

# RESOURCES for FAMILY CAREGIVERS

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CareGiver Transitions  
We all deserve care.



## CAREGIVING COMMUNITY GUIDE

JULY 2020

for daughters, sons,  
spouses, parents,  
grandchildren

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...and all who help care for a family member  
due to aging, chronic illness, or ability differences.

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**LOCAL**

Time-saving

**EDUCATIONAL**

*Hopeful*

*Problem Solving*

by Dannelle LeBlanc  
Certified Senior Advisor & Caregiving Consultant

This project is funded in part by the  
North Central Texas Area Agency on Aging

[CareGiverTransitions.com](http://CareGiverTransitions.com)

## ERATH COUNTY

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**DISCLAIMER:** CareGiver Transitions does not endorse, nor is responsible or liable for any product, service, or provider listed herein. We encourage you to independently research the credentials and quality standards of any product, service, agency or provider. This list is not a complete list of all available resources, nor is it intended as a substitute for medical, legal, or other professional advice. A health care, legal, or other professional should be consulted as appropriate. Unless specifically noted, Caregiver Transitions does not receive compensation for referrals or recommendations.

**THANK YOU FOR THE CARE YOU GIVE.**

Caregiving transforms our relationships as daughters, sons, spouses, parents, grandchildren, and more.

As we navigate challenges both expected and unforeseen, our journey brings joy, purpose, heartbreak, redemption, growth, and honor.

We hope this Caregiving Community Guide empowers you with worthwhile resources, and offers perspective that honors your journey.

Many thanks to the family caregivers across North Texas, health care professionals, patient advocates and others concerned with the impact of caregiving for your invaluable input.

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## CAREGIVING COMMUNITY GUIDE

### SPONSORS



Attorneys & Counselors at Law  
*Faithfully Serving God & Our Clients*



Caregiving Years  
Training Academy



TBI WARRIOR<sup>®</sup>  
FOUNDATION



This project is funded in part by



### THANK YOU

to our Community Partners, Advocates, and Friends for your support!



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**“The best preparation for tomorrow is  
doing your best today.”**

~ H. Jackson Brown Jr.

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**SUPPORT** that Makes a Difference in North Central Texas

## RSVP for CAREGIVING NAVIGATION (Fall 2020) A (FREE) SEMINAR WORTH YOUR TIME.

CareGiver Transitions  
We all deserve care.



- How to Navigate the **6 Stages of Caregiving** for an **Older Adult**
- A Care Plan for **You and Your Family Member**
- Option to enroll in Care Coaching Program (free for eligible participants)
- **COVID-19** Caregiving Resources

Rated **4.98/5**  
by North Texas  
Family Caregivers

Register free [HERE](#).

More program details [HERE](#).



NCT-AAA serves older adults 60 & older and their caregivers in NTX counties:  
**Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise.**

**BE THE DIFFERENCE** in Your Community

## CAREYEARSACADEMY.com

Support for and by family caregivers.



Founded by Denise M. Brown, leading caregiving expert with over 25 years' experience making a difference in the lives of family caregivers.

[careyearsacademy.com](http://careyearsacademy.com)

A CareGiver Transitions affiliate

**SUPPORT** for Military and Veteran Caregivers



## TBI WARRIOR FOUNDATION

Get the free e-book for military and veteran caregivers.

[tbiwarriorfoundation.org/caregiving](http://tbiwarriorfoundation.org/caregiving)

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## LOCAL

Time-saving

## EDUCATIONAL

Hopeful

Problem Solving

resources for **you** and family you care for due to aging, chronic illness, or ability differences.

