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
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
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.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
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<tr>
<td><strong>Children of Aging Parents</strong></td>
<td>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</td>
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<td>(800) 227-7294</td>
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<td><a href="http://www.careguide.com">http://www.careguide.com</a></td>
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**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

**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](http://www.ncoa.org)
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  “Elderly People with Disabilities” handbook. Services include (“DADS”) www.dads.state.tx.us community based alternatives, day activities and health
1-877-541-7905 (toll free) 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


Resources for Family Members


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

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.
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.