

Be Informed

The Area Agencies on Aging, Aging and Disability Resource Centers and 2-1-1 Texas are a great first step when looking for local resources. See the reverse side of this fact sheet for more details.

Medicaid, Medicare, and other benefits or financial assistance

- **HealthCare.gov** www.healthcare.gov
- **Centers for Medicare & Medicaid Services** www.cms.hhs.gov
- **Area agencies on aging** 800-252-9240
- **Aging and disability resource centers** 855-937-2372
- **Medicare.gov** 800-MEDICARE or www.Medicare.gov
- **Social Security Administration** 800-772-1213 or www.ssa.gov
- **2-1-1 Texas** www.211texas.org/
- **Texas Health and Human Services Commission (HHSC) benefits** www.Yourtexasbenefits.com
- **HHSC Office of the Ombudsman** 877-787-8999

In-home assistance and home health care

- **Area Agencies on Aging** 800-252-9240
- **Aging and Disability Resource Centers** 855-937-2372
- **2-1-1 Texas** www.211texas.org/
- **Long Term Care Quality Reporting System** (see reverse side)

Caregiving services and supports

- **Eldercare locator** 800-677-1116 or www.eldercare.gov
- **Consumer Rights and Services** 800-458-9858
- **Area Agencies on Aging** 800-252-9240
- **Aging and Disability Resource Centers** 855-937-2372
- **2-1-1 Texas** www.211texas.org/
- **Take Time Texas respite resources** www.taketimetexas.org

Locating nursing and assisted living facilities

- **Texas Long-term Care Ombudsman** 800-252-2412
- **Long Term Care Quality Reporting System** (see Helpful Information on reverse side)

Wellness and physical health

- **Texercise** 800-889-8595 or www.Texercise.com
- **Age Well Live Well** www.AgeWellLiveWell.org
- **Aging Texas Well** <https://hhs.texas.gov/about-hhs/leadership/advisory-committees/aging-texas-well>

Mental health services

- **Substance Abuse and Mental Health Services Administration** www.samhsa.gov/Treatment/
- **Texas Department of State Health Services** 800-252-8154 or www.dshs.state.tx.us/
- **2-1-1 Texas** www.211texas.org/
- **National Suicide Prevention Lifeline** 800-273-8255

Legal services and benefits

- **Texas Legal Services Center** toll-free hotline 800-622-2520
- **Area Agencies on Aging** 800-252-9240
- **Aging and Disability Resource Centers** 855-937-2372

Transportation

- **Medical Transportation Program** 877-633-8747
- **Area Agencies on Aging** 800-252-9240
- **Aging and Disability Resource Centers** 855-937-2372



Age Well Live Well

Housing services	<ul style="list-style-type: none"> · Department of Housing and Urban Development www.hud.gov · Texas Department of Housing and Community Affairs 800-525-0657 or https://www.tdhca.state.tx.us/ · Area Agencies on Aging 800-252-9240 · Aging and Disability Resource Centers 855-937-2372 · 2-1-1 Texas www.211texas.org/
Safety and protection	<ul style="list-style-type: none"> · Texas Department of Family and Protective Services investigates reports of abuse, neglect and exploitation of older people and people with disabilities 1-800-252-5400 · Consumer Rights and Services 800-458-9858 · Texas Long-term Care Ombudsman 800-252-2412 · Area Agencies on Aging 800-252-9240 · Aging and Disability Resource Centers 855-937-2372 · 2-1-1 Texas www.211texas.org/
Veteran services	<ul style="list-style-type: none"> · Texas Veterans Portal http://veterans.portal.texas.gov · Texas Veterans Call Service Center 800-252-VETS (8387) · Department of Veterans Affairs www.va.gov · 2-1-1 Texas www.211texas.org/ · HHS Veterans App: https://hhs.texas.gov/about-hhs/jobs-hhs/veterans-resources-hiring

Helpful Information

- **Texas Health and Human Services** Provides leadership and oversight of Texas' health and human services system programs as well as direct supervision of multiple programs including:
 - **Long Term Care Quality Reporting System** Find and compare long-term services and supports in Texas. <http://facilityquality.dads.state.tx.us>.
 - **Consumer Rights and Services** Find information about HHS programs and services, and to report an incident or file a complaint. Call 800-458-9858 and press 2. <https://www.dads.state.tx.us/services/crs/abuse.html>.
 - **2-1-1 Texas** Connects people to community services and supports. Learn more about HHS at <https://hhs.texas.gov/>.
- **Area Agencies on Aging** Statewide network that provides local services, supports and programs for older Texans, their families and caregivers. To find the nearest AAA call 800-252-9240.
- **Aging and Disability Resource Centers** Single point of contact for access and information about long-term services and supports. To find the nearest ADRC call 855-937-2372.
- **Texas Long-term Care Ombudsman** Program advocates for quality of life and care for nursing home and assisted-living facility residents. www.dads.state.tx.us/news_info/ombudsman/
- **www.Yourtexasbenefits.com** Online access to Texas Health and Human Services Commission benefits including Medicaid, nursing home care and other services for people who are older or have disabilities.
- **Medical Transportation Program** Authorizes and arranges transportation for eligible Medicaid recipients to access covered healthcare services.
- **Eldercare Locator** Connects older adults and their families to local services. 800-677-1116 or www.eldercare.gov.
- **Disability.gov** Online access to federal government information on disability programs and services.
- **Own Your Future** Long-term care information to meet health or personal care needs over an extended period. www.ownyourfuturetexas.org