### LOCAL SPOTLIGHT: Organizations & Businesses That Care



**North Central TX Area Agency on Aging\*** updates to services affected by COVID-19

[nctcog.org/aging-services/covid-19-update](https://nctcog.org/aging-services/covid-19-update)

(800) 272-3921

\*serving Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise counties

[Dallas County services affected](#) [Tarrant County services affected](#)



Senior Living and Care Solutions

### Senior Care Authority

Personalized help finding the right assisted living community:

[seniorcare-dallasfortworth.com](https://seniorcare-dallasfortworth.com)

**John Alagood** – (469) 333-8833

Email: [john@scadfw.com](mailto:john@scadfw.com)



### Chefs for Seniors

Help to shop for and prepare home cooked meals:

[chefsforseiors.com/arlinton-grand-prairie-tx](https://chefsforseiors.com/arlinton-grand-prairie-tx)

**Dr. Shaneka Baylor** - (469)476-2420

Email: [shaneka.baylor@chefsforseiors.com](mailto:shaneka.baylor@chefsforseiors.com)

## WE'D LOVE YOUR FEEDBACK!

Share your thoughts and suggestions for resources in your community:

[www.bit.ly/CARERESOURCES](https://www.bit.ly/CARERESOURCES)

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Stay connected to resources and information from CareGiver Transitions: [SUBSCRIBE](#)



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## **ADULT DAY SERVICES** (see **ASSISTED LIVING, NURSING, AND MEMORY CARE** and **RESPIRE CARE** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### **AdultDay.org**

Find adult day services near you:

[adultdaycare.org](http://adultdaycare.org)

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## **ADVANCED PLANNING & DIRECTIVES** (see LEGAL, END of LIFE GUIDANCE for more)

Peace of mind is important when making decisions on behalf of a family member in need. Consider what legal documents are needed to be prepared.

For help preparing legal documents for advanced directives, see [LEGAL](#).

### **Advanced Directive Forms from Texas Health and Human Services**

Includes forms and descriptions for Declaration for Mental Health Treatment, Directive to Physicians and Family or Surrogates, Medical Power of Attorney, Out of Hospital Do Not Resuscitate, and Statutory Durable Power of Attorney.

[hhs.texas.gov/laws-regulations/forms/advance-directives](https://hhs.texas.gov/laws-regulations/forms/advance-directives)

### **“Why Power of Attorney Can Be Key for Senior Health Care”**

[health.usnews.com/health-care/patient-advice/articles/2019-01-25/why-power-of-attorney-can-be-key-for-senior-health-care](https://health.usnews.com/health-care/patient-advice/articles/2019-01-25/why-power-of-attorney-can-be-key-for-senior-health-care)

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## **Haiman Hogue**

Haiman Hogue, PLLC is a Faith Based, Estate and Family Protection Planning and Elder Law Firm, designed on the foundational belief we are “Faithfully Serving God and our Clients” in everything we do.

Services include Elder Law, Medicaid & VA, Estate Planning, Probate, Guardianship, Business Planning, Asset Protection, Tax Planning, Special Needs, Trust Administration, free workshops and more.

Contact: Sheila Williamson

**(469) 397-0745**

[HaimanHogue.com](https://HaimanHogue.com)



**Attorneys & Counselors at Law**

*Faithfully Serving God & Our Clients*

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(con't) **ADVANCED PLANNING & DIRECTIVES** (see **LEGAL, END of LIFE GUIDANCE** for more)

## **Texas Prepare Advance Directive**

A free, guided form to document health wishes and designate a decision maker if unable to make healthcare decisions.

Texas: [prepareforyourcare.org/advance-directive-state/tx](https://prepareforyourcare.org/advance-directive-state/tx)

Select your state: [prepareforyourcare.org/advance-directive](https://prepareforyourcare.org/advance-directive)

## **Create a Family Emergency Plan** (free download)

[careyearsacademy.com/plan](https://careyearsacademy.com/plan)

## **My Data Diary Management Tool\***

An electronic data organizer and storage solution to securely manage and share personal, household, medical, financial and legal information (including Advance Directives) at:

[mycarecompanions.com/my-data-diary](https://mycarecompanions.com/my-data-diary)

