

Resources and Support for Family Caregivers: Alzheimer's Disease and Other Dementias

Note: External links to other sites are intended to be informational and do not have the endorsement of the Texas Department of State Health Services. These sites may also not be accessible to persons with disabilities.

The resources below provide resources, information and support for people with Alzheimer's disease and other dementias and their caregivers, families and friends. They include community-based organizations, national organizations and government agencies. Contact them for information about getting a diagnosis, treatment, disease management, risk factors, family caregiver information and support, as well as local, state and national resources.

Learn About Alzheimer's Disease and Other Dementias, Local and State Resources, and Caregiver Support in Texas

Alzheimer's Association

1.800.272.3900 - 24/7 Helpline

TDD: 1.866.403.3073

www.alz.org

The Alzheimer's Association provides information and support for family caregivers, health care providers, researchers, and the public. Some of the programs they offer include a 24/7 Helpline; comprehensive information on risk factors; diagnosis and treatment options; day-to-day care; legal and financial planning; safety services and MedicAlert®+ Alzheimer's Association Safe Return®; current research; Association news releases; and referrals to local support groups.

Link to local chapters for available programs and services.

[Houston & Southwest Texas](http://www.alz.org/texas/)

<http://www.alz.org/texas/>

[San Antonio and South Texas](http://www.alz.org/sanantonio/)

<http://www.alz.org/sanantonio/>

[Capital of Texas \(Austin\)](http://www.alz.org/austincapital/)

<http://www.alz.org/austincapital/>

[Greater Dallas \(Dallas\)](http://www.alz.org/greaterdallas/)

<http://www.alz.org/greaterdallas/>

[North Central Texas \(Ft. Worth\)](http://www.alz.org/northcentraltexas/)

<http://www.alz.org/northcentraltexas/>

[West Texas \(El Paso\)](http://www.alz.org/westtexas/)

<http://www.alz.org/westtexas/>

Alzheimer's Texas (central Texas)

512-241-0420 or 1-800-367-2132 – 24/7 Helpline

<http://www.txalz.org/>

Alzheimer's Texas provides information, referrals, and a variety of support programs for people with Alzheimer's disease and other dementias, and their family members, caregivers and professionals. Some of the programs they offer include 24/7 Helpline; consultations; education; training; early stage support; caregiver support; and community respite development. Contact them for a complete list of programs.

Alzheimer's Alliance of Smith County (Tyler)

903-509-8323

<http://www.alzalliance.org/>

The Alzheimer's Alliance of Smith County provides programs and services to individuals in Smith County with any type of dementia, their families and the professionals who care for them. Some of the programs they offer include caregiver support groups; a tracking program for wanderers; personal consultation with a social worker; day respite program; education; free memory screenings; and a resource library of books and DVDs. Contact them for a complete list of programs.

Texas Health and Human Services (HHSC)

HHSC supports families and caregivers by increasing access to available support services in their communities.

Aging and Disability Resource Center (ADRC)

1-855-937-2372

<https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>

ADRCs can help you learn what services you may qualify for with Medicare and Medicaid and provide information on care facilities and respite care.

Area Agencies on Aging (AAA)

1-800-252-9240

<https://www.dads.state.tx.us/contact/aaa.cfm>

The 28 area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services. Services include:

- Information, referral and assistance
- Benefits counseling and legal assistance
- Care coordination
- Caregiver support services
- In-home support services
- Legal awareness
- Nutrition services
- Ombudsman Program

National Resources to Learn About Alzheimer’s Disease and Other Dementias

Alzheimer’s Association *2021 Alzheimer’s Disease Facts and Figures*

<https://www.alz.org/alzheimers-dementia/facts-figures>

This national report is updated each year and provides Alzheimer’s disease statistics and information by state on prevalence, incidence, mortality and morbidity, costs of care, and caregiving.

National Institute on Aging (NIA)

NIA provides information and resources on Alzheimer’s and other dementias through Alzheimers.gov and the Alzheimer’s Disease Education and Referral (ADEAR) Center.

Alzheimers.gov

www.alzheimers.gov

Provides information on Alzheimer’s and other dementias, resources for people living with dementia and their family caregivers, and clinical trials.

Alzheimer's Disease Education and Referral (ADEAR) Center

1-800-438-4380

TTY: 800-222-4225

Email the ADEAR mailbox: adear@nia.nih.gov

<https://www.nia.nih.gov/health/alzheimers>

<https://www.nia.nih.gov/health/about-adear-center>

Provides current and comprehensive information on Alzheimer's disease and other dementias from the National Institute on Aging. Information Specialists are available to assist with questions about Alzheimer's disease other dementias; information for caregiving; free publications about symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips, and research; referrals to local supportive services and research centers that specialize in research and diagnosis; Spanish language resources; clinical trials information; and training materials, guidelines, and news updates.

