

# 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.*

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## **Texas Alzheimer's Disease and Other Dementias Support Organizations**

### **Alzheimer's Association**

1.800.272.3900 - 24/7 Helpline

**TDD:** 1.866.403.3073

[alz.org](http://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://alz.org/texas/)

[alz.org/texas/](http://alz.org/texas/)

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

[alz.org/sanantonio/](http://alz.org/sanantonio/)

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

[alz.org/austincapital/](http://alz.org/austincapital/)

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

[alz.org/greaterdallas/](http://alz.org/greaterdallas/)

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

[alz.org/northcentraltexas/](http://alz.org/northcentraltexas/)

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

[alz.org/westtexas/](http://alz.org/westtexas/)

### **Alzheimer's Texas (central Texas)**

512-241-0420 (24/7 Helpline)

Email a message at [TXPrograms@txalz.org](mailto:TXPrograms@txalz.org) with your question or concern.

[txalz.org/](http://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

[alzalliance.org/](http://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.

#### **Area Agencies on Aging (AAA)**

1-800-252-9240

[apps.hhs.texas.gov/contact/aaa.cfm](https://apps.hhs.texas.gov/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

#### **Aging and Disability Resource Center (ADRC)**

1-855-937-2372

[hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center](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.

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

**Alzheimer’s Association** [2024 Alzheimer's Disease Facts and Figures](https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf)  
[alz.org/media/Documents/alzheimers-facts-and-figures.pdf](https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf)

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](https://www.alzheimers.gov) and the Alzheimer’s Disease Education and Referral (ADEAR) Center.

### **[Alzheimers.gov](https://www.alzheimers.gov)**

[alzheimers.gov](https://www.alzheimers.gov)

[alzheimers.gov/es](https://www.alzheimers.gov/es) (En Español)

Provides information in English and Spanish 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](mailto:adear@nia.nih.gov)

[nia.nih.gov/health/alzheimers](https://nia.nih.gov/health/alzheimers)

[nia.nih.gov/health/about-adear-center](https://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

[alzfdn.org/](http://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. Learn about their [National Memory Screening Program](http://alzfdn.org/memory-screening/) [alzfdn.org/memory-screening/](http://alzfdn.org/memory-screening/).

### **Younger-onset Alzheimer's**

[alz.org/help-support/i-have-alz/younger-onset](http://alz.org/help-support/i-have-alz/younger-onset)

### **Down Syndrome and Alzheimer's Disease**

[alz.org/dementia/down-syndrome-alzheimers-symptoms.asp](http://alz.org/dementia/down-syndrome-alzheimers-symptoms.asp)

### **Lesbian, Gay, Bisexual Communities**

[alz.org/media/Documents/lgbt-dementia-issues-brief.pdf](http://alz.org/media/Documents/lgbt-dementia-issues-brief.pdf)

### **Intellectual and Developmental Disabilities and Dementia**

[hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care](http://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care) (Texas Health and Human Services)

## **Resources for Getting a 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.

### **The Biggs Institute for Alzheimer's and Neurodegenerative Diseases at UT Health San Antonio**

210-450-9960

[biggsinstitute.org](http://biggsinstitute.org)

This is a National Institute on Aging (NIA)-designated Alzheimer's Disease Research Center. Contact them for information about getting a diagnosis, clinical trials, and educational resources.

### **Federally Qualified Health Centers (FQHCs)**

Health Resources & Services Administration (HRSA) Contact Center: 877-464-4772;  
TTY: 877-897-9910

[findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)

FQHCs are community-based health care providers that receive funds from the HRSA Health Center Program to provide primary care services in underserved areas. They

provide services regardless of patients' ability to pay and charge for services on a sliding fee scale. Use this search tool to find an FQHC in your area.

### **Alzheimer's Association**

1.800.272.3900 - 24/7 Helpline

**TDD:** 1.866.403.3073

[alz.org](http://alz.org)

### ***Diagnosis***

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

(En Español: [Diagnostico](#))

In English: [alz.org/alzheimers-dementia/diagnosis/medical\\_tests](http://alz.org/alzheimers-dementia/diagnosis/medical_tests)

En Español: [alz.org/alzheimer-demencia/diagnostico](http://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: [alz.org/alzheimers-dementia/treatments](http://alz.org/alzheimers-dementia/treatments)

En Español: [alz.org/alzheimer-demencia/tratamientos](http://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

### **Area Agencies on Aging (AAA)**

1-800-252-9240

[apps.hhs.texas.gov/contact/aaa.cfm](http://apps.hhs.texas.gov/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.

### **Aging and Disability Resource Center (ADRC)**

1-855-937-2372

[hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center](http://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.

### **Medicaid**

1-800-252-8263

Toll-free number for general information.

- Programs for Seniors and Aging  
[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)  
[hhs.texas.gov/services/health/medicaid-chip](https://hhs.texas.gov/services/health/medicaid-chip)

### **Medicare**

- [hhs.texas.gov/services/health/medicare](https://hhs.texas.gov/services/health/medicare)

### **Medicare: Official U.S. Government Site**

1-800-633-4227

[medicare.gov](https://www.medicare.gov)

Toll-free number for general information.

