

RESOURCES FOR OLDER AMERICANS

GENERAL INFORMATION

www.aarp.org

"AARP Publications and A/V Programs: The Complete Catalog"

<http://abledata.com>

Database of assistive technology provided by National Institute on Disability and Rehabilitation Research

www.aging.gov

Governmental portal for federal and state information

www.agingwithdignity.org

"My Five Wishes;" a way to express and record them ahead of time (legal forms not valid in Texas)

www.ahrq.gov

Agency for Healthcare Research and Quality; Quality studies and comparison chart

<https://archive.ahrq.gov/news/columns/navigating-the-health-care-system/011608.html> Questions

to ask your doctor before surgery

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

www.americangeriatrics.org	Promotes basic, clinical and health service research on elder health
www.acl.gov	U.S. Administration for Community Living
www.benefitscheckup.org	Federal, state and other benefits
www.brightfocus.org	Macular degeneration, glaucoma and Alzheimer's
www.clearhealthcosts.com	Source for finding health care prices
www.consumerfinance.gov/older-americans	
www.economiccheckup.org	Information to help seniors find work, cut spending and reduce debt

www.eldercare.gov/

Local resource directory of the Administration on Aging and others

www.elderweb.com

Information on aging, eldercare and long-term care

www.findahealthcenter.hrsa.gov

Community health centers for people with limited income

gero.usc.edu/cda_blog/

National Center on Elder Abuse blog

844-57-HELPS

Securities Helpline for Seniors created by the brokerage industry's self-regulatory organization, the Financial Industry Regulation Authority (FINRA).

www.benefits.gov

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

www.healthfinder.gov

www.hirefamily.com Electronic check-in and reporting for home health care providers

www.longtermscorecard.org Rates states' long-term supports and services for older Americans, people with disabilities and family caregivers

www.ltombudsman.org National Long-Term Care Ombudsman Resource Center

www.n4a.org/consumerbrochures "Before You Give Up the Keys," "Hospital to Home," "Housing Options," "Prescription Drug Options," "Employment Options" and many more

www.nachc.com

National Association of Community Health Centers

www.needymeds.com

Financial assistance

www.nerdwallet.com/health/hospitals/compare number and price of procedures

<https://www.nia.nih.gov/health/aging-place-growing-older-home> "Aging in Place: Growing Old at Home"

<https://www.nia.nih.gov/>

National Institute on Aging; free publications

<https://order.nia.nih.gov/>

Order free publications

www.ncoa.org

Tools and information for health and security from the Nat'l. Council on Aging

www.panfoundation.org

Patient Access Foundation: help paying for medicine, etc.

www.seniordiscounts.com

Discounts for older Americans

www.usa.gov/features/usagovs-guide-for-seniors Directory of U.S. government websites for seniors

www.selfhelpweb.org

Information on self-help groups and how to start one

<https://nia.nih.gov/health>

Authoritative information on diseases and disorders associated with old age; health topics from A to Z

www.theconsumervoice.org

The National Consumer Voice for Quality Long-Term Care: information for prospective and current residents, family members and advocates

www.benefits.va.gov/benefits/benefits-summary/SummaryofVABenefitsFlyer.pdf Veterans' benefits summary

http://www.ted.com/talks/bj_miller_what_really_matters_at_the_end_of_life

FEDERAL HEALTH BENEFITS - MEDICARE

www.medicareadvocacy.org Coverage, how to enroll, how to appeal

www.medicare.gov/publications "Your Guide to Medicare," "Your Guide to Medicare Savings Plans"

www.medicare.gov/hospitalcompare

www.medicare.gov/physiciancompare

www.medicare.gov/what-medicare-covers/part-b/second-opinions-before-surgery.html

www.mymedicarematters.org How to make the most of Medicare coverage

Medicare Choices Helpline

(800) 633-7214

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Medicare Rights Center
www.medicarerights.org
(212) 869-3850

“Medicare Basics: Your Health Insurance Options” and
“Medicare Survival Kit”

Dental Services Not Covered by Medicare

www.ada.org/267.aspx

Lower cost services, training dentists (American Dental Assn.)

www.adha.org

Lower cost services, training dental hygienists

<http://dentallifeline.org>
534-5360

Free, comprehensive program for the elderly and people (303)
with disabilities, services for medically at-risk patients

www.dentistryfromtheheart.org
(727) 849-2002

Free care from volunteer dentists and hygienists

www.healthcare.gov

Health insurance dental plans (not available to those
receiving Medicare)

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www.nafcclinics.org

List of free and charitable clinics

Hearing Services Not Covered by Medicare

<http://betterhearing.org/publications/eGuides/index.cfm>

“Guide to Financial Assistance for Hearing Aids”