Enter **discount code "CARETOOL" for 15% off**

\*A CareGiver Transitions affiliate

## **"Tools for Health Care Advance Planning"**

[americanbar.org/groups/law\\_aging/resources/health\\_care\\_decision\\_making\\_consumer\\_s\\_toolkit\\_for\\_health\\_care\\_advance\\_planning](https://americanbar.org/groups/law_aging/resources/health_care_decision_making_consumer_s_toolkit_for_health_care_advance_planning)

## **"Legal Planning for Incapacity"**

[caregiver.org/legal-planning-incapacity](https://caregiver.org/legal-planning-incapacity)

## **My Directives**

Free account to upload, store, and share advanced direction documents

[mydirectives.com](https://mydirectives.com)

## **Aging with Dignity**

Access the Five Wishes document template to communicate end of wishes with family, friends, and health care providers.

[agingwithdignity.org](https://agingwithdignity.org)

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(con't) **ADVANCED PLANNING & DIRECTIVES** (see **LEGAL, END of LIFE GUIDANCE** for more)

## **Out of Hospital Do Not Resuscitate Program & Form**

Program to declare certain resuscitative measures will not be used, specifically cardiopulmonary resuscitation (CPR), advanced airway management, defibrillation, artificial ventilations and transcutaneous cardiac pacing.

[dshs.state.tx.us/emstraumasystems/dnr.shtm#forms](https://dshs.state.tx.us/emstraumasystems/dnr.shtm#forms)

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## **ALZHEIMERS & DEMENTIA SUPPORT** (see CAREGIVER WELLNESS, SUPPORT ORGANIZATIONS for more)

### **Positive Approach to Care® with Teepa Snow**

#### **Dementia Caregivers Guide by Teepa Snow**

Easy to read guidebook explains the fundamentals of the Positive Approach to Care® techniques and the ways they may be applied to improve the lives of those living with brain change.

[teepasnow.com/product/dementia-caregiver-guide/](https://teepasnow.com/product/dementia-caregiver-guide/)

#### **Care Partner Support Series**

Online series of five 90-minute weekly sessions led by Positive Approach to Care team members to educate and connect caregivers of a person living with dementia

[teepasnow.com/services/consulting/care-partner-support-series/](https://teepasnow.com/services/consulting/care-partner-support-series/)

#### **The GEMS® Brain Change Model**

[teepasnow.com/about/about-teepa-snow/the-gems-brain-change-model/](https://teepasnow.com/about/about-teepa-snow/the-gems-brain-change-model/)

#### **Positive Approach to Care Consultations**

Free 30-minute phone consultations with a Certified Consultant.

[teepasnow.com/services/consulting/phone-consultations](https://teepasnow.com/services/consulting/phone-consultations)

[teepasnow.com](https://teepasnow.com) (more resources for family and friends)

### **Alzheimer's Association North Central Texas**

Comprehensive support, education and resources for people affected by Alzheimer's and other forms of dementia.

#### **Printable cards: "I Have Alzheimer's" or "My Companion Has Alzheimer's"**

[alzcnfl.wordpress.com/2017/04/28/alzheimers-association-traveling-cards/](https://alzcnfl.wordpress.com/2017/04/28/alzheimers-association-traveling-cards/)

(800) 272.3900

[alz.org/northcentraltexas](https://alz.org/northcentraltexas)

### **James L. West Center for Dementia Care**

Comprehensive memory center for seniors with dementia and Alzheimer's disease.

1111 Summit Ave, Fort Worth, TX 76102

(817) 877-1199

Video library and resources: [jameslwest.org/resources/podcast-video-library](https://jameslwest.org/resources/podcast-video-library)

[jameslwest.org](https://jameslwest.org)

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(con't) **ALZHEIMERS & DEMENTIA SUPPORT** (see CAREGIVER WELLNESS, SUPPORT ORGANIZATIONS for more)

## **The Purple Sherpa**

Encouraging, practical resources and support for anyone caring for a loved one with dementia-related disease.

[thepurplesherpa.org](http://thepurplesherpa.org)

## **The Caregivers Voice**

Blog, tips and information for those caring for a loved one with dementia or Alzheimers.

