

Dementia Respite Programs

These community-based programs serve both memory-impaired individuals and their caregivers. Respite participants enjoy socially-enriching and fun activities while their caregivers take a break from caregiving responsibilities. Program activities can include music, exercise, games, dancing, arts and crafts, and a meal. Some sites offer concurrent caregiver support groups.

Respite programs are generally offered free of charge or for a nominal fee. Expenses are covered by in-kind and monetary donations from area businesses and individuals. Programs are staffed by volunteers.

Admission to each respite program is at the discretion of its program director, based upon the stage of dementia and the care needs of the participant. All persons are considered without regard to race, religion, sex, nationality, or place of residence.

	Name/Contact Information	Days/Times	Location
GREATER AUSTIN	Bright Horizons Pat Thompson 512-261-8500 Pat.thompson@emmauslakeway.com	Mondays 10 a.m. – 2 p.m.	Emmaus Catholic Church 1718 Lohmans Crossing Road Lakeway, TX 78734
	Circle of Friends Theresa Lyons 512-845-5374	Thursdays 9:30 a.m. – 1:30 p.m.	Congregation Beth Israel 3901 Shaol Creek Austin, TX 78756
	The Gathering Debbie Wilder 512-327-1116	Tuesdays 9:30 a.m. – 1:30 p.m.	Westlake Hills Presbyterian Church 7127 Bee Cave Road Austin, TX 78746
	House of Friends Susie Peterson David Lutz 512-258-6017	Thursdays 9:30 a.m. – 1:30 p.m.	Bethany United Methodist Church 10010 Anderson Mill Road Austin, TX 78750
	Mike's Place Theresa Zelazny 512-476-6325 x138 tzelazny@mealsonwheelscentraltexas.org	Odd Months: 2 nd Tuesday Even Months: 2 nd Wednesday 12:15 p.m. – 1:30 p.m.	Meals on Wheels Central Texas 3227 E. 5 th Street Austin, TX 78702
	New Adventures John Bubel 512-258-9079	Wednesdays 10:00 a.m. – 2:00 p.m.	St. Thomas Moore Catholic Church 10205 RR 620 North Austin, TX 78726

	Radiant Friends Barbara Cross 512-250-0826	Tuesdays 9:30 a.m. – 1:30 p.m.	Great Hills Baptist Church 10500 Jollyville Road Austin, TX 78759
	The Sanctuary 512-444-6781	Thursdays 9:30 a.m. – 1:30 p.m.	Faith United Methodist Church 2701 S. Lamar Blvd. Austin, TX 78704
	The Senior Retreat Jenny Larson 512-542-39622	Fridays 11:00 a.m. – 2:00 p.m.	Town Lake YMCA 1100 W. Cesar Chavez Austin, TX 78703
HILL COUNTRY	Highland Lakes Respite Center Diane Caruthers 512-793-6958 Mary Jane Shanes 512-756-9329	Tuesdays 9:30 a.m. – 1:30 p.m.	First United Methodist Church 301 East Graves Burnet, TX 78611
	Kendall Respite Center Gay Bergman 830-385-4244	Thursdays 9:30 a.m. – 1:30 p.m.	Fellowship Baptist Church 2702 Mormon Mill Road Marble Falls, TX 78654
	Caregivers' Day Out Melinda Wheeler 325-247-4222	Mondays 10 a.m. – 2 p.m.	Pittsburg Avenue Baptist Church 709 Pittsburg Avenue Llano, TX 78643
GEORGETOWN AND SUN CITY	Close Friends Ministry Jim and Mary Thompson 512-868-1349	Fridays 10 a.m. – 2 p.m.	Wellspring United Methodist Church 6200 Williams Drive Georgetown, TX 78633
	PALS Place 512-863-2370	Mondays 10 a.m. – 2 p.m.	First United Methodist Church 410 E. University Georgetown, TX 78626
	Special Friends Cheryl White 512-864-1380	Thursdays 10 a.m. – 2 p.m.	The Worship Place 811 Sun City Blvd. Sun City, TX 78328

