

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.

Information needed	Resources
Medicaid, Medicare and other benefits or financial assistance	<ul style="list-style-type: none"> HealthCare.gov www.healthcare.gov Centers for Medicare & Medicaid Services www.cms.hhs.gov Medicare.gov 800-MEDICARE or www.Medicare.gov Social Security Administration 800-772-1213 or www.ssa.gov Texas Health and Human Services benefits www.Yourtexasbenefits.com HHSC Office of the Ombudsman 877-787-8999 Area agencies on aging, Aging and disability resource centers, 2-1-1 Texas (see Helpful Information on reverse side)
In-home assistance and home health care	<ul style="list-style-type: none"> Area agencies on aging, Aging and disability resource centers, 2-1-1 Texas, Medicare's Nursing Home Compare search tool (see Helpful Information on reverse side)
Caregiving services and supports	<ul style="list-style-type: none"> Eldercare locator 800-677-1116 or www.eldercare.gov Consumer Rights and Services 800-458-9858 Take Time Texas respite resources www.taketimetexas.org Area agencies on aging, Aging and disability resource centers, 2-1-1 Texas (see Helpful Information on reverse side)
Locating nursing and assisted living facilities	<ul style="list-style-type: none"> Texas Long-term Care Ombudsman 800-252-2412 Medicare's Nursing Home Compare search tool (see Helpful Information on reverse side)
Wellness and physical health	<ul style="list-style-type: none"> Texercise 800-889-8595 or www.Texercise.com Age Well Live Well www.AgeWellLiveWell.org Aging Texas Well https://hhs.texas.gov/about-hhs/community-engagement/age-well-live-well/aging-texas-well SNAP Food Benefits https://www.yourtexasbenefits.com/Learn/Home
Behavioral health services	<ul style="list-style-type: none"> 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/ National Suicide Prevention Lifeline 800-273-8255
Legal services and benefits	<ul style="list-style-type: none"> Texas Legal Services Center toll-free hotline 800-622-2520 Area agencies on aging, Aging and disability resource centers (see Helpful Information on reverse side)
Transportation	<ul style="list-style-type: none"> Medical Transportation Program 877-633-8747 Area agencies on aging, Aging and disability resource centers, 2-1-1 Texas (see Helpful Information on reverse side)

Information needed	Resources
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 www.tdhca.state.tx.us/
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
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 • 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:
 - **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
 - **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/about-hhs/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/>.
 - **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/
- **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.
 - **Medicare.gov** has a [Home Health Compare](#) search tool that can help you find organizations that provide home care services throughout Texas.
 - **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.
 - **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