I want to know more about...

| Medicaid, Medicare, and other benefits or financial assistance | • **HealthCare.gov** www.healthcare.gov  
• **Centers for Medicare & Medicaid Services** www.cms.hhs.gov  
• **Area agencies on aging** Health information counseling and advocacy program 1-800-252-9240  
• **Aging and disability resource centers** 1-855-937-2372  
• **Medicare.gov** 1-800-MEDICARE or www.Medicare.gov  
• **Social Security Administration** 1-800-772-1213 or www.ssa.gov  
• **2-1-1 Texas**  
• **Secure online access to Texas Health and Human Services Commission (HHSC) benefits** www.Yourtexasbenefits.com  
• **HHSC Office of the Ombudsman** 1-877-787-8999 or contact@state.tx.us |

| In-home assistance and home health care | • **Applying for DADS services** www.dads.state.tx.us/services/contact.cfm  
• **Area agencies on aging** 1-800-252-9240  
• **Aging and disability resource centers** 1-855-937-2372  
• **2-1-1 Texas**  
• **DADS Long Term Care Quality Reporting System** (see Helpful Information) |

| Caregiving services and supports | • **Eldercare locator** 1-800-677-1116 or www.eldercare.gov  
• **DADS Consumer Rights and Services** (press “4” for program information) 1-800-458-9858  
• **Area agencies on aging** 1-800-252-9240  
• **Aging and disability resource centers** 1-855-937-2372  
• **2-1-1 Texas**  
• **Take Time Texas respite resources** www.taketimetexas.org |

| Locating and comparing nursing homes and assisted living facilities | • **Texas Long-term Care Ombudsman** 1-800-252-2412  
• **DADS Long Term Care Quality Reporting System** (see Helpful Information) |

| Wellness and physical health | • **Texercise** 1-800-889-8595 or www.Texercise.com  
• **Age Well Live Well** www.AgeWellLiveWell.org  
• **Aging Texas Well** www.agingtexaswell.org |

| Mental health services | • **Substance Abuse and Mental Health Services Administration** www.samhsa.gov/Treatment/  
• **Texas Department of State Health Services** 1-800-252-8154 or Consumer Rights Hotline for Mental Health  
• **2-1-1 Texas** |

| Legal services and benefits | • **Texas Legal Services Center** toll-free hotline 1-800-622-2520  
• **Area agencies on aging** benefits counseling program 1-800-252-9240  
• **Aging and disability resource centers** 1-855-937-2372 |
Safety and protection

- 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
- DADS Consumer Rights and Services (press “2” to report an incident or file a complaint) 1-800-458-9858
- Texas Long-term Care Ombudsman 1-800-252-2412
- Area agencies on aging 1-800-252-9240
- Aging and disability resource centers 1-855-937-2372
- 2-1-1 Texas

Housing services

- Department of Housing and Urban Development www.hud.gov
- Texas Department of Housing and Community Affairs 1-800-525-0657
- Texas Department of Assistive and Rehabilitative Services
  Independent Living Centers 1-800-628-5115
- Area agencies on aging 1-800-252-9240
- Aging and disability resource centers 1-855-937-2372
- 2-1-1 Texas

Transportation

- Medical Transportation Program 1-877-633-8747
- Area agencies on aging 1-800-252-9240
- Aging and disability resource centers 1-855-937-2372

Veterans services

- Texas Veterans Portal http://veterans.portal.texas.gov
- Texas Veterans Call Service Center 1-800-252-VETS (8387)
- Department of Veterans Affairs www.va.gov
- 2-1-1 Texas

Helpful Information

- The Texas Department of Aging and Disability Services (DADS) www.dads.state.tx.us Serves older Texans and people 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.
  - Consumer Rights and Services 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 email DADS at mail@dads.state.tx.us
  - Area agencies on aging (AAA) A statewide 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.
- Aging and disability resource centers A single point of contact for access and information about long-term services and supports. 1-855-937-2372
- 2-1-1 Texas Connects people to 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 older or have disabilities.
  - Medical Transportation Program Authorizes and arranges transportation for eligible Medicaid recipients to access covered healthcare services.
  - Eldercare locator Connecting older adults and their families to local services. 1-800-677-1116 or www.eldercare.gov.
  - Disability.gov Online access to federal government information on disability programs and services.
- Own Your Future Long-term care information to meet health or personal care needs over an extended period. www.ownyourfuturetexas.org