<https://helpamericahear.org/help-america-hear/> Help America Hear

HMOs, Managed Care

www.jcaho.org

Accreditation status and performance reports on 18,000 health care organizations

www.ncqa.org

National Committee for Quality Assurance ratings

Prescription and Over the Counter Drugs

U.S. Senate Committee on Aging List of prescription drugs offered under indigent patient programs
(202) 224-5364

U. Maryland Center for the Study “Aging and How It Affects Your Response to Medicine,”
Of Pharmacy and Therapeutics “OTCs: Choosing the Right Nonprescription Medicine for
For the Elderly You and Your Medicines” and other free pamphlets
(410) 706-0897

Vision Services Not Covered by Medicare

www.aoafoundation.org/vision-usa/ Free examinations for uninsured Americans (American
Optometric Association)

www.eyecareamerica.org Free eye exams and up to one year of care (The Foundation
of the American Academy of Ophthalmology)

www.missioncataractusa.org Free cataract surgery for people without insurance

TEXAS BENEFITS

211 Texas assistance directory (United Way)

1-855-937-2372 Direction to local long-term service providers through zip code-based Aging and Disability Resource Centers, a project of the Texas Department of Aging and Disability Services (DADS)

www.hhs.texas.gov
Texas Department of
Disability and Aging
Adult foster care, community attendants, community based alternatives, client-managed personal attendant services, deaf and blind with multiple disabilities, emergency response services, family care services, home delivered meals, in-home and family support. A wealth of services (long waiting lists) and a list of licensed organizations

www.twc.state.tx.us

Some Texas Department of Assistive and Rehabilitative Services transferred to the TWC.

(800) 252-8623

Texas Medicaid hotline

www.texashousingcounselor.org

Interactive site identifying subsidized housing and price based on status

CAPITAL AREA SERVICES

311

Austin area assistance directory (United Way)

(800) 456-2277

AARP Pharmacy Service

(512) 494-9400

Austin Energy on request does not bill people 65 and older for "street service"

www.ageofcentraltx.org

AGE of Central Texas equipment lending, New Connections early memory loss, Caregiver U, caregiver resources, computer learning center, adult day health centers

www.needhelppayingbills.com

Austin area food banks and pantries; rent, utility and other assistance

www.austintexas.gov/department/seniors-programs-and-services City of Austin Senior Programs

Austin/Travis County Integral Care

www.integralcare.org

Subsidized behavioral health including deaf support services, residential and housing services, psychiatric and counseling services, residential psychiatric services, pharmacy, client and family support and education

www.hacanet.org/residents/senior-disabled.php Housing Authority of the City of Austin

www.aaacap.org

Capital Area Agency on Aging: abuse/neglect referral; legal, health care, insurance and public benefits information, ombudsmen services

www.redcross.org/tx/austin

Red Cross of Central Texas

www.familyeldercare.org

Money management and counseling for incapacitated and disabled people; guardianships for seniors who have suffered neglect, abuse or exploitation

<https://lonestarcare.org>

Lone Star Circle of Care: low-cost care for uninsured and underinsured people in Austin, Round Rock and Georgetown

www.medicalaccessprogram.net

Medical care for low-income residents of Austin in Travis County

<http://seniorshelpingseniors.com>

Matches seniors who want to help with seniors who need help

EMERGENCY PREPAREDNESS

You can assemble personal grab-and-go bags or backpacks for home, work and car using the FEMA guidelines at www.ready.gov.

Anyone who needs 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>

PRIVATE INSURANCE AND INSURANCE CLAIMS ASSISTANCE

www.claims.org

Alliance of Claims Assistants directory and informational booklets

www.familydoctor.org

Cost comparisons

www.ahip.org

Health and supplemental benefits (America's Health Insurance Plans)

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www.jointcommission.org Joint Commission on Accreditation of [18,000+] Healthcare Organizations

National Insurance Consumer Hotline
(800) 942-4242

www.tdi.state.tx.us Texas State Department of Insurance; standing and rate increases (insurance companies are regulated by the states)

www.OwnYourFutureTexas.org Nursing home and home health care insurance policies written under state partnership program

MOBILITY AND TRANSPORTATION

www.allstate.com/drive-wise.aspx Tracks driving habits and rewards safety

www.austintexas.gov/department/seniors-programs-and-services reserve 24 hours to 30 days in advance; M-F 8:00-5:00; \$1 optional donation for rides to Senior Activity Centers and other congregate meal centers; \$6 round trip transportation to doctor, grocery, bank, etc.