[thecaregiversvoice.com](http://thecaregiversvoice.com)

## **AlzForum: Networking for a Cure**

Forum, library, news, and more.

[alzforum.org](http://alzforum.org)

## **Alzheimer's & Caregiving: Behavior changes, communication, daily care, more:**

[nia.nih.gov/health/alzheimers/caregiving](http://nia.nih.gov/health/alzheimers/caregiving)

## **UCLA Health**

Training videos include guidance to manage aggressive, repetitive, and sexually inappropriate behaviors, sundowning, wandering, refusal to bathe/take medications, and more.

[uclahealth.org/dementia/caregiver-education](http://uclahealth.org/dementia/caregiver-education)

## **Befriended Heart**

Support and resources for dementia caregiving, with an emphasis on long-distance concerns (whether across town or across the country).

YouTube series: [rebrand.ly/joyindementia](http://rebrand.ly/joyindementia)

[joyindementia.com](http://joyindementia.com)

## **Find a Neurologist**

[doctor.webmd.com/find-a-doctor/specialty/neurology/texas](http://doctor.webmd.com/find-a-doctor/specialty/neurology/texas)

## **Common complications, aggressive behavior, communicating, and more:**

[caregiverslibrary.org/caregivers-resources/grp-diseases.aspx#alzheimers](http://caregiverslibrary.org/caregivers-resources/grp-diseases.aspx#alzheimers)

## **Insights and tips to cope with dementia**

[dementia.com/coping-with.html](http://dementia.com/coping-with.html)

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(con't) **ALZHEIMERS & DEMENTIA SUPPORT** (see CAREGIVER WELLNESS, SUPPORT ORGANIZATIONS for more)

## **The Savvy Caregiver™**

Free program to help those caring for someone with dementia-related illness to learn, develop and modify approaches to lessen stress and improve your caregiving situation. Help to:

- Increase skills and knowledge for caregiving
- Understand the diseases that cause dementia and its progressive cognitive losses
- Gain confidence to effectively address dementia behaviors
- Learn effective ways to increase family involvement
- Reduce adverse impacts of caregiving.

Registration (scroll down for registration form): [agingresources.org/savvy-caregiver-for-families](https://agingresources.org/savvy-caregiver-for-families)

Preview of program printable downloads: [hcinteractive.com/savvy](https://hcinteractive.com/savvy)

The Savvy Caregiver in Indian Country Trainer's Manual  
[nicoa.org/elder-resources/savvy-caregiver](https://nicoa.org/elder-resources/savvy-caregiver)

## **ACTS 2 Project**

Free, faith-based skills-training and support program for *African-American* family caregivers of individuals with Alzheimer's disease and related dementia. ACTS 2 sessions are led by trained, lay pastoral care facilitators from the African-American faith community.

[acts2project.org/sessions.html](https://acts2project.org/sessions.html)

## **Latino Alzheimers Alliance Caregiver Programs**

[latinoalzheimersalliance.org/care-caregiver-programs](https://latinoalzheimersalliance.org/care-caregiver-programs)

## **The Dawn Method**

A person-centered approach to dementia care that trains families and caregivers to recognize the skills dementia does not take away.

[thedawnmethod.com](https://thedawnmethod.com)

## **Art therapy activities for dementia**

[carelinx.com/blog/art-therapy-activities-dementia-mnemetherapy](https://carelinx.com/blog/art-therapy-activities-dementia-mnemetherapy)

## **Benefits of Music in Dementia Care by 3SpiritUK**

[3spirituk.com/tag/music](https://3spirituk.com/tag/music)



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(con't) **ALZHEIMERS & DEMENTIA SUPPORT** (see CAREGIVER WELLNESS, SUPPORT ORGANIZATIONS for more)

## **Caring Hands Ministry**

Free service to help approved assisted living residents with loneliness and/or memory retention.

