

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 benefits www.Yourtexasbenefits.com
 - HHSC Office of the Ombudsman 877-787-8999

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- 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 provider search (see Helpful Information on reverse side)

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- 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

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- Locating nursing and assisted living facilities**
- Texas Long-term Care Ombudsman 800-252-2412
 - Long-Term Care provider search (see Helpful Information on reverse side)

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- 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/advisorycommittees/aging-texas-well>
 - SNAP Food Benefits <https://www.yourtexasbenefits.com/Learn/Home>

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- Behavioral 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

Transportation

- **Medical Transportation Program** 877-633-8747
- **Area agencies on aging** 800-252-9240
- **Aging and disability resource centers** 855-937-2372

Housing services

- **Department of Housing and Urban Development** www.hud.gov
- **Texas Department of Housing and Community Affairs** 800-525-0657 or 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

- **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

- **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 provider search** Find and compare long-term services and supports in Texas. <https://apps.hhs.texas.gov/LTCSearch/>.
 - **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://hhs.texas.gov/abouthhs/your-rights/consumer-rights-services>

- **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 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.
- **Texas Long-Term Care Ombudsman** Program advocates for quality of life and care for nursing home and assisted-living facility residents.
https://apps.hhs.texas.gov/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.
www.yourtexasbenefits.com
- **Eldercare locator** Connects older adults and their families to local services. 800-677-1116 or www.eldercare.gov.
- **Own Your Future** Long-term care information to meet health or personal care needs over an extended period. www.ownyourfuturetexas.org