www.capmetro.org Austin Capitol Metro transit; door-to-door transportation for people with disabilities

www.miusa.org Mobility International
(541) 343-1284

HOME SELECTION AND MODIFICATION

www.ncoa.org "Home Planning for Your Later Years" from the National Council on Aging

www.hud.gov/ll/code/llslcrit.cfm U.S. Department of Housing and Urban Development: list of federally- (but not necessarily Texas-) licensed lenders

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Home Modification

www.accesshomeamerica.com Accessible home improvement

Adaptive Environments Center “A Consumer’s Guide to Home Adaptation”
(617) 695-122

www.AustinTexas.gov/empower Wheel chair ramps, door widening, handrails and shower
(512) 978-4000 grab bars, buzzing/flashing alarms, elevated toilets, etc. (free
if qualify)

www.HomeMods.org Universal Design and ADA-compliant modifications; The
National Center on Supportive Housing and Home Modifications

National Easter Seal Society “Easy Access for Easier Living”
www.easterseals.com
(800) 221-6827

National Safety Council

“Home Safety Checklist for the Elderly”

www.nsc.org

(800) 621-7619

www.seniornet.com

Advice on home modification and in other areas

<https://www.traviscountytexas.gov/health-human-services/weatherization>

Travis County Health and
Human Services

Home repair and weatherization program

(512) 854-9020

<https://homemods.org/resources/library> Resources for Accessible Homes

American Occupational Therapy
Association

“A Consumer’s Guide to Home Adaptation and Growing
Older in Your Home: Modifications for Your Changing Needs”

www.aota.org

<http://uiowa.edu/google-search?search=Practical+Guide+to+Universal+Home+Design>

Shared Housing

<https://www.sharedhousing.org/> Referrals, information; self-help guide for homeowners and
(214) 821-8510 renters

Microhousing, Medical and Care Cottages

www.tinyhouseblog.com

www.MEDcottage.com

www.palsbuilt.com

Financial Assistance

<http://www.acf.hhs.gov/programs/ocs/liheap> U.S. Department of Health and Human Services low-income home energy assistance program (LIHEAP)

http://www.hud.gov/apps/section8/results.cfm?city_name_text=Austin&county_name_text
U.S. Department of Housing and Urban Development: affordable apartment search by income, senior status, disability

Austin Tenants' Council

www.austintenantscouncil.org

(512) 474-7007

Annual "Guide to Affordable Housing in the Greater Austin Area"

Foundation Communities

www.foundcom.org

(512) 447-2026

Low income apartments and duplexes, affordable home purchase program

Mortgages

www.consumerfinance.gov

“Considering a Reverse Mortgage?”; “Snapshot of Older Consumers and Mortgage Debt”

Housing Scams

www.centeronelderabuse.org

Center of Excellence on Elder Abuse

<https://ncea.acl.gov/>

National Center for Elder Abuse

<http://www.nclc.org/issues/foreclosures-and-mortgages.html>

National Consumer Law Center:
information on housing scams such as loan modification and loan
audit scams, short-sale “consultants” and sale-leasebacks

http://portal.hud.gov/hudportal/HUD?src=/program_offices/housing/sfh/hecm/hecmhome U.S.

Department of Housing and Urban Development: “Home Equity
Conversion Mortgages [Reverse Mortgages] for Seniors”

<http://www.hud.gov/ll/code/llslcrit.cfm> U.S. Department of Housing and Urban Development: list of federally- (but not necessarily Texas-) licensed lenders

HEALTH CARE AND HOME ASSISTANCE

www.nahc.org

National Association for Home Care

<http://nslpn.com>

National Senior Living Providers Network

www.tahch.org

Texas Association for Home Care & Hospice

INSTITUTIONS

Assisted Living Facilities

www.argentum.org

Private accrediting agency. Assisted living facilities are not government accredited. Independent home health agencies providing services in them are.

Continuing Care Retirement Communities

www.CARF.org

Private accrediting agency. CCRCs are not government accredited.

Nursing Homes

<http://theconsumervoice.org>

National Consumer Voice for Quality Long-Term Care

www.geronurseonline.org

Dedicated to improving the quality of nursing homes and board-and-care homes

www.harp.org

Health Administration Responsibility Project on liability of HMOs, Managed Care Organizations and Skilled Nursing Facilities

FINANCES

www.consumerfinance.gov

“Money Smart for Older Adults – Prevent Financial Exploitation,” “Know Your Financial Advisor” and “Managing Someone Else’s Money” power of attorney, guardian, trustee and representative payee/VA fiduciary guides

AUSTIN AREA SENIOR CENTERS

Activities and Hot Lunches; Transportation Available

Alamo	2100 Alamo Street	(512) 974-5680
Collinwood	1001 Collinwood West	(512) 836-8810
Conley-Guerrero Senior Activity Center	808 Nile Street	(512) 978-2660
Del Valle	3518 FM 973	(512) 854-1520
Gaston Place	1941 Gaston Place	(512) 926-9575
Hyde Park	610 East 45 th Street	(512) 452-2596