### **Activities Include:**

- Custom apps to help with memory retention/track of important info
- Creating Memory Books or Cards based on resident's past history
- Friendly conversation
- Music
- Reading favorite books
- Bible reading and prayer
- Calming presence

[caringhandsministry.com](http://caringhandsministry.com)

## **National Brain Health Center for African Americans**

[brainhealthcenterforafricanamericans.org/caregiving](http://brainhealthcenterforafricanamericans.org/caregiving)

## **Alz Authors**

Memoirs, caregiver guides, novels, children's books, and blogs – and the encouraging real-life stories behind these works, all written through the lens of personal experience.

[alzauthors.com](http://alzauthors.com)

## **Room 217**

Music care collection of videos, cards, and more for life review, recollections, and journey celebrations.

[room217.ca](http://room217.ca)

## **African American Alzheimer's Support Group**

[facebook.com/fightbackagainstalzheimer](https://facebook.com/fightbackagainstalzheimer)

## **Enhanced Moments**

Creating Moments of Joy books, DVD's, and other activities for families living with dementia related illness.

[enhancedmoments.com](http://enhancedmoments.com)

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(con't) **ALZHEIMERS & DEMENTIA SUPPORT** (see CAREGIVER WELLNESS, SUPPORT ORGANIZATIONS for more)

## **TeleCALM**

Phone service for seniors with dementia or Alzheimer's and active adults. Service helps prevent scammers. Unknown callers can leave a message; only those on a pre-approved list can connect directly.

(888) 701-0411

[telecalmprotects.com](http://telecalmprotects.com)

## **Find a local Memory Café**

Establishments and organizations offering “dementia-friendly” setting and personnel for outings with your loved one.

[memorycafedirectory.com/memory-cafes-in-texas](http://memorycafedirectory.com/memory-cafes-in-texas)

## **My House of Memories App**

Free app has pictures of objects from across the decades, which are brought to life with sound, music and descriptions, and provide an easy-to-use way to help people living with dementia explore things that resonate with them.

[mnhs.org/houseofmemories](http://mnhs.org/houseofmemories)

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**ASSISTED LIVING, NURSING, AND MEMORY CARE** (see **DOWNSIZING & RELOCATION, HOME HEALTH** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

**Find the right service enriched community** by working with a **Placement Specialist** (a free service in most cases) to find the best community to fit your family member's specific needs. **A Placement or Referral Agency** can offer significant insight and help to narrow down choices.

**An ethically minded agency will take time to get to know both you and your care recipient in person**, conduct community tours, and present options based on your family member's care needs, budget, and preferences.

**Local Placement Agencies include** (not a complete list):

**Oasis Senior Advisors**

[oasissenioradvisors.com](http://oasissenioradvisors.com)

**Senior Care Authority**

[seniorcareauthority.com](http://seniorcareauthority.com)

**Ruby Care**

[rubycareseior.com](http://rubycareseior.com)

**Kristi's Senior Solutions**

[kristisseniorsolutions.com](http://kristisseniorsolutions.com)

**Care Patrol**

[carepatrol.com](http://carepatrol.com)

**[Find a North Texas Placement Advisor](#)**

**TIP:** Be cautious about entering personal information online.

A list of agencies who can assist you (free of charge in most cases) available here:

**[Choose a North Texas Placement Advisor](#)**

or search by type and location of service:

**Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

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(con't) **ASSISTED LIVING, NURSING, AND MEMORY CARE**  
(see **DOWNSIZING & RELOCATION, HOME HEALTH** for more)

## Key Terms

**Assisted Living communities** provide shelter, food, personal care services, and medication administration for residents who are unable to take care of their own daily care needs, and are not considered a harm risk to themselves or others.

**Type A:** Residents physically and mentally capable of following directions in an emergency; provides non-routine attendance overnight.

**Type B:** Residents are not physically and/or mentally capable of following directions in an emergency; provides routine overnight attendance.