Alzheimer's Foundation of America

1.866.232.8484

<https://alzfdn.org/>

Provides education and support to people living with Alzheimer's disease and their families and caregivers, and funds research toward improved treatments and a cure.

Information on Diagnosis and Treatment

Talk with your primary care physician about getting a diagnosis. Your physician may refer you to other specialists such as a neurologist or diagnostic center if there is one in your area.

Alzheimer's Association

1.800.272.3900 - 24/7 Helpline

TDD: 1.866.403.3073

www.alz.org

Diagnosis

For information on diagnosing Alzheimer's disease, visit the Alzheimer's Association: [Diagnosis Information](#)

(En Español: [Diagnostico](#))

In English: https://www.alz.org/alzheimers-dementia/diagnosis/medical_tests
En Español: <https://www.alz.org/alzheimer-demencia/diagnostico>

Treatment

For information on the treatment of Alzheimer’s disease, visit the Alzheimer’s Association: [Treatment Information](#)
(En Español: [Tratamientos](#))

In English: <https://www.alz.org/alzheimers-dementia/treatments>
En Español: <https://www.alz.org/alzheimer-demencia/tratamientos>

Information on Medicaid, Medicare, and Caregiver Support Programs

Texas Health and Human Services (HHSC)

Contact these HHSC resources for information on Medicaid, Medicare, and Caregiver Support Programs

[Aging and Disability Resource Center \(ADRC\)](#)

1-855-937-2372

<https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>

ADRCs can help you learn what services you may qualify for with Medicare and Medicaid and provide information on care facilities and respite care.

[Area Agencies on Aging \(AAA\)](#)

1-800-252-9240

<https://www.dads.state.tx.us/contact/aaa.cfm>

The 28 area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services. Contact them for information regarding benefits counseling and legal assistance.

Medicaid

1-800-252-8263

Toll-free number for general information.

- [Programs for Seniors and Aging](https://hhs.texas.gov/services/health/medicaid-chip/programs-services/programs-seniors-aging)
<https://hhs.texas.gov/services/health/medicaid-chip/programs-services/programs-seniors-aging>
- [Medicaid and Children's Health Insurance Program \(CHIP\)](https://hhs.texas.gov/services/health/medicaid-chip)
<https://hhs.texas.gov/services/health/medicaid-chip>

Medicare

- <https://hhs.texas.gov/services/health/medicare>

Medicare: Official U.S. Government Site

1-800-633-4227

www.medicare.gov

Toll-free number for general information.

Official U.S. government site for Medicare information on eligibility, enrollment, and premiums.

- Search tools for state-specific information on health plan choices; nursing home comparisons; prescription drug programs; participating physicians; and plan coverage.

Call 2-1-1

A hotline service for people looking to get help and find the services they need.

<https://www.211texas.org/>

Additional Information about Alzheimer's Disease and Other Dementias

Younger-onset Alzheimer's

<https://www.alz.org/help-support/i-have-alz/younger-onset>

Down Syndrome and Alzheimer's Disease

<http://www.alz.org/dementia/down-syndrome-alzheimers-symptoms.asp>

Lesbian, Gay, Bisexual, Transgender (LGBT) Communities
<https://www.alz.org/media/Documents/lgbt-dementia-issues-brief.pdf>

Intellectual and Developmental Disabilities and Dementia
<https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care>
(Texas Health and Human Services)

Resources for Veterans

U. S. Department of Veterans Affairs Geriatrics and Extended Care

Veterans Crisis Line

1-800-273-8255

https://www.va.gov/GERIATRICS/Alzheimers_and_Dementia_Care.asp

Provides information on services provided for older veterans and veterans with dementia.

VA's Caregiver Support Line

1-855-260-3274

<https://www.caregiver.va.gov/>

Provides education and support for caregivers caring for veterans.

Long-Term Care Facilities in Texas

Texas Health and Human Services (HHSC)

These resources provide information on finding care facilities in Texas.

Long-term care information

<https://hhs.texas.gov/services/aging/long-term-care>

Learn about what long-term care is and ways to determine what you need.

Long-term care provider search

<https://apps.hhs.texas.gov/LTCSearch/>

Finding long-term care for yourself or a family member is an important task. While nothing can replace visiting a facility or meeting with a provider in person, the Long-Term Care (LTC) Provider Service can help you learn more about these providers and facilities.

Long-term care Nursing Facility Directory

<https://apps.hhs.texas.gov/providers/directories/NF.PDF>

Provides a list of nursing facilities in Texas. For Alzheimer's certified facilities, look for the words 'Cert AlzhCapacity.'

Area Agencies on Aging (AAA)

1-800-252-9240

<https://www.dads.state.tx.us/contact/aaa.cfm>

To learn more about care facilities in your area, contact the long-term care ombudsman for your county through the AAA. The 28 area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services.

Caregiver Wellbeing and Support

Texas Area Agency on Aging (AAA) Caregiver Support Program

1-800-252-9240

<https://www.dads.state.tx.us/contact/aaa.cfm>

Provides information for caregivers about available services, assistance in gaining access to services, referrals to programs regarding caregiving and respite care information.

Listed below are national resources that offer education, referrals and support to caregivers.

WellMed Charitable Foundation (National)

1-866-390-6491 (Toll Free)

<https://www.wellmedcharitablefoundation.org/caregiver-support/>

AARP Caregiver Resource Center

1-877-333-5885 (1-888-971-2013 in Spanish)

www.aarp.org/caregiving

Caregiver Action Network

855-227-3640

www.Caregiveraction.org

Family Caregiver Alliance

1-800-445-8106

www.caregiver.org

Respite Care – When Caregivers Need a Break

Take Time Texas

<https://www.dads.state.tx.us/taketimetexas/>

Respite care is a rest or a break from providing care for others that gives caregivers a temporary break in their responsibilities to care for themselves. Visit the Take Time Texas websites to learn more about respite care in your area.

Reporting Abuse of Older Adults and Consumer Protection

Texas Department of Family and Protective Services

Texas Adult Protective Services (APS)

1-800-252-5400

https://www.dfps.state.tx.us/Adult_Protection/

APS investigates abuse, neglect, and exploitation of adults who are elderly or have disabilities. Any adult who has a disability or who is age 65 or older over that is in a state of abuse, neglect, or exploitation may be eligible to receive adult protective services.

Office of the Attorney General, Consumer Protection Division

Phone: 1-800-621-0508

<https://www.texasattorneygeneral.gov/seniors/senior-texans-page>

Register complaints against businesses; report senior fraud. The Senior Texans page includes information on consumer protection; rights of the elderly; choosing a nursing home; advance planning, health and safety; and Senior Alerts.

Office of the Long-Term Care Ombudsman

Phone: 1-800-252-2412

https://apps.hhs.texas.gov/news_info/ombudsman/

Investigates and helps resolve nursing home complaints. Helps with choosing a nursing home.

Advance Directives

Legal Hotline for Texans: 1-800-622-2520

www.tlsc.org/

The Legal Hotline for Texans offers free legal advice, self-help publications, and referrals to Texans over the age of 60 and Texans who receive Medicare. To receive services, you must be over the age of 60 or a Medicare recipient.

Texas Health and Human Services (HHS) Advance Directives

<https://hhs.texas.gov/laws-regulations/forms/advance-directives>

Provides information about directives and free forms.

Supportive Decision Making

Texas Council for Developmental Disabilities

<http://www.tcdd.texas.gov/resources/guardianship-alternatives/supported-decision-making/>

Provides information for people with developmental disabilities.

Personal Safety

Silver Alert Program of the Texas Department of Public Safety

512-424-2208

Read about the program requirements at this website:

<https://www.dps.texas.gov/IntelligenceCounterterrorism/Alerts/SilverAlertOverview.htm>

This program sends out public alerts for missing older adults with a documented mental condition. A physician's letterhead, indicating the impaired mental condition, date of diagnosis, patient's name, with physician's signature is recommended to satisfy the documentation requirement.

MedicAlert®+ Alzheimer's Association Safe Return®

1.800.272.3900

TDD: 1.866.403.3073

<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>

A 24-hour nationwide emergency response service for individuals with Alzheimer's that wander or who have a medical emergency.

Project Lifesaver - Alzheimer's Alliance of Smith County (Tyler)

903-509-8323

<http://www.alzalliance.org/how-we-help/project-lifesaver/>

Provides a tracking system to help locate people with dementia who wander.

Insurance

Texas Department of Insurance

1-800-252-3439

<http://www.tdi.texas.gov/index.html>

Provides information on many insurance topics as well as assistance and education to consumers.

Texas Health Options

<http://www.texashealthoptions.com/index.html>

A State of Texas resource for understanding how to find and use health insurance.

Texas Long-Term Care Partnership: Own Your Future

<http://ownyourfuturetexas.org/>

Created by the Texas Legislature to give Texans the information and tools needed to plan for long-term care. This resource provides information on understanding long-term care, costs to consider and making a plan.

Healthy Aging

National Institute on Aging

<https://www.nia.nih.gov/>

Centers for Disease Control and Prevention (CDC) Healthy Aging Program

<https://www.cdc.gov/aging/index.html>

AARP

<http://www.aarp.org/>

Hospice

National Hospice and Palliative Care Organization

<https://www.nhpco.org/>

Provides information on hospice and palliative care, suggestions for choosing a provider, and a provider search tool.