

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

General Resources

The following resources are widely accessible and offer education and support around the state.

Alzheimer's Support Organizations in Texas

Alzheimer's Texas (Central Texas)

txalz.org

512-241-0420

Alzheimer's Texas provides information, referrals and a variety of support programs for people with Alzheimer's disease and other forms of dementia, and their family members, caregivers and professionals.

Alzheimer's Association, Capital of Texas Chapter

alz.org/texascapital

512-592-0990

Bastrop, Bell, Blanco, Burnet, Caldwell, Coryell, Fayette, Gillespie, Hays, Kerr, Kimble, Lampasas, Lee, Llano, Mason, Milam, Mills, Robertson, San Saba, Travis and Williamson counties

Alzheimer's Association, Dallas and Northeast Texas Chapter

alz.org/dallasnetexas

1-800-272-3900

Anderson, Bowie, Camp, Cass, Cherokee, Collin, Cooke, Dallas, Delta, Denton, Ellis, Fannin, Franklin, Grayson, Gregg, Harrison, Henderson, Hopkins, Hunt, Kaufman, Lamar, Marion, Morris, Navarro, Panola, Rains, Red River, Rockwall, Rusk, Smith, Titus, Upshur, Van Zandt and Wood counties

Alzheimer's Association, Houston and Southeast Texas Chapter

alz.org/texas

1-800-272-3900

Offices in Beaumont, Galveston and Houston; serves the Greater Houston metro area and Southeast Texas, including Galveston and the Bay Area, Beaumont, Lufkin, Nacogdoches and the Brazos Valley

Alzheimer's Association, North Central Texas Chapter

alz.org/northcentraltexas

1-800-272-3900

Offices in Abilene, Fort Worth, Waco and Wichita Falls, serving 40 counties around the region

Alzheimer's Association, San Antonio and South Texas Chapter

alz.org/sanantonio

1-800-272-3900

Offices in Corpus Christi, San Antonio and the Rio Grande Valley, serves 43 counties in South Texas

Alzheimer's Association of West Texas

alz.org/westtexas

1-800-272-3900

Offices in Amarillo, El Paso, Lubbock and Midland; serves 80 counties

Texas Health and Human Services Resources

2-1-1 Texas

211texas.org

A hotline service for people looking for community and care services.

Advance Directives

hhs.texas.gov/forms/advance-directives

Provides information about directives and free forms.

Aging and Disability Resource Center (ADRC)

hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-centers

1-855-937-2372

ADRCs provide information about Medicare and Medicaid as well as care facilities and respite care.

Alzheimer's Disease Program

dshs.texas.gov/alzheimers-disease

Find out more about Alzheimer's disease and other dementias, ways to start a conversation with your loved one about dementia, and available community resources in Texas.

Grants to Increase Local Dementia Support (GILDS)

dshs.texas.gov/alzheimers-disease/gilds

The GILDS program provides support to individuals impacted by dementia and their caregivers, while also raising awareness for early detection, diagnosis, and risk reduction in multiple areas of the state, including areas of Texas with the highest rates of Alzheimer's disease. Services include education, support, and referrals to quality resources for families.

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Area Agencies on Aging (AAA)

resources.hhs.texas.gov/directories/aaa

1-800-252-9240

The 28 area agencies on aging 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. AAA can help you learn what Medicare and Medicaid services you may qualify for and provide information on care facilities and respite care.

Long-Term Care Information

hhs.texas.gov/services/aging/long-term-care

Provides an overview of long-term care services and resources.

Long-Term Care Provider Search

apps.hhs.texas.gov/LTCSearch

1-855-937-2372

The provider search includes information about nursing homes, assisted living facilities, daytime programs and home health, hospice and personal assistance services around the state.

Long-Term Care Nursing Facility Directory

hhs.texas.gov/providers/long-term-care-providers/nursing-facilities-nf

The Nursing Facilities web page provides a downloadable list of currently licensed nursing facilities in Texas. Scroll to the heading: Directories and Licensure and Regulation Tags.

Medicaid and CHIP

hhs.texas.gov/services/health/medicaid-chip

Medicaid and Children's Health Insurance Program (CHIP), which includes health coverage for eligible seniors 65 and older. 1-800-252-8263 is the toll-free number for general information.

- Programs for Seniors and Aging provides links to a variety of support services related to long-term care, Medicaid and Medicare.
hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-programs-services/programs-seniors-aging

Medicare

hhs.texas.gov/services/health/medicare

This state-sponsored site provides information and resources to Texas residents who are eligible for Medicare. Assistance is available through the Texas Medicare Helpline, 1-800-252-9240.

Take Time Texas

apps.hhs.texas.gov/taketimetexas

This online search links caregivers to respite services in their area, giving them opportunities to take a break while ensuring their loved one is cared for.

National Resources

Alzheimers.gov

alzheimers.gov

1-800-438-4380

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 Association

alz.org

The leading voluntary health association in Alzheimer's care, support and research offers a wide range of information, education and resources for health care providers, individuals and caregivers. Confidential support, crisis assistance and connection to community resources are provided through a 24/7 toll-free helpline, 1-800-272-3900, chat and an email contact form (alz.org/contact-us).

