



# Caregiver Fact Sheet

## Getting a Break

If you care for someone who has dementia, you're at risk of neglecting your own physical and mental health. In order to provide the best care to someone else, you need to take care of yourself too. That includes taking time away to handle other responsibilities and rest.

If you don't have friends or family who can cover for you while you're away, consider respite care. Respite provides a short-term break.

How do you find respite care and pay for it?

### Finding Respite Care

- Check with friends and acquaintances (like church members).
- Search Texas' registry of respite providers, available at: [Take Time Texas | HHS](#)
- Call the Aging and Disability Resource Center at 855-937-2372.

### Paying for Respite Care

- If your person gets Medicaid/STAR+PLUS benefits, check with the Medicaid health plan about in-home services.
- If your person doesn't get Medicaid but has a low income and limited resources, the Texas Health and Human Services may be able to pay for care in the home or an adult day activity program. Call 855-937-2372.
- Call your Aging and Disability Resource Center at 855-937-2372 and ask about its Lifespan Respite Program.
- If your person has an intellectual and/or developmental disability, contact the Local Authority and ask about respite care. You can find contact information for the Local Authority at [Local Intellectual and Developmental Disability Authorities | Resources \(texas.gov\)](#).
- If your person is at least 60 years old or has dementia, contact the Area Agency on Aging (AAA) at 800-252-9240 about its short-term case management and respite programs.
- If your person is a Veteran, contact the Veterans Administration Benefits Hotline at [800-827-1000](#) or its Caregiver Support Hotline at 855-260-3274.
- If your person is enrolled in traditional Medicare, you might qualify for the GUIDE program. It has a respite benefit of up to \$2,500 per year. Call the Alzheimer's Association Helpline at 800-272-3900.



**Dementia Friendly North Central/East Texas 800-272-3921**