



**www. YourCommunityGuide.org**

## **Resource & Referral Directory of Services For Seniors**

*June - 09*

*Your Community Guide (YCG)* is a locally owned company in Austin, Texas maintaining current information about community resources. The site is oriented towards families; particularly in their caregiving roles as custodians for children and/or senior family members and hosts a database of over 150 categories of community agencies, businesses, and services available to central Texas families. It is searchable by Zip Code, Category, or Key Word.

*“Information for All Ages”* go to

<http://www.yourcommunityguide.org> or one of our affiliate sites:

<http://www.afterschoolhelp.info>

<http://www.caregivinghelp.info>

If you are caring for a "senior" member of your family, or you yourself are a senior caring for other family members, the *Area Agency on the Aging of the Capital Area* can help (see their listing under "Senior General Resources"). They offer Information and Referral, Education and Training Workshops, Caregiver Support Groups, and Adult Day Programs.

- Abuse & Neglect
- Adult Day Care
- Alzheimer's Special Care
- Assisted Living
- Fitness Matters
- Independent Living
- Lunch Sites
- Nursing Homes
- Personal Care Homes
- Respite Care
- Retirement
- Senior Activities & Getaways
- Senior General Resources
- Transportation: older adults

***Your Community Guide is supported by local businesses and services. Click here for a current list of our advertisers:***

<http://www.yourcommunityguide.org/guide/?ct=121>