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Jonestown	18649 Highway 431	(512) 854-1500
Lakeside	85 Trinity	(512) 476-5406
Manor	600 West Carrie, Manor	(512) 854-1550
Metz Recreation Center	207 Canterbury	(512) 978-2399
Montopolis Recreation Center	1200 Montopolis	(512) 978-2300
North Loop	2300 North Loop	(512) 452-5098
Oak Hill	8656-A Highway 71 W	(512) 854-2130
Pflugerville	15822 Foothill Farms Loop	(512) 854-1530
Primrose	1026 Clayton Lane	(512) 419-1525
Salina	1143 Salina	(512) 479-6241
South Austin Nutrition (WIC)	2508 Durwood	(512) 972-4942
South Austin Senior Activity Center	3911 Manchaca	(512) 978-2400
St. Johns	7500 Blessing Avenue	(512) 972-5139

HOSPICE

Hospice care comes to you wherever you are. Hospice is care, not cure. It includes care for your family.

www.hospicefoundation.org

Hospice Foundation of America

www.jcaho.org

Results of evaluations requested by hospices

<https://www.nhpco.org/>

National Hospice Hotline, information on hospice care,
Medicare benefits

CENTRAL TEXAS HOSPICE PROGRAMS

A-Med Community Hospice

www.amedhomehealth.com

7800 Shoal Creek Blvd., Suite 242 South
Austin, Texas 78757
(512) 323-6500

AseraCare Hospice

www.aseracare.com

14205 Burnet Road, Suite 470
Austin, Texas 78728
(512) 218-9890; (888) 868-1957

Harbor Hospice

www.harborhospice.com

7800 Shoal Creek Blvd., Suite 105N
Austin, Texas 78704
(512) 443-7100

Heart to Heart Hospice of Austin

www.hearttohearhospice.com

4009 Banister Lane, Suite 100
Austin, Texas 78704
(512) 707-2600; (877) 265-2600

AseraCare Hospice

www.aseracare.com

1015 Main Street

Bastrop, Texas 78602

(888) 868-1957

Hospice Austin

www.hospiceaustin.org

4107 Spicewood Springs Road

Austin, Texas 78759

(512) 342-4700; (800) 445-3261

Hospice Austin Christopher House

Inpatient Care Facility

2820 East MLK, Jr. Boulevard

Austin, Texas 78702

(512) 322-0747

Central Texas Medical Center

www.ctmc.org/Care-Services/Hospice.aspx

1315 North I-35

San Marcos, Texas 78666

(512) 754-6159

Kindred at Home

www.kindredhealthcare.com

4201 W. Parmer Lane, Suite C-100

Austin, Texas 78727

(512) 651-9227

1911 Corporate Drive, Suite 104

San Marcos, Texas 78666

(512) 392-9138

Grace Hospice

www.ghospice.com

7800 Shoal Creek Blvd., Suite 120

Austin, Texas 78757

(512) 300-2100

Hospice Compassus

www.compassus.com/locations

1717 North IH-35, Suite 130

Round Rock, Texas 78664

(512) 246-7127

Hospice of the Hills

www.altushospicecare.com/locations/austin/

100 N. College St.

Austin, Texas 78664

(512) 960-3843

Interim Hospice

www.interimhealthcare.com/austintx/home

1421 W. Wells Branch Pkwy., Suite 105

Pflugerville, TX 78660

(512) 454-5711

Resolutions Hospice

<http://myhospice.us/main/>

11825 Buckner Road
Austin, Texas 78726
(512) 343-5555

New Century Hospice

www.newcenturyhospice.com

9340 Research Boulevard
Eschelon II, Suite 100
Austin, Texas 78759
(512) 342-8288

River City Hospice

www.rivercityhospice.com

13740 Research Blvd., Bldg. V, Suite 4
Austin, Texas 78748
(512) 292-4929

Robinson Creek Hospice

www.robinsoncreekhomehealth.com

609 Castle Ridge Road, Suite 300
Austin, Texas 78746
(512) 328-7606

Project Transitions, Inc. (Doug's House)

www.projecttransitions.org

7101 Woodrow Ave.

Austin, Texas 78757

(512) 454-8646

Wesleyan Hospice

www.wesleyanhomes.org

2100 Scenic Dr., Suite 140

Georgetown, Texas 78626

(512) 863-8848

Texas Home Health Hospice

www.mytexashospice.com

3520 Executive Center Drive, Suite 320

Austin, Texas 78731

(512) 372-4194; (800) 917-0833