

Texas Health and Human Services

Aging Services Coordination Office

The Health and Human Services (HHS) Aging Services Coordination (ASC) office coordinates and promotes the states aging services and programs to ensure older Texans and communities are provided with information that will help them prepare for aging issues. ASC also administers programs and special projects designed to enhance the quality of life for older Texans.

ASC Vision

That older Texans have opportunities to age and live well.

ASC Mission

To support older Texans to age and live well by:

- Connecting and coordinating aging services and programs
- Building partnerships to enhance and expand existing resources
- Raising awareness of aging issues and available resources
- Creating innovative programs to meet needs

ASC Programs and Initiatives

Aging Texas Well

The Aging Texas Well (ATW) program helps Texans prepare for all aspects of aging at both the individual and the community level. Established in 2005 by Executive Order R.P. 42, ATW and HHS are directed to identify and discuss policy issues, guide state government readiness, and promote increased community preparedness for an aging Texas population. ATW creates awareness on the importance of aging well by providing resources, expertise and opportunities to help all Texans age well. ATW also provides guidance to state and local infrastructures by supporting the development of local laws, policies, and services.

For more information please visit: <https://hhs.texas.gov/about-hhs/leadership/advisory-committees/aging-texas-well>.

Age Well Live Well

The Age Well Live Well (AWLW) campaign benefits individuals, organizations and communities by improving the quality of life for older adults. The campaign focuses on providing older Texans with options to **be healthy, be connected, and be informed** of aging issues and community resources. One way the campaign impacts local communities is through AWLW Collaboratives. Collaborative partners include public, private, nonprofit, academic and faith-based organizations that share the goal of positively affecting the lives of older Texans. Collaboratives work together to share resources, promote wellness issues, identify needs, develop solutions and create inclusive events and programs that support their community.

For more information please visit: www.AgeWellLiveWell.org.

Database of Aging Programs and Services

ASC is compiling a database of programs and services for adults 50 and older in Texas that will include eligibility, funding sources, reporting mechanisms and contact information. The database will provide HHS and stakeholders with a high-level snapshot of the services available and methods to identify gaps, duplications and coordination opportunities.

Texercise

A statewide health promotions initiative of HHS, Texercise educates and involves adults 45 and older in physical activities and proper nutrition. Through Texercise, individuals and communities are provided with tools and resources to assist them in making healthy lifestyle changes. A few examples of the resources available include the Texercise handbook with detailed drawings and explanations of key physical activity exercises, Texercise Classic a 12-week program with incentives, and Texercise Select a structured 10-week program that features evidence-based methods. For more information please visit: www.texercise.com.

ASC Special Projects Focus: Social Connection

The 4 R's of Volunteer Management

"4Rs training for Activity Directors" is volunteer manager training that covers recruiting, retaining, recognizing and relating to volunteers. The training can be provided in either one or two hours, via in person or as a webinar, and continuing education credits are offered. For more information please visit: <https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well/volunteer-program-resources>.

Silver Lining

Silver Lining is a partnership between HHSC and the Girl Scout councils in Texas. Girl Scout troops are connected with a nursing home or assisted living facility in their area for volunteer service. In the fall of 2016 the Girl Scouts of Northeast Texas and ASC launched a Silver Lining pilot project where an online "matching" system was developed that allowed the Girl Scout troops to select from facilities that enrolled to have volunteers. The program will be evaluated for potential roll out to other councils. Presently, Girl Scout councils and troops approach a facility directly and only contact ASC to request assistance. For more information please contact us or visit: <https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well/silver-lining>.

Civil Money Penalty (CMP) Project

ASC received funding from the CMP¹ to implement a research project that will provide practical guidance to nursing facilities on how to recruit and retain volunteers and develop volunteer programming. With robust volunteer support in at-risk facilities, both the residents' quality of care and staff job satisfaction would improve. The research project will begin September 2017.

Contact us

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¹ The Centers for Medicare & Medicaid Services (CMS) imposes civil money penalties (CMPs) against Medicare or Medicaid certified nursing facilities found out of compliance with the federal requirements for long-term care facilities. CMP funds are to be used for projects and activities that benefit residents.