

Respite Programs

The following programs are for persons with mild to moderate Alzheimer's and related dementia.

Many of them receive training and support from the Capital of Texas Chapter.

Please contact group or leader prior to attending.

Area	Time	Group	Location	Address	Contact	Cost
North Austin	Wednesday 10 - 2	New Adventures	St. Thomas Moore Catholic Church	10205 RR 620 North	Anne Rodriguez (512) 918-8580	Free
	Thursday 9:30-1:30	House of Friends	Bethany United Methodist Church	10010 Anderson Mill Rd	Susie Petersen or David Lutz (512) 258-6017	Free
	Friday 1 - 3	Senior Retreat	Northwest Family YMCA	5807 McNeil Drive	(512) 335-9622	\$20/month
	3 rd Friday 9:30 - 11	Care for the Caregiver	St. Matthew's Episcopal Church	8134 Mesa Dr.	Gidget Fisher (512) 328-2088	Free
Central Austin	Wed 9:30 - 1:30 + 2 nd Sat 10 - 2	Mike's Place	Meals on Wheels and More	3227 E. 5th Street	Marjorie Murphey-Camacho (512) 476-6325 x 138	Free
	Thursday 9:30-1:30	Circle of Friends	Congregation Beth Israel Synagogue	3901 Shoal Creek	Theresa Lyons (512) 845-5374 Faith Steinberg (512) 926-1477	Free
	Friday 11 - 2	Senior Retreat	Town Lake YMCA	1100 W. Cesar Chavez	(512) 799-3426	\$10/session
South Austin	Tuesday 9:30-1:30	The Gathering	Westlake Hills Presbyterian Church	7127 Bee Cave Rd	Debbie Wilder (512) 327-1116	Free
	Thursday 9:30-1:30	The Sanctuary	Faith United Methodist Church	2701 S. Lamar Blvd	(512) 444-6781	Free
Burnet	Tuesday 9:30-1:30	Highland Lakes Respite	First United Methodist Church	909 N. Vandever	Mary Jane Shanes (512) 756-9329 Billie Cobb (512) 756-4092	Free
Copperas Cove	Wednesday 9 - 1	Angel Care Respite	Grace United Methodist Church	101 W. Avenue F	Etta Kay Kirkpatrick (254) 547-9671	Free
Georgetown	Monday 10 - 2	PALS Place	First United Methodist Church	410 E. University Dr	Dot Winecoff (512) 863-2370	Free
	Friday 10 - 2	Close Friends Respite	Well Spring United Methodist	6200 Williams Drive	James Thompson (512) 868-1349	Free
Llano	Monday 10 - 2	Caregiver's Day Out	Pittsburg Avenue Baptist	709 Pittsburgh Ave.	Robbye Floyd (325) 388-3035	Free
Marble Falls	Thursday 9:30 - 1:30	Kendall Respite Center	Fellowship Baptist Church	2702 Mormon Mills Rd.	Janie White or Pastor Matt Homeyer (830) 693-0710	Free
	Friday 9 - 1:30	Wesly Respite Center	First United Methodist Church	1101 Bluebonnet	Dani Seelig (512) 293-6316	Free
Sun City	Thursday 10 - 2	Special Friends	The Worship Place	811 Sun City Blvd.	Lou Gibson (512) 864-1542	Free
Temple	Tuesday 1 - 4:30	Tuesday's Solace	St. Francis Episcopal	5001 Hickory Rd.	Marjorie Lewis (254) 984-2324 Ginger Jones (254) 913-2700	Free
	Thursday 9:30-1:30	Alzheimer's Community Respite	First Lutheran Church	1515 W. Adams Ave	Joyce McKinney (254) 947-8198 Jean Kitchens (254) 771-2942	Free

Adult Day Care Centers

Area	Time	Group	Location	Address	Contact	Cost
Austin	M - F 9 - 5	Travis Co.	Elderhaven	3710 Cedar Street	(512) 451-4611	~\$55/day
Round Rock	M - F 9 - 5	Will Co.	Elderhaven	475 Round Rock W., #120	(512) 255-4865	~\$55/day

What is Respite?

Respite refers to a short time of rest or relief for the caregiver. It allows the caregiver a break from day to day duties while the person with dementia receives care from qualified individuals. There are many different ways respite care can be provided:

- In a home, community organization, church, synagogue, or residential facility.
- For part of the day, evening or overnight.
- By paid staff, volunteers, family or friends.
- Occasionally or on a regular basis.

Respite care can be very beneficial to the health and well being of the person providing care as well as the person with dementia.

Central Texas Respite

In 2001, a church in Austin, TX began an Alzheimer's program providing 4 hours of free care every week for the person with Alzheimer's disease or related dementia in a volunteer setting. In 2004, the Alzheimer's Association Capital of Texas Chapter obtained a grant from St. David's Foundation to develop a respite program in Central Texas. As a result of the generous funding from St. David's Foundation, the Alzheimer's Association successfully opened 5 programs in 2004. Due to a firm commitment of our Board of Directors and generous donors, the Alzheimer's Association has helped organize, train, and open 7 additional programs since the original grant funding for the project. Thank you St. David's for starting the momentum behind community respite programs in Central Texas!

2004

CHEERS
Round Rock, TX

House of Friends
Austin, TX

Circle of Friends
Sun City, TX

The Sanctuary
Austin, TX

Special Friends
Austin, TX

2005
Highland Lakes Respite Center
Burnet, TX

2006
Thursday's Club
Temple, TX

2006

Angel Care Regional Respite
Copperas Cove, TX

PALS Place
Georgetown, TX

2008

Tuesday's Solace
Temple, TX

2009

Kendall Respite Center
Marble Falls, TX

2010

Caregiver's Day Out
Llano, TX

2012

Wesly Respite Center
Marble Falls, TX