RESOURCES FOR FAMILY CAREGIVERS

Texas Dept. of Aging and Disability Services (DADS)  Aging and Disability Resource Center
1-855-937-2372                    Direction to long-term care service providers by zip code, a
https://hhs.texas.gov/                                project of the Texas Department of Aging and Disabilities.
                                               Has now moved to Texas Health and Humans Services division.

http://www.capcog.org/divisions/area-agency-on-aging/
Area Agency on Aging and Assistance/In-home Service.
(800) 252-9240

www.agingcare.com                  caregivers' social guide

www.asaging.org                    American Society on Aging

www.aginginplace.org               Aging in Place

Assistance/In-home Service
(800) 252-9240

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759
800-295-3449
https://elderlawaustin.com
info@elderlawaustin.com
http://www.capcog.org/divisions/area-agency-on-aging/

Capital Area Agency on Aging  Provides persons over 60 with abuse/neglect referral, legal awareness education, health care, long-term care insurance information, public benefits counseling/information, ombudsman services. Also provides assistance with filling out forms, individual advocacy, individualized advice, public interest advocacy, self-help materials, and referrals to other agencies. Focuses on frail, rural and low-income minority individuals. Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis and Williamson counties.

(512) 916-6062 / (888) 622-9111

Capital Area Caregivers Teleconnect  
(866) 390-6491

www.caregiver.com  

Caregiver Survival Resources
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<tr>
<th><strong>Resources for Family Caregivers</strong></th>
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<tr>
<td><strong><a href="http://www.caregiveraction.org">www.caregiveraction.org</a></strong></td>
<td>CareAngel programmed telephone calls to seniors with status questions and reports to senior's care circle on responses</td>
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<tr>
<td><strong><a href="http://www.caregiving.com">www.caregiving.com</a></strong></td>
<td>Online chat rooms, support groups and virtual conferences; articles on care giving</td>
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<tr>
<td><strong><a href="http://www.careplans.com">www.careplans.com</a></strong></td>
<td>R.N.-developed care plans; listserve</td>
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<td><strong>Cash and Counseling</strong></td>
<td>A Medicaid program which allows seniors to hire their own home health care aides (including family) and be reimbursed for home modifications. Currently adopted by AL, FL, ARK, IL, IA, KY, MI, MN, NJ, NM, PA, RI, VT, WASH, WV; demonstration projects in some Texas counties</td>
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</tbody>
</table>
Resources for Family Caregivers

Children of Aging Parents
(800) 227-7294
http://www.careguide.com

Information, referrals and support groups for caregivers of elderly and chronically ill parents; newsletter on interpersonal matters such as elderly depression and stress among siblings

Caregiving in the Comfort of Home
www.comfortofhome.com

Family Caregiver Alliance
www.caregiver.org

www.clearhealthcosts.com

Source for finding health care prices

www.eldercare.gov
(800) 677-1116

www.familycaregiversonline.net/online-education/long-distance-caregiving
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<tr>
<td><strong><a href="http://www.gmhfonline.org/">www.gmhfonline.org/</a></strong></td>
<td>Geriatric Mental Health Foundation: find a geriatric psychiatrist</td>
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<tr>
<td><strong><a href="https://www.govtrack.us/congress/members/TX">https://www.govtrack.us/congress/members/TX</a></strong></td>
<td>Contact your representative if a federal agency is nonresponsive</td>
</tr>
<tr>
<td><strong><a href="http://www.hirefamily.com">www.hirefamily.com</a></strong></td>
<td>Electronic check-in and reporting for home health care providers</td>
</tr>
<tr>
<td>In Home Care and Respite Services</td>
<td>(512) 467-6168</td>
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<tr>
<td><strong><a href="http://lotsahelpinghands.com">http://lotsahelpinghands.com</a></strong></td>
<td>online care calendar</td>
</tr>
<tr>
<td>Medical Business Associates</td>
<td>Helps organize payment records, file claims and appeals</td>
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<tr>
<td><a href="http://mba-nc.com/">http://mba-nc.com/</a></td>
<td></td>
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<tr>
<td>(800) 659-3171</td>
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National Association of Claims Assistance Professionals Directory
5329 S. Main St., Suite 102
Downers Grove, IL 60515

National Council on Aging
www.ncoa.org

National Family Caregivers Association
caregiveraction.org

Statistics, research and policy reports; tip sheets; first person accounts, a newsletter and an exhaustive resource list

https://order.nia.nih.gov/sites/default/files/2017-07/L-D-Caregiving_508.pdf
Free PDF “So Far Away: 20 Q&As About Long Distance Caregiving”

www.nytimes.com/ref/health/noa_resources.html
Resources for Family Caregivers

www.theconsumervoice.org  The National Consumer Voice for Quality Long-Term Care

www.wellspouse.org  Well Spouse Foundation

Texas Dept of Disability and Aging (“DADS”)  https://hhs.texas.gov/  1-877-541-7905 (toll free)

“Elderly People with Disabilities” handbook. Services include community based alternatives, day activities and health services, emergency response services, family care services, home delivered meals, in-home and family support program including a list of agencies providing respite (Take Time Texas), caregiver support services, nutrition services.

EMERGENCY PREPAREDNESS

You can make personal grab-and-go bags or backpacks for home, school, work and car using the FEMA guidelines at www.ready.gov.
Anyone who might need assistance and anyone who is responsible for them should be registered at the nearest fire station and at http://www.txdps.state.tx.us/dem/stear/public.htm

**A FEW HELPFUL BOOKS**


Moyers, Bill. “On Our Own Terms” four-part Frontline series on end-of-life care in America 4 DVDs Netflix


Snow, Teepa. Numerous DVDs on coping with brain change

Support groups bring together people facing similar issues to share experiences and advice. Just talking with other people who are in the same boat can be helpful!

While not everyone wants or needs support beyond family and friends, it can be helpful to turn to those outside your immediate circle. A support group can help you cope better and feel less isolated.

The support groups at the websites linked below are open to caregivers of any aging friend or family member. For information about support groups focused on coping with a specific disease, please contact Annette Juba, LCSW (512) 600-9278 or ajuba@ageofcentraltx.org.

Capitol Area Support Groups:
