

**FREE Services for
People with Memory
Loss or Dementia and
Their Family
Caregivers
in North Central and
East Texas**



Dementia Friendly
North Central/East Texas

**On-Going Services to Support People
with Memory Loss or Dementia**

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|-----------------------------|---|---|---|--------------------------------------|
| Case Management | Pays for things like medical equipment and supplies, housekeeping, and minor home repairs | People who are at least 60 years old or caregivers of older adults, young adults with severe disabilities, or grandchildren | Area Agency on Aging caseworker does assessment and sets up short-term services. | 800-252-9240 |
| Help in the Home | Helps with housekeeping and personal care | People with low incomes who are older or have disabilities | Aging and Disability Resource Center helps people apply for programs that help in the home. | 855-937-2372 |
| Home-Delivered Meals | Brings at least five meals per week to home | People at least 60 years old who have problems fixing meals | Local meals on wheels program arranges delivery. | 800-252-9240 |

On-Going Services to Support People with Memory Loss or Dementia

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|--------------------------|---|--|---|-------------------------------|
| Support Groups | Brings together people who've recently been diagnosed with dementia | People who've recently been diagnosed with dementia | Alzheimer's Association provides information and support. | 800-272-3900 |
| Virtual Activity Program | Does fun activities five days a week | People with memory loss who want to spend more time with others but find it hard to get out of the house | Dementia Friendly Fort Worth leads activities, done by computer, tablet or smart phone. | 817-332-6266 |

On-Going Services to Support Family Caregivers

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|----------------------------|---------------------------------------|---|--|-------------------------------|
| Building Better Caregivers | Helps family caregivers manage stress | Anyone caring for person with memory loss | Area Agency on Aging leads series of six on-line classes | 682-433-0495 |

On-Going Services to Support Family Caregivers

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|--|---|--|---|--|
| Caregiver Support Groups | Provides information and support to family caregivers | Anyone caring for a person with memory loss | Groups meet over the phone, by computer and in person. | 800-272-3900 |
| Resources for Enhancing Alzheimer's Caregiver Health (REACH) | Gives one-on-one education and support to caregivers to help them respond better to challenging behaviors | Care for person with memory loss who's living at home | Dementia care specialist talks with caregiver at least once a month for several months. | 800-272-3921 if in Greater Dallas/Fort Worth or 903-509-8323 if in Greater Tyler |
| Respite | Gives temporary break to family caregivers | Care for older adult or young adult with severe disabilities | Area Agency on Aging pays for someone to give caregiver a break. | 800-252-9240 |
| Tele-connections | Provides education and support | Care for family member | Wellmed sponsors one-hour programs by phone. | 866-390-6401 |

Training for Caregivers

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|---|---|--|--|-------------------------------|
| Compassionate Touch [®] Workshop | Helps family members learn how to use touch and communication to calm someone with memory loss | Anyone caring for family member with memory loss | James L. West does virtual classes (by computer, tablet, or smartphone). | 817-877-1199 |
| Dealing with Dementia Workshop | Helps family members understand dementia and deal with behaviors like wandering and getting angry | Anyone caring for family member with memory loss | James L. West does virtual classes (by computer, tablet, or smartphone). | 817-877-1199 |
| Dementia Live [®] Workshop | Helps family members understand what it's like to live with dementia and how to provide better care | Anyone caring for family member with memory loss | James L. West does virtual classes (by computer, tablet, or smartphone). | 817-877-1199 |
| Stress-Busting for Family Caregivers [®] | Helps family members manage stress | Anyone caring for family member with memory loss | James L. West does virtual classes (by computer, tablet, or smartphone). | 817-877-1199 |

General Information and Referral

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|---|--|--|---|-------------------------------|
| Aging and Disability Information and Referral | Gives information about services for people of all ages, with all types of disabilities, and their family caregivers | Anyone who's older, has a disability, or cares for someone who's older or has a disability | Aging and Disability resource specialist provides information over the phone. | 855-937-2372 |
| Aging Information and Referral | Gives information about services for older adults and family caregivers | Anyone who's at least 60 years old or caring for someone who's at least 60 | Area Agency on Aging resource specialist provides information over the phone. | 800-252-9240 |
| Dementia Information and Referral | Provides information, local resources, crisis help, and emotional support | Anyone with memory loss or caring for someone with memory loss | Dementia specialist provides information and support over the phone. | 800-272-3900 |
| Intellectual and Developmental Disability Information | Gives information about services for people with intellectual and developmental disabilities | Anyone caring for someone with intellectual and developmental disabilities | Aging and Disability resource specialist provides information over the phone. | 855-937-2372 |
| Legal Hotline for Older Texans | Provides information on Medicare, Medicaid, and advance directives | Texans aged 60+ and people on Medicare | Attorney provides general legal advice. | 800-622-2520, ext. 3 |

General Information and Referral

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|--|--|---|---|---|
| <p style="text-align: center;">Long-Term Care Ombudsman</p> | <p style="text-align: center;">Helps solve problems at nursing homes or facilities</p> | <p style="text-align: center;">People who live in Texas nursing homes and assisted living facilities</p> | <p style="text-align: center;">Advocate works with resident or family member to solve problems regarding quality of care or quality of life.</p> | <p style="text-align: center;">800-252-2412</p> |
| <p style="text-align: center;">Medicare and Medicaid Information</p> | <p style="text-align: center;">Helps people understand what Medicare and Medicaid pay for and who qualifies</p> | <p style="text-align: center;">Anyone who wants more information about Medicare and Medicaid</p> | <p style="text-align: center;">Area Agency on Aging benefits counselors provide information and help fill out applications.</p> | <p style="text-align: center;">800-252-9240</p> |
| <p style="text-align: center;">Texas Information and Referral Network</p> | <p style="text-align: center;">Connects people to local resources</p> | <p style="text-align: center;">Anyone</p> | <p style="text-align: center;">Resource specialist provides information over the phone.</p> | <p style="text-align: center;">2-1-1 or 877-541-7905</p> |

Crisis Information

| Service | What Service Does | Who Qualifies | How Service is Provided | Where to Get More Information |
|---------------------------|--|---|---|-------------------------------|
| Adult Protective Services | Investigates if someone may be abused, neglected, or exploited | Texan who's at least 65 years old or disabled | State of Texas caseworker does investigation. | 800-252-5400 |

This information was last reviewed in October 2022.

For a more complete resource list, go to:

nctcog.org/aging-services/dementia-friendly/resources-for-people-with-memory-loss-and-family-caregivers



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