

Age Well Live Well Resources

The Texas Health and Human Services Commission, 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.

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 their physical activity levels. Call 1-800-252-9240 to find a class.

Age Like a Champion is a program of Age Well Live Well that promotes healthy aging through six training components – physical activity, nutrition, mental health, preventative health behaviors, social engagement and resource awareness. The program can be implemented in a variety of setting and the timeline is determined by the host. Call 1-800-889-8595 for more information.

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://dinnertontight.tamu.edu/>

Fall Prevention in the Home - An Extension-produced video (English and Spanish) featuring six in-home high-risk situations, as well as effective ways to make modifications to the home environment to reduce the risk of falling. <http://fcs.tamu.edu/families/aging/fall-prevention/links/>

Long-term Care Ombudsman - Long-term Care Ombudsmen are advocates for resident rights. They help protect the quality of life and quality of care of anyone who lives in a nursing home or an assisted living facility. Ombudsmen can be volunteers or paid employees of agencies that are independent of a long-term care facility. Services are free, confidential and available statewide. www.dads.state.tx.us/news_info/ombudsman/

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://fcs.tamu.edu/about-our-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 where they live and work. <http://agriflife.org/mwv/>

Medication Management – A program that helps people 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/families/aging/senior-medication-issues/>

Texercise – A health promotions initiative that provides programs, tools and resources to encourage healthy behaviors like engaging in 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

Texas Healthy Communities (TXHC) - The TXHC Program helps communities assess their existing environments and implement local changes to promote public health practices proven to reduce risk factors for chronic diseases. The TXHC Program works with communities to assess their community health infrastructure, guide community-driven initiatives to improve health and recognize them for their efforts. www.dshs.state.tx.us/heart/Texas-Healthy-

Volunteer You'll Be Amazed! – A campaign that encourages people to volunteer with older adults and people with disabilities. It provides volunteer program managers with methods for recruiting, equipping, motivating, retaining and recognizing their volunteers. A variety of volunteer opportunities are offered.

www.volunteeratdads.com

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 1-800-252-9240 to find a class.

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://walkacrosstexas.tamu.edu/>



Texas' 28 area agencies on aging (AAA) help Texans 60 and older, their family members and/or other caregivers receive information and assistance to locate and access community services to help them live in their homes and communities for as long as possible. To locate the nearest area agency on aging, visit www.dads.state.tx.us or call 1-800-252-9240.



Through high-quality, community-based education, the Texas A&M AgriLife Extension Service helps improve the lives of people, businesses and communities across Texas.

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 at: <http://fcs.tamu.edu>.



The Texas Health and Human Services Commission provides an array of programs and services designed to help Texans live independent, healthy lives. To find out more about DADS or to locate services visit: <http://www.hhsc.state.tx.us/>.



The Texas Department of State Health Services (DSHS) is a state agency of Texas providing state-operated health care services, including laboratory testing, hospitals, health centers, and regional and local health agencies. DSHS has a vision for a healthy Texas and a mission to improve the health and well-being in Texas. <https://www.dshs.state.tx.us/>