

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 service providers by zip code, a project of the Texas Department of Aging and Disabilities Has now moved to Texas Health and Humans Services division.

Area Agency on Aging and Assistance/In-Home Services.

(800) 252-9240

www.agingcare.com

Caregiver's social guide

www.asaging.org

American Society on Aging

www.aginginplace.org

Aging in Place

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759
512-800-2420
<https://elderlawaustin.com>
info@elderlawaustin.com

<https://www.capcog.org/divisions/area-agency-on-aging/>

Capital Area Agency on Aging (512) 916-6062 / (888) 622-9111 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.

Capital Area Caregivers Teleconnect
(866) 390-6491

www.caregiver.com

Caregiver Survival Resources

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759
512-800-2420
<https://elderlawaustin.com>
info@elderlaweaustin.com

www.caregiveraction.org

CareAngel programmed telephone calls to seniors with status questions and reports to seniors care circle on responses

www.caregiving.com

Online chat rooms, support groups and virtual conferences; articles on care giving

www.caremanager.com

Geriatric care managers. "Why Care Management? What You What You Should Know"

www.careplans.com

R.N.-developed care plans; listserve

Cash and Counseling

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

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

www.clearhealthcosts.com

Source for finding health care prices

www.eldercare.gov
(800) 677-1116

Eldercare locator

www.gmhfonline.org

Geriatric Mental Health Foundation; find a geriatric psychiatrist

www.govtrack.us/congress/members/TX Contact your representative if a federal agency is nonresponsive

Resources for Family Members

Page 5

www.hirefamily.com

Electronic check-in and reporting for home health care providers

In Home Care and Respite Services

(512) 467-6168

<https://lotsahelpinghands.com/> Online care calendar

Medical Business Associates

Helps organize payment records, file claims and appeals

<http://mba-nc.com/>

(800) 659-3171

National Association of Claims Assistance Professionals Directory

5329 S. Main St., Suite 102

Downers Grove, IL 60515

National Council on Aging

“Long Distance Caregiving”

www.ncoa.org

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759

512-800-2420

<https://elderlawaustin.com>

info@elderlaweaustin.com

National Family Caregivers
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

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”) www.dads.state.tx.us 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

Bailey, Elizabeth. The Patient's Checklist (New York: Sterling, 2011)

Bell, Virginia and David Trovel. A Dignified Life: The Best Friends Approach to Alzheimer's Care – A Guide for Care Partners (Deerfield Beech, Florida: Health Professions Press, Inc., 2012)

Boss, Pauline. Ambiguous Loss: Learning to Live with Unresolved Grief (Cambridge, Massachusetts: Harvard University Press, 2000)

Byrock, Ira. Dying Well: Peace and Possibilities at the End of Life (New York: Riverhead Books, 1997)

Coste, Joanne Koenig. Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease (New York: Houghton Mifflin, 2003)

Dunn, Hank. Hard Choices for Loving People (Landsdowne, Virginia: A&A Publishers, 2009)

Gross, Jane. A Bittersweet Season: Caring for Our Aging Parents and Ourselves (New York: Alfred A. Knopf, 2011)

Hargrave, Terry. Loving Your Parents When They No Longer Love You (Grand Rapids, Michigan: Zonderia, 2005)

Jacobs, Betty. The Emotional Survival Guide for Caregivers (New York: Guilford Press, 2006)

Kabat-Zinn. Full Catastrophe Living (New York: Delacorte Press, 1990)

Lake, Nell. The Caregivers: A Support Group's Stories of Slow Loss, Courage and Love (New York: Scribner, 2014)

McCulloch, Dennis. My Mother, Your Mother: Embracing Slow Medicine The Compassionate Approach to Caring for Your Aging Loved One (New York: Harper Collins, 2007)

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

Satow, Robert. Doing the Right Thing: Taking Care of Your Elderly Parents Even If They Didn't Take Care of You (New York: Penguin Press, 1995)

Snow, Teepa. Numerous DVDs on coping with brain change

Solie, David How to Say It To Seniors: Closing the Communication Gap with Our Elders (New York: Prentice Hall Press, 2004)

CAPITOL AREA SUPPORT GROUPS FOR CAREGIVERS

Prepared by AGE of Central Texas

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.

All AGE of Central Texas caregiver support groups and respite groups are meeting virtually for the time being. Call the contact person listed for each group regarding temporary online meeting possibilities.

AGE of Central Texas offers support groups for family caregivers of adults who, due to the limitations of any physical or mental disability, need assistance with activities of daily living (ADLs). With the help of a facilitator, we listen and share experiences with the intent of providing safe and loving support for your journey. We welcome both direct and long-distance unpaid caregivers of a dependent adult. All groups are offered free of charge.

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759
512-800-2420
<https://elderlawaustin.com>
info@elderlaweaustin.com

Before the pandemic, these groups met in Central Austin, Round Rock, and Buda. Until restrictions are lifted, the groups are meeting via Zoom. Please contact the facilitators of the following groups by phone or email to receive the Zoom link for the meeting(s) you wish to attend. One advantage of the virtual meetings is that we're not limited by geography!

The current list of caregiver support groups are at this link:

Capital Area Support Groups:

<https://ageofcentraltx.org/index.php/caregivers/>

For information about support groups focused on coping with a specific disease, please contact Annette Juba, LCSW (512) 600-9278 or <mailto:ajuba@ageofcentraltx.org>.

The Garrett Law Firm, PLLC
4408 Spicewood Springs, Austin, TX 78759
512-800-2420
<https://elderlawaustin.com>
info@elderlaweaustin.com