

Be Informed

Area Agencies on Aging (AAAs), Aging and Disability Resource Centers (ADRCs) and 2-1-1 Texas are great first steps when looking for local resources. See the Helpful Information section of this fact sheet for more details.

Topic	Resources
Medicaid, Medicare and Other Benefits or Financial Assistance	• HHSC Your Texas Benefits: yourtexasbenefits.com • Benefits Counseling at AAAs (see Helpful Information on reverse side) • Federal Insurance Marketplace: healthcare.gov • Centers for Medicare & Medicaid Services: cms.gov • Medicare: 800-MEDICARE (633-4227) or medicare.gov • Social Security Administration: 800-772-1213 or ssa.gov
In-home Assistance and Home Health Care	• HHSC Long-term Care Provider Search: apps.hhs.texas.gov/ltcsearch • AAAs, ADRCs, Medicare's Nursing Home Compare (see Helpful Information on reverse side) • Eldercare Locator's Factsheet on home health care: eldercare.acl.gov/public/resources/factsheets/home_health_care.aspx
Caregiving Services and Supports	• HHSC Services for Caregivers: hhs.texas.gov/services/health/support-caregivers • Take Time Texas Respite Resources: taketimetexas.org • Eldercare Locator: 800-677-1116 or eldercare.acl.gov/Public/Index.aspx
Long-term Care Facilities	• Texas Long-term Care Ombudsman: 800-252-2412 or apps.hhs.texas.gov/news_info/ombudsman/ • Long-term Care Provider Search apps.hhs.texas.gov/ltcsearch • Centers for Medicare and Medicaid Services A nursing facility search tool and a guide for choosing a facility: cms.gov/nursing-homes/patients-caregivers/finding-home
Wellness and Physical Health	• Texercise: 800-889-8595 or texercise.com • Age Well Live Well: agewelllivewell.org • Aging Texas Well: hhs.texas.gov/about-hhs/community-engagement/age-well-live-well/aging-texas-well • SNAP Food Benefits: yourtexasbenefits.com/Learn/Home
Behavioral Health Services	• HHSC Mental Health and Substance Use Services: hhs.texas.gov/services/mental-health-substance-use • Mental Health TX: mentalhealthtx.org • Substance Abuse and Mental Health Services Administration: samhsa.gov/Treatment • National Suicide Prevention Lifeline: 988, 800-273-8255 or suicidepreventionlifeline.org

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Topic	Resources
Legal Services and Benefits	• AAAs, ADRCs (see Helpful Information) • Texas Legal Services Center: 800-622-2520 or tlsc.org/seniors • Texas Law Help: texaslawhelp.org/article/seniors-and-law
Transportation	• AAAs, ADRCs, 2-1-1 Texas (see Helpful Information) • Medical Transportation Program: 877-633-8747
Housing Services	• Texas Department of Housing and Community Affairs: 800-525-0657 or tdhca.state.tx.us • Department of Housing and Urban Development: hud.gov
Safety and Protection	• Texas Long-term Care Ombudsman: 800-252-2412 or apps.hhs.texas.gov/news_info/ombudsman/ • Texas Department of Family and Protective Services' Texas Abuse Hotline provides a secure way to report abuse, neglect and exploitation. 800-252-5400 • HHSC Complaint and Incident Intake: 800-458-9858 or hhs.texas.gov/about/your-rights/complaint-incident-intake
Veteran Services	• Texas Veterans Portal: veterans.portal.texas.gov • Texas Veterans Call Service Center: 800-252-VETS (8387) • Department of Veterans Affairs: va.gov

Helpful Information

HHSC Your Texas Benefits	Online access to Texas HHSC benefits, including Medicaid, nursing home care and other services, for people who are older or have disabilities. Visit the Your Texas Benefits webpage for more information.
HHSC 2-1-1 Texas	Connects people to community services and supports. Call 2-1-1 or visit the 211 Texas webpage .
Own Your Future	Long-term care information to meet health or personal care needs over an extended period. Visit the Own Your Future webpage for more information.
AAAs	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.
ADRCs	Single point of contact for access and information about long-term services and supports. To find the nearest ADRC, call 855-937-2372.
Texas Adult Protective Services	Investigates abuse, neglect and exploitation of adults who are elderly or have a disability. To report suspected cases, call 1-800-252-5400.
Medicare's Home Health Compare	Search tool that can help you find organizations that provide home care services throughout Texas. Visit the Medicare webpage for more information.