5200A Davis Ln. Austin, TX 78749 shawna.Gallegos@silverado.com	512-567-0493	https://www.silverado.com/locations/barton-springs/
SoCo Village: Upscale Senior Living		3700 Payload Pass, Austin, TX 78704	512-522-5858	SoCoVillage.com
The Philomena	Andy Hernandez, Sales Director	350 Philomena Dr., Kyle, TX 78640 crd@thephilomena.com	512-382-0996	ThePhilomena.com
The Watermark Southpark Meadows	Morgan Kelton, Sales Director	9320 Alice Mae Ln., Austin, TX 78748 mrkelton@watermarkcommunities.com	512-222-3224	https://www.watermarkcommunities.com/our-communities/texas/austin/the-watermark-at-southpark-meadows/
Westminster		4100 Jackson Ave, Austin, TX 78731	512-298-5177	WestminsterAustinTX.org
SENIOR LIVING FINDERS & ADVISORS				
Assisted Living Pros	Kimberly Gutierrez	KG@AssistedLivingPros.Net	832-321-7121	AssistedLivingPros.net
Care Patrol -North	Lacie Petsch	lpetsch@carepatrol.com	512-337-3235	https://www.carepatrol.com/advisors/lacie-petsch/
Care Patrol -South	Anna McMaster	amcmaster@carepatrol.com	512-574-0910	CarePatrol.com
Oasis Senior Advisors	John Brown	JBrown@youroasisadvisor.com	512-800-1469	https://www.oasisadvisor.com/austin-central-tx/
Senior Living Advisors of Austin	Sarah Hyde-Williams	Sarah@SLAAustin.com	832-794-8810	SeniorLivingAdvisorsAustin.com
Texas Senior Living Locators	Michael Gill	mgill@texassll.com	512-630-7133	TexasSeniorLivingLocators.com

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SENIOR LIFESTYLE, ACTIVITIES & WELLNESS				
A Gift of Time - Respite	Respite venue: St. John's Methodist Church	414 E. 19th St., Georgetown, TX 78626 -Office 311 E. University Ave., Georgetown, TX 78626 -Respite	512-489-0160	AGiftofTimeGeorgetown.org
Lakeway Activity Center		105 Cross Creek, Lakeway, TX 78734	512-261-1010	https://www.lakeway-tx.gov/64/Activity-Center
Onion Creek Senior Activity Center		420 Bartons Crossing, Buda, TX 78610	512-295-3413	ocscbuda.org
Power for Parkinson's	Dr. Nina Mosier	info@powerforparkinsons.org	512-815-3324	PowerforParkinsons.org
Senior Planet	Online activities			seniorplanet.org
Shalom Austin	Jewish culture Arts, Fitness, Socials, Counseling, Adult Programs	7300 Hart Lane, Austin, TX 78731	512-735-8000	ShalomAustin.org
South Austin Senior Activity Center	SASAC	3911 Menchaca Rd, Austin, TX 78704	512-478-2400	https://www.austintexas.gov/department/south-austin-senior-activity-center
Thrive Social and Wellness Center	Austin 512-458-6305	Round Rock 512-255-4865	512-451-4611	AGEofCentralTX.org
Town Square NW Austin	Senior Day Center	13450 Research Blvd #106, Austin, TX 78750	512-375-4328	https://www.townsquare.net/adult-day-care/texas/north-west-austin/
YMCA in Greater Austin	HAYS 512-523-0099	Dripping Springs 512-894-3309	512-891-9622	AustinYMCA.org
*October 2023	*	*	*	*

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