Includes ALZNavigator (alz.org/help-support/resources/alznavigator), an online resource that guides individuals and families to resources, tools and support based on their current needs.

Alzheimer's Foundation of America

alzfdn.org/caregiving-resources

1-866-232-8484

Provides information about legal, financial and health directives and free forms.

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AARP

aarp.org

This organization provides a variety of resources for caregivers including a helpline (Monday-Friday, 7 a.m. to 7 p.m. Central Time at 1-877-333-5885; in Spanish at 1-888-971-2013) that provides direction for resources on a variety of topics such as:

- **Care for the caregiver**
aarp.org/caregiving/life-balance/caregiver-stress-burnout
- **Caregiving and work**
aarp.org/caregiving/life-balance/working-caregiver-tips
- **Financial issues**
aarp.org/caregiving/financial-legal/financial-assistance
- **Home care**
aarp.org/caregiving/home-care/providing-homecare
- **Legal issues**
aarp.org/caregiving/financial-legal/types-of-power-of-attorney
- **Long-distance caregiving**
aarp.org/caregiving/basics/long-distance-care
- **Long-term care**
aarp.org/caregiving/long-term-care
- **Medical care**
aarp.org/caregiving/medical/medication-management
- **Veteran caregiving**
aarp.org/caregiving/financial-legal/veterans-affairs-support-ag

BenefitsCheckUp

benefitscheckup.org

1-800-794-6559

A free service of the National Council on Aging, this online resource helps older adults and individuals with disabilities find and apply for benefits assistance programs in their area.

Caregiver Action Network

caregiveraction.org

A national nonprofit organization provides a wealth of information, including a family caregiver toolbox and a video resource center for caregivers of loved ones with Alzheimer's disease. The caregiver help desk can be reached online (caregiveraction.org/helpdesk) or toll-free at 1-855-227-3640 Monday through Friday, 7 a.m. to 6 p.m. Central Time.

Dementia Friendly America (DFA)

dfamerica.org

202-872-0888

DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia as well as their care partners.

Family Caregiver Alliance

caregiver.org

1-800-445-8106

A support organization for family caregivers of adults with physical and cognitive impairments, including dementia. Services include CareNav, a digital platform for accessing personalized tools and resources, and a locator map to find nearby support resources.

Guiding an Improved Dementia Experience (GUIDE) Model

cms.gov/priorities/innovation/innovation-models/guide

1-800-438-4380

GUIDE is a free Medicare program that covers the costs of dementia care navigation services for those who are eligible. Active GUIDE healthcare sites are currently located in Frisco, Kerrville, Fort Worth, San Antonio, Dallas, Woodway, San Antonio, and Lubbock, Texas.

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Medicare

medicare.gov

1-800-633-4227

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.

National Alliance for Care at Home

allianceforcareathome.org

202-547-7424

A national organization formed by the merger of two legacy groups—the National Association for Home Care & Hospice (NAHC) and the National Hospice and Palliative Care Organization (NHPCO). They represent, advocate for, educate, and connect providers of in-home care across the United States.

National Institute on Aging (NIA)

nia.nih.gov

1-800-222-2225

- **Alzheimer's Disease Education and Referral (ADEAR) Center**

nia.nih.gov/health/alzheimers

Provides current and comprehensive information on Alzheimer's disease and other dementias, including a range of publications, referrals to local support resources, links to clinical trials, news updates and a toll-free helpline at 1-800-438-4380, available Monday through Friday, 7:30 a.m. to 4 p.m. Central Time.

UCLA Alzheimer's and Dementia Care Program Caregiver Education

uclahealth.org/medical-services/geriatrics/dementia/caregiver-education

310-319-3222

Provides videos, webinars and other educational resources developed for caregivers; also available in Spanish.

WellMed Charitable Foundation Caregiver Support

wellmedcharitablefoundation.org/caregiver-support

Offers services such as caregiver coaching, caregiver teleconnection and stress-busting tips, all at no cost. Caregiver support specialists can be reached toll-free at 1-866-390-6491 or online at caregiversos@wellmed.net.

Resources for Other Forms of Dementia

Association for Frontotemporal Degeneration

theaftd.org

1-866-507-7222

Focuses on advocacy, awareness, education, research and support for patients and families.

American Stroke Association

stroke.org/en/about-stroke/effects-of-stroke/cognitive-effects/vascular-dementia

1-888-478-7653

Provides information, care management and caregiver support related to vascular dementia, which is commonly associated with left-hemisphere strokes.

Dementia Society of America

dementiasociety.org

Provides news, education and resources on all forms of major neurocognitive disorders.

Lewy Body Dementia Association

lbda.org

1-800-539-9767

Provides outreach, education and research to support those affected by Lewy body dementias, their families and friends.

National Task Group on Intellectual Disabilities and Dementia Practices

the-ntg.org/family-caregivers

Supports individuals and families affected by all forms of dementia.

Young Dementia Network

youngdementianetwork.org

Provides an online resource for people living with young-onset dementia, their family and friends.