

## My Life, My Health

Older adults can learn skills that will help them enjoy a more active, independent lifestyle. Our classes include:

- **A Matter of Balance** – Classes designed to reduce falls and the fear of falling
- **Chronic Disease Self Management Program** – Classes helping people with different chronic diseases manage their health and take control of their lives
- **Diabetes Self Management Program** – Classes helping people manage their diabetes

For a schedule of courses see our website: [www.mylifemyhealth.info](http://www.mylifemyhealth.info)



Just Ask  
Llámenos

## Alamo Service Connection

(210) 477-3275

Toll-Free: 1-866-231-4922

[www.askasc.org](http://www.askasc.org)

ASC is a free, local Aging and Disability Resource Center (ADRC) for:

- People age 60 and above
- Adults 18 and above with Disabilities
- Veterans and Spouses of Veterans
- Families and Friends caring for people of any age, from infants to seniors
- Grandparents raising grandchildren
- Health care and social services professionals



Funded through the Texas Department of Aging and Disability Services  
Alamo Area Council of Governments

Your  
Gateway  
to Aging  
Resources  
in Bexar  
County



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## Who We Are

The AACOG Bexar Area Agency on Aging (BAAA) helps people 60 and over to live independently in their own homes.

BAAA is a free service funded by the federal Older Americans Act and the Texas Department of Aging and Disability Services (DADS).



## Our Purpose

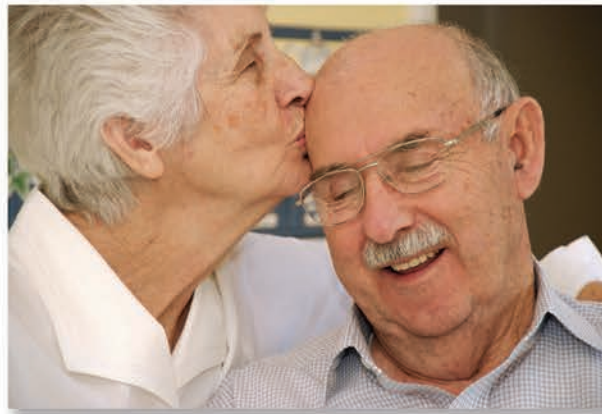
Helping older people, especially those who are frail, living alone, recently discharged from a hospital, or on a low income, get the support they need to live well, feel well, and age well.

## Who We Serve

Bexar AAA serves:

- Adults age 60 and above
- Families and friends who are helping to care for another person, including children and adults of any age
- Grandparents or other adults age 55 and above raising children under 18 years
- Veterans 60 and above and their surviving spouses

Services are available to all people meeting these criteria, with priority given to individuals with lower income, advanced age or disability.



## What is the Cost for Services?

Services are provided at no charge. Donations are welcomed to help us help more seniors.

## Direct Services

Call BAAA if you need help with any of the following:

- Information, Referral and Assistance
- Benefits Counseling:
  - Medicare, Medicaid, Insurance, Social Security, Extra Help Programs
- Legal Assistance
- Concerns about nursing home care
- Care Coordination:
  - Home visits by experts on aging
  - Homemaker and Personal Care Services
  - Ramps and Grab Bars
  - Transportation
- Family Caregiver Program:
  - Learning how to care for a loved one's medical needs
  - Finding financial and other resources
  - Support services, including respite, for caregivers of children and adults with special needs

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For information

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