

## I Want to Know More About...



### Medicaid, Medicare, and Other Benefits or Financial Assistance

- [www.cms.hhs.gov](http://www.cms.hhs.gov) **Centers for Medicare and Medicaid Services**
- 1-800-252-9240 **Area Agencies on Aging** Health Information Counseling and Advocacy Program
- 1-800-MEDICARE [www.Medicare.gov](http://www.Medicare.gov) **Medicare.Gov**
- 1-800-772-1213 [www.ssa.gov](http://www.ssa.gov) **Social Security Administration**
- **2-1-1 Texas**
- [www.Yourtexasbenefits.com](http://www.Yourtexasbenefits.com) Secure online access to Texas Health and Human Services Commission (HHSC) benefits.
- 1-877-787-8999 or [contact@state.tx.us](mailto:contact@state.tx.us) **HHSC Ombudsman**

### In-Home Assistance and Home Health Care

- 1-800-252-9240 **Area Agencies on Aging**
- **2-1-1 Texas**
- **DADS Long Term Care Quality Reporting System** (see Helpful Information)

### Caregiving Services and Supports

- 1-800-677-1116 [www.eldercare.gov](http://www.eldercare.gov) **Eldercare Locator**
- 1-800-458-9858 **DADS Consumer Rights and Services** (press "4" for program information)
- 1-800-252-9240 **Area Agencies on Aging**
- **2-1-1 Texas**

### Locating and Comparing Nursing Homes and Assisted Living Facilities

- 1-800-252-2412 **Texas Long Term Care Ombudsman**
- **DADS Long Term Care Quality Reporting System** (see Helpful Information)

### Wellness and Physical Health

- 1-800-889-8595 or [www.Texercise.com](http://www.Texercise.com) **Texercise**
- [www.texasroundup.org](http://www.texasroundup.org) **Texas Round-Up**
- [www.agingtexaswell.org](http://www.agingtexaswell.org) **Aging Texas Well**

### Mental Health Services

- 1-800-252-8154 **Texas Department of State Health Services, Consumer Rights Hotline for Mental Health**
- **2-1-1 Texas**

### Safety and Protection

- 1-800-252-5400 **Texas Department of Family and Protective Services** investigates reports of abuse, neglect, and exploitation of elderly people and people with disabilities.
- 1-800-458-9858 **DADS Consumer Rights and Services** (press "2" to report an incident or file a complaint)
- 1-800-252-2412 **Texas Long Term Care Ombudsman**
- 1-800-252-9240 **Area Agencies on Aging**
- **2-1-1 Texas**

## I Want to Know More About...

<b>Legal Services and Benefits</b>	<ul style="list-style-type: none"> <li>• 1-800-622-2520 <b>Texas Legal Services Center Toll Free Hotline</b></li> <li>• 1-800-252-9240 <b>Area Agencies on Aging, Benefits Counseling Program</b></li> </ul>
<b>Housing Services</b>	<ul style="list-style-type: none"> <li>• 1-800-525-0657 <b>Texas Department of Housing and Community Affairs</b></li> <li>• 1-800-628-5115 <b>Department of Assistive and Rehabilitative Services, Independent Living Centers</b></li> <li>• 1-800-252-9240 <b>Area Agencies on Aging</b></li> <li>• <b>2-1-1 Texas</b></li> </ul>
<b>Transportation</b>	<ul style="list-style-type: none"> <li>• 1-877-633-8747 <b>Medical Transportation Program</b></li> <li>• 1-800-252-9240 <b>Area Agencies on Aging</b></li> </ul>

## Helpful Information

- **The Texas Department of Aging and Disability Services (DADS)** [www.dads.state.tx.us](http://www.dads.state.tx.us) Serves older Texans and individuals with physical and cognitive disabilities to help them live as independently as possible. DADS services and programs include, but are not limited to:
  - **Long Term Care Quality Reporting System** Online help for finding and comparing long-term services and supports. Go to [www.dads.state.tx.us](http://www.dads.state.tx.us) and select "Find and Compare Long-Term Care Providers."
  - **Consumer Rights and Services** To find information about DADS programs and services, and to report an incident or file a complaint.
  - **Texas Long Term Care Ombudsman Program** Advocates for quality of life and care for nursing home and assisted-living facility residents.

For more program information contact DADS Consumer Rights and Services at 1-800-458-9858 and press 4 or e-mail DADS at [mail@dads.state.tx.us](mailto:mail@dads.state.tx.us)
- **Area Agencies on Aging (AAAs)** A state-wide network that provides local services, supports and programs for older Texans, their families and caregivers. To find the nearest AAA, call 1-800-252-9240 toll free.
- **2-1-1 Texas** Provides connections for people to a variety of community services and supports.
- **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 elderly or have disabilities.
- **Medical Transportation Program** Authorizes and arranges transportation for eligible Medicaid recipients to access covered health-care services.
- **Eldercare Locator** [www.eldercare.gov](http://www.eldercare.gov) Provides resources and links for people who need assistance with state, tribal and local area agencies on aging and community-based organizations that serve older adults and their caregivers (1-800-677-1116).
- **www.disabilityinfo.gov** Online access to comprehensive information about disability programs, services, laws and benefits.