

## North Central Texas Resources for People with Dementia and Their Family Caregivers



If you live in North Central Texas, care for someone who has dementia, and are not paid to be a caregiver, you may qualify for support services at no cost to you or your loved one. Here are a few organizations that provide support:

- **Alzheimer's Association provides information, education, and support groups.** It offers the REACH program, which works with family members over the course of several months to develop strategies for handling tough dementia-care situations. For more information, call 1-800-272-3900.
- **Area Agency on Aging of North Central Texas provides information, respite, and counseling.** Its case management program provides short-term help with medical equipment and supplies, in-home services, and minor home modifications such as ramps. Its long-term care ombudsman program provides information about nursing facilities and assisted living facilities. For more information, call 1-800-272-3921.
- **The Wellness Center for Older Adults offers a Memory Café program for people with dementia, individual counseling, and support groups designed for caregivers of older adults.** For more information, call 972-953-7669.
- **Texas Health and Human Services Commission provides in-home services to people with low incomes, limited resources, and need for help with daily care.** For more information, call 1-855-937-2372.
- **Rural Dementia Caregiver Project (University of California San Francisco and Texas A&M University) offers the free Building Better Caregivers online workshop to support caregivers in rural communities throughout the country.** Eligible caregivers will receive up to \$80 in cash for completing the 4 study surveys. For more information, go to: <https://caregiverproject.ucsf.edu> or call the toll-free line 1-833-634-0603.
- **Baylor Scott and White Online Caregiver Survey provides access to a dementia care specialist for information, education and support.** For more information, go to: [BSWHCaregiver@bswhealth.org](mailto:BSWHCaregiver@bswhealth.org).

In addition, Texas A&M University has a Research Study on Dementia-Friendly Communities to Promote Active Living. Eligible participants get a \$10 gift card for filling out an on-line survey. To see if you qualify, go to: [https://tamu.qualtrics.com/jfe/form/SV\\_31R7LMhAw8QXNfn](https://tamu.qualtrics.com/jfe/form/SV_31R7LMhAw8QXNfn).