**Type C:** Meets minimum DADS enrollment standards for adult foster care.

**Find Assisted Living Communities near you:**

[apps.hhs.texas.gov/LTCSearch/](https://apps.hhs.texas.gov/LTCSearch/)

**Memory Care Communities** are designed for the specialized needs of residents in various stages of dementia such as Alzheimer's disease. Services include comprehensive daily assistance and health care provided by highly trained caregivers and staff.

**Find Memory Care Communities near you:**

[apps.hhs.texas.gov/LTCSearch/](https://apps.hhs.texas.gov/LTCSearch/)

**Continuous Care Retirement Communities (CCRCs)** include a full range of service enriched housing and care located on a single property. A primary benefit of CCRC's is that residents can stay within a single community, and progressively move from, for example, independent living to assisted living and/or other specialized residential care on the same property as needed.

**Nursing Home / Skilled Nursing Facilities (SNF)** Residences provide long term care (LTC) for residents in need of skilled nursing services. Residents often require acute, high level and/or complex medical care needs. SNF communities are required to meet federal accreditation standards to qualify for eligible Medicare and Medicaid reimbursement.

## Care Compare

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

[medicare.gov/care-compare](https://www.medicare.gov/care-compare)

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(con't) **ASSISTED LIVING, NURSING, AND MEMORY CARE**  
(see **DOWNSIZING & RELOCATION, HOME HEALTH** for more)

**For more about types of senior living communities, visit:**

[payingforseniorcare.com/types](http://payingforseniorcare.com/types)

**Questions to ask when looking for service-enriched housing:**

[dailycaring.com/questions-to-ask-when-looking-at-assisted-living/here](http://dailycaring.com/questions-to-ask-when-looking-at-assisted-living/here)

## **NPRA (National Placement & Referral Alliance)**

National organization established to help ensure your agent works in best interest of seniors and families to find the right senior community. Members are held to high quality and ethical conduct standards.

[npralliance.org/our-mission](http://npralliance.org/our-mission)

**Common mistakes when choosing a senior community:**

[youtube.com/watch?v=eLS16J1tCb4](https://www.youtube.com/watch?v=eLS16J1tCb4)

## **Senior Care at Stephenville SNF**

2601 Northwest Loop Stephenville, TX 76401

(254) 968-4649

[senior-care-centers.com](http://senior-care-centers.com)

## **Stephenville Nursing and Rehabilitation SNF**

2311 West Washington Stephenville, TX 76401

(254) 968-3313

## **Hico Nursing and Rehabilitation SNF**

712 Railroad Ave Hico, TX 76457

(254) 796-2111

## **Granbury Care Center SNF**

301 S Park St. Granbury, TX 76048

(817) 573-3726

[granburycarecenter.com](http://granburycarecenter.com)

**TIP:** "SNF" refers to a Skilled Nursing Facility.

See [GLOSSARY](#) for more healthcare and caregiving terms

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(con't) **ASSISTED LIVING, NURSING, AND MEMORY CARE**  
(see **DOWNSIZING & RELOCATION, HOME HEALTH** for more)

## **Senior Care of Harbor Lakes**

1300 2nd St. Granbury, Tx 76048

(817) 408-3800

[senior-care-centers.com](http://senior-care-centers.com)

## **Glen Rose Nursing and Rehab Center SNF**

1019 Holden St. Glen Rose, TX 76043

(254) 897-1429

## **Cherokee Rose Nursing and Rehabilitation SNF**

203 Gibbs Blvd Glen Rose, TX 76043

(254) 897-7361

[cherokeerosenursing.com](http://cherokeerosenursing.com)

## **Golden Age Manor Nursing Center SNF**

704 East Dobkins Dublin, TX 76446

254-445-3379

[goldenagemanor.webs.com](http://goldenagemanor.webs.com)

## **Oakwood Assisted Living & Memory Care**

2305 West Lingleville Road Stephenville, TX 76401

254-968-5229

[seniorlifestyle.com](http://seniorlifestyle.com)