Official U.S. government site for Medicare information on eligibility, enrollment, and premiums. Includes 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 for community and care services.

[211texas.org](https://211texas.org)

## **Resources for Veterans**

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

#### **Veterans Crisis Line**

1-800-273-8255

[va.gov/GERIATRICS/Alzheimers\\_and\\_Dementia\\_Care.asp](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

[caregiver.va.gov/](http://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**

[hhs.texas.gov/services/aging/long-term-care](http://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**

[apps.hhs.texas.gov/LTCSearch/](http://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**

[hhs.texas.gov/providers/long-term-care-providers/nursing-facilities-nf](http://hhs.texas.gov/providers/long-term-care-providers/nursing-facilities-nf)

Provides a list of nursing facilities in Texas. Look for the heading: Directories and Licensure and Regulation Tags.

#### **Area Agencies on Aging (AAA)**

1-800-252-9240

[apps.hhs.texas.gov/contact/aaa.cfm](http://apps.hhs.texas.gov/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

[hhs.texas.gov/providers/long-term-care-providers/area-agencies-aging-aaa](https://hhs.texas.gov/providers/long-term-care-providers/area-agencies-aging-aaa)

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)

[wellmedcharitablefoundation.org/caregiver-support/](https://wellmedcharitablefoundation.org/caregiver-support/)

### **AARP Caregiver Resource Center**

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

[aarp.org/caregiving](https://aarp.org/caregiving)

### **Caregiver Action Network**

855-227-3640

[Caregiveraction.org](https://caregiveraction.org)

### **Family Caregiver Alliance**

1-800-445-8106

[caregiver.org](https://caregiver.org)

## **Respite Care – When Caregivers Need a Break**

### **Take Time Texas**

[apps.hhs.texas.gov/taketimetexas/](https://apps.hhs.texas.gov/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

[dfps.state.tx.us/Adult\\_Protection/](https://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

[texasattorneygeneral.gov/seniors/senior-texans-page](https://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

[apps.hhs.texas.gov/news\\_info/ombudsman/](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**

[tlsc.org/](https://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**

[hhs.texas.gov/laws-regulations/forms/advance-directives](https://hhs.texas.gov/laws-regulations/forms/advance-directives)

Provides information about directives and free forms.

### **Supported Decision Making**

[supporteddecisionmaking.org/in-your-state/texas/](https://supporteddecisionmaking.org/in-your-state/texas/)

[texaslawhelp.org/guide/i-am-looking-for-an-alternative-to-guardianship](https://texaslawhelp.org/guide/i-am-looking-for-an-alternative-to-guardianship)

[disabilityrightstx.org/en/category/supported-decision-making/](https://disabilityrightstx.org/en/category/supported-decision-making/)

## Personal Safety

### **Silver Alert Program of the Texas Department of Public Safety**

512-424-2208

[dps.texas.gov/section/intelligence-counterterrorism/silver-alert](https://dps.texas.gov/section/intelligence-counterterrorism/silver-alert)

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®**

1.800.272.3900

TDD: 1.866.403.3073

[alz.org/care/dementia-medic-alert-safe-return.asp](https://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

[alzalliance.org/lifesaver/](https://alzalliance.org/lifesaver/)

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

## Insurance

### **Texas Department of Insurance**

1-800-252-3439

[tdi.texas.gov/index.html](https://tdi.texas.gov/index.html)

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

### **Texas Health Options**

[texashealthoptions.com/index.html](https://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**

[ownyourfuturetexas.org/](https://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

### Texas Health and Human Services Commission

#### **[Age Well Live Well](#)**

[hhs.texas.gov/about/community-engagement/age-well-live-well](https://www.hhs.texas.gov/about/community-engagement/age-well-live-well)

Age Well Live Well is a statewide healthy aging campaign, promotes easy pathways to available resources and emphasizes how to make healthy changes using three core message areas: Be Healthy, Be Connected, and Be Informed.

#### **[Texercise](#)**

<https://www.hhs.texas.gov/services/health/wellness/texercise>

Texercise is a health promotions initiative, provides free physical activity and nutrition resources to educate, motivate and engage adults 45 and older in healthy behaviors.

#### **[Program of All-Inclusive Care for the Elderly](#)**

<https://www.medicaid.gov/medicaid/long-term-services-supports/program-all-inclusive-care-elderly/index.html>

This program assists adults 55 and older, who qualify for nursing home care, with receiving in-home services, helping them to age-in-place. Services can include medical care, personal care, social connection, medication, rehabilitation, transportation and more.

#### **[Eldercare Locator](#)**

<https://eldercare.acl.gov/Public/Index.aspx>

This is a free national service provided by the U.S. Administration on Aging, helps older adults find local resources, including legal, financial, home repair, caregiving and transportation resources.

#### **[National Institute on Aging](#)**

[nia.nih.gov/](https://www.nia.nih.gov/)

#### **[Centers for Disease Control and Prevention \(CDC\) Healthy Aging Program](#)**

[cdc.gov/aging/index.html](https://www.cdc.gov/aging/index.html)

#### **[AARP](#)**

[aarp.org/](https://www.aarp.org/)

## Hospice

### **National Hospice and Palliative Care Organization**

[nhpco.org/](http://nhpco.org/)

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