

# I want to know more about...

## Medicaid, Medicare, and other benefits or financial assistance

- **HealthCare.gov** [www.healthcare.gov](http://www.healthcare.gov)
- **Centers for Medicare & Medicaid Services** [www.cms.hhs.gov](http://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](http://www.Medicare.gov)
- **Social Security Administration** 1-800-772-1213 or [www.ssa.gov](http://www.ssa.gov)
- **2-1-1 Texas**
- **Secure online access to Texas Health and Human Services Commission (HHSC) benefits** [www.Yourtexasbenefits.com](http://www.Yourtexasbenefits.com)
- **HHSC Office of the Ombudsman** 1-877-787-8999 or [contact@state.tx.us](mailto:contact@state.tx.us)

## In-home assistance and home health care

- **Applying for DADS services** [www.dads.state.tx.us/services/contact.cfm](http://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](http://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](http://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](http://www.Texercise.com)
- **Age Well Live Well** [www.AgeWellLiveWell.org](http://www.AgeWellLiveWell.org)
- **Aging Texas Well** [www.agingtexaswell.org](http://www.agingtexaswell.org)

## Mental health services

- **Substance Abuse and Mental Health Services Administration** [www.samhsa.gov/Treatment/](http://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

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## 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**

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## Housing services

- **Department of Housing and Urban Development** [www.hud.gov](http://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**

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## 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

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## 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](http://www.va.gov)
- **2-1-1 Texas**

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# 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 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](mailto: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](http://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](http://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](http://www.ownyourfuturetexas.org)