## **Three Oaks Assisted Living**

118 East Live Oak Dublin, TX 76446

254-445-3820

[threeoaksassistedliving.webs.com](http://threeoaksassistedliving.webs.com)

## **Good Tree Retirement**

2010 Good Tree Street Stephenville, TX 76401

254-965-9897

[goodtreeretirement.com](http://goodtreeretirement.com)

**This is not a complete listing. For more visit:**

**Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](https://apps.hhs.texas.gov/LTCSearch/)

# ERATH COUNTY

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**BENEFITS** (see **COMMUNITY, HEALTH INSURANCE, FINANCIAL ASSISTANCE, and VETERANS SERVICES** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

## **North Central Texas Council of Governments**

Medicare, Medicaid, Social Security, and disability benefits counseling, care coordination, long-term care ombudsman, and nursing home relocation

[nctcog.org/aging-services/older-adults/direct-services](http://nctcog.org/aging-services/older-adults/direct-services)

## **Benefits Check Up**

Comprehensive benefits search and application tool to find specific financial assistance and services that you and your care recipient qualify for in your area.

[benefitscheckup.org](http://benefitscheckup.org)

## **Your Texas Benefits**

Find out and apply for health care, SNAP (Supplemental Nutrition Assistance Program), TANF (Temporary Assistance for Needy Families), and other benefit programs for Texans.

[yourtexasbenefits.com](http://yourtexasbenefits.com)

## **Medicare**

Medicare.gov  
1-800-MEDICARE

For help with Medicare coverage choices:

[medicare.gov/medicarecoverageoptions/](http://medicare.gov/medicarecoverageoptions/)

## **Medicare Options Information**

Information on Medicare Part A (hospital care, Part B (outpatient care), Part C (Managed Care and Medigap programs) & Part D (prescription drugs)

[medicare.gov/what-medicare-covers/your-medicare-coverage-choices/whats-medicare](http://medicare.gov/what-medicare-covers/your-medicare-coverage-choices/whats-medicare)

## **Care Compare**

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

[medicare.gov/care-compare](http://medicare.gov/care-compare)

# ERATH COUNTY

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(con't) **BENEFITS** (see **COMMUNITY, HEALTH INSURANCE, FINANCIAL ASSISTANCE, and VETERANS SERVICES** for more)

## **Health Information, Counseling and Advocacy Program (HICAP)**

The HICAP program works with SHIP (State Health Insurance Assistance Programs) to provide free health insurance counseling, referrals, and counseling related to Medicare and Medicaid benefits.

(800) 252-9240

TTY (800) 735-2989

[nctcog.org/nctcg/media/Area-Agency-on-Aging/BenefitsCounselingSites\\_1.pdf](http://nctcog.org/nctcg/media/Area-Agency-on-Aging/BenefitsCounselingSites_1.pdf)

## **Texas Department of Human Services: Erath County**

Help with SNAP food benefits, TANF (Temporary Assistance for Needy Families), Medicaid for families and children.

2175 W South Loop, Stephenville, TX 76401

Phone: (254) 965-3138

## **Texas Department of State Health and Human Services**

Public health resources for Texans, including consumer protection, health and wellness initiatives, infectious disease control, birth/death records and more.

1100 West 49th Street Austin, Texas 78756-3199

888-963-7111

[dshs.texas.gov](http://dshs.texas.gov)

## **Children with Special Health Care Needs Program**

Program providing medically necessary services for Texas children up to 20 years old with special health care needs, and people with cystic fibrosis of any age.

(800) 222-3986 – Program Help Line

[hhs.texas.gov/services/disability/children-special-health-care-needs-program](http://hhs.texas.gov/services/disability/children-special-health-care-needs-program)

## **Texas Department of Aging and Disability Services (DADS)**

Community Care for Aging and Disabled programs including in-home help and CBA (Community Based Alternative) programs.

Details: [payingforseniorcare.com/longtermcare/resources/texas\\_ccad.html](http://payingforseniorcare.com/longtermcare/resources/texas