



Joint Base San Antonio Military & Family Readiness Center

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For information on
upcoming trainings:

[www.jbsa.mil/
Resources/
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"Calendar of Events"



Military & Family Readiness Aging & Disability Resources

KEY AGENCIES TO FIND ASSISTANCE IN EACH STATE

Aging Services Division

Each state has a program dedicated to providing frail seniors with home and community-based services, so that they can continue living in their own homes. A wide range of state assistance programs are generally available to eligible seniors, including home health aides and skilled nursing care, home-delivered meals, help with household chores, transportation to shopping and medical appointments, as well as counseling, advocacy, legal aid and many states also offer care-giver assistance programs that provide family caregivers with information, counseling, and respite services.

Aging and Disability Resource Centers - Most states have ADRCs to serve as a single point of entry for families to learn about the long term care support services available to them through federal, state, and other programs. They may be called "Area Agency on Aging" or they may simply call themselves the County Office on Aging.

Long Term Care Ombudsman

This is a statewide office that was created under the authority of the Older Americans Act and is responsible to investigate and resolve complaints regarding the quality of care in long-term care facilities, including nursing homes, assisted living facilities and specialty care facilities. They are advocates for elderly residents, in response to individual complaints, to ensure that residents receive quality care, that their rights are respected, and that they are treated fairly by the long-term care facility, its providers, and staff.

Medicaid Waiver

Through the Medicaid Waiver program, eligible seniors who require a level of care that would ordinarily require admission into a nursing home can receive in-home care services paid for by Medicaid. The goal of the program is to provide individuals with the necessary medical and support services to enable them to continue living at home for as long as possible.

Caregiver Assistance Services

The majority of in-home care services are provided by unpaid family caregivers who make it possible for their loved ones to live at home in a family setting for as long as possible. Family caregivers of the elderly can now get help and support through several programs designed specifically to address their needs.

Adult Protective Services and Elder Abuse Prevention

The division of adult protective services is responsible for investigating allegations of abuse or neglect of vulnerable adults. This may include neglect, physical abuse, sexual abuse, financial abuse or exploitation. Whether in a domestic or institutional setting, should be reported to the state's division of adult protective services.

State Health Insurance Assistance Program (SHIP)

Seniors can contact their State Health Insurance Assistance Program (SHIP) to speak with trained insurance counselors who can provide accurate and objective information and guidance regarding the public and private health insurance options available for the elderly in their state, including Medicare and Medicaid benefits, Medicare Advantage and Supplement Plans, and also state-sponsored prescription assistance programs for the elderly.

Heating and Energy Assistance

The federal government makes funds available to the states to help low income seniors pay for a portion of their winter heating and summer cooling costs. Although this is a federal program, it is supervised at the state level, and usually administered at the county or local level. The income limit varies from state to state, based on state median income and the federal poverty level. Contact your state agency on aging on how to apply for this program



M&FRC

- Financial Readiness
- EFMP: Family Support
- Transition Assistance Program
- Employment Readiness
- Casualty & Survivor Benefit Plan
- Deployment Readiness
- Relocation Readiness
- Loan Locker
- Military & Family Life Counselors
- Personal & Work Life Program
- Volunteer Program
- Voting Assistance

211 HELPLINE www.211texas.org

Conduct your own search for needed services or simply call **2-1-1** to get assistance with possible resources for assistance. Information is available 24 hours a day, 7 days a week and can be provided in almost any language.



Resources for your Aging Parent

NATIONAL WEBISTES

Benefits.gov

Here you can find out information on over 1,000 benefit and assistance programs covering health, disability, income, wealth (as in property owned), whether a military veteran, education level and more.

Usaging.org

The Area Agency on Aging (AAA's) is a network of 622 non-profit organizations nationwide. It is a great starting point to gather information about programs that your elderly parent is eligible for at a local, state or federal level.

Benefitscheckup.org

National Council on Aging is the nation's most comprehensive web-based service where you can search benefits and programs for seniors with limited income and resources.

Care.com

Seek providers and browse top-rated caregivers, read reviews and search by rates/locations.

TEXAS SPECIFIC RESOURCES

[Texas Health and Human Services](http://www.hhs.texas.gov/services/aging)

www.hhs.texas.gov/services/aging

Information on applying for benefits, finding services, types of long term care, knowing your rights and support for caregivers can be found here.

[Aging and Disability Resource Centers \(ADRCs\)](http://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center)

help cut through the confusing maze of funding sources, multiple intake systems, and eligibility processes. ADRCs provide help to people in all 254 counties in the state. Meant to streamline public access to long-term services and supports (LTSS)

www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center

[Long-Term Care \(LTC\) Ombudsmen](http://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center)

1-800-252-2412

are advocates for residents' rights. They help protect the quality of life and quality of care of anybody who lives in a nursing facility or an assisted living facility.

[Texas Medicaid Waivers](http://www.thearcoftexas.org/get-involved/waiting/)

www.thearcoftexas.org/get-involved/waiting/

If you or your loved one would like to receive services and supports, you should start by contacting your Local IDD Authority (LIDDA). <https://apps.hhs.texas.gov/contact/la.cfm> They can help you understand your options based on your individual circumstances and needs. Income, age, disability and urgency may all impact options.

[Texas Adult Protective Services \(APS\)](http://www.dfps.texas.gov/adult_protection/)

www.dfps.texas.gov/adult_protection/

APS investigates abuse, neglect, and exploitation of adults who are elderly (age 65+) or have disabilities. Victims may get assistance with shelter, home repairs, food, transportation, managing money, medical care, home healthcare services, and mental health services.

[Texas Health Information, Counseling and Advocacy Program \(HICAP\)](http://www.hhs.texas.gov/services/health/medicare)

If you are eligible for Medicare, they can help you enroll, find information and provide counseling about your options.

<https://www.hhs.texas.gov/services/health/medicare>

[Texas Comprehensive Energy Assistance Program \(CEAP\)](http://www.tdhca.state.tx.us/community-affairs/ceap/)

CEAP is designed to assist low income households in meeting their immediate energy needs and to encourage consumers to control energy costs for years to come through energy education.

www.tdhca.state.tx.us/community-affairs/ceap/