

Caregiver Resources

The resources below offer additional information and resources for caregivers.

National ElderCare Locator

Find services available for older persons across the country.

Phone: (800) 677-1116

Web: www.eldercare.gov

The Alzheimer's Association

Extensive information and support for caregivers of people with Alzheimer's Disease.

Phone: (800) 438-4380

Web: www.alz.org

Generations United

A variety of information for grandparents and other relatives raising children.

Phone: (202) 638-1263

Web: www.gu.org

National Family Caregiver Association

Find services, information, education, and support for caregivers providing support to loved ones who are ill or disabled.

Phone: (800) 896-3650

Web: www.nfcacares.org

Family Caregiver Alliance

A national information clearinghouse for caregivers.

Phone: (415) 434-3388

Web: www.caregiver.org

National Alliance for Caregiving

Provides public awareness and support to family caregivers and professionals.

Web: www.caregiving.org

The U.S. Administration on Aging

Information on the National Family Caregiver Support Program and Services.

Phone: (202) 619-7501

Web: www.aoa.gov

★ Aging Texas Well ★

The Texas Department on Aging, in partnership with many public and private sector organizations, is leading a statewide campaign called **Aging Texas Well** (ATW). Endorsed by the Texas Legislature (SCR 36, 75th Session), the purpose is to ensure that Texans prepare for aging in all aspects of life and that state and local laws, policies, and services support aging well throughout the life span.



The Texas Department on Aging is the state's visible advocate and steward for a full range of services and opportunities that allow older Texans to live healthy, dignified, and independent lives.

The Texas Department on Aging
P.O. Box 12786 Austin, TX 78711
State Office: (512) 424-6840
Fax: (512) 424-6890

To contact your local AAA call:
(800) 252-9240



Information and Services for Caregivers



on the web at
www.tdoa.state.tx.us

TDoA's Online Resource Guide at
www.tdoa.state.tx.us lists additional state
and national resources for caregivers

- ▶ **Do you have a family member or friend in need of care on a regular basis?**
- ▶ **Do you ever take time off work to provide help and care?**
- ▶ **Do your caregiving duties sometimes leave you exhausted, emotionally stressed, or physically ill?**



Do you know that...

- ▶ **1 in 4 Americans are caregivers**
- ▶ **More than 14 million U.S. workers care for aging family members**
- ▶ **An estimated 7 to 10 million adults care for their parents from a long distance**

Recognizing the challenges faced by a growing number of people, Congress approved the **National Family Caregiver Support Program** as part of the 2000 Older Americans Act reauthorization.

The **National Family Caregiver Support Program** is intended to help you if:

- ◆ You are caring for a person 60 or older, or
- ◆ You're a grandparent 60 or older caring for a grandchild 18 or younger.

The Texas Department on Aging (TDoA) is the single state agency dedicated to providing support to older Texans, their family members and caregivers. TDoA does this through a network of local area agencies on aging across the state.

Every state has area agencies on aging (AAAs) that serve communities, older residents, their family members, and caregivers.



TDoA and its affiliated area agencies on aging may be able to help you obtain:

- ◆ **Information** about available services in your community
- ◆ **Assistance** in arranging for these services
- ◆ **Education and training** for caregivers to help with decisions and solve problems
- ◆ **Short-term relief** for caregivers with respite, adult day care, and other services*
 - **Respite** (*temporary relief*) can be provided in the home or a facility
 - **Adult day care centers** can provide care in safe, structured environments that include personal and nursing care, meals, therapeutic exercises and social and recreational activities

*Availability of services will vary from community to community

Texas has 28 AAAs ready to assist you. To contact the one nearest you, call toll-free: (800) 252-9240

- ◆ **Support Services*** to supplement personal care. These include, but are not limited to:
 - **Home care** assistants to help with bathing, dressing, toileting, housekeeping, household chores, and other daily activities.
 - **Transportation** to and from: senior centers, doctors' appointments, shopping and other essential destinations.
 - **Home-delivered meals** to support healthy, independent living through proper nutrition.
 - **Health maintenance** services that include (but are not limited to): health screening, prescription drug assistance, dental health, and optical services.
 - **Legal assistance/benefits counseling** to provide information on benefits, entitlements and/or attorneys' help with legal matters.
 - **Certified nursing home ombudsman** to help nursing facility residents, their families and staff achieve the highest levels of care and quality of life.

*Additional services may be available through other state agencies in Texas. To inquire about services in Texas, please contact your local AAA at: **(800) 252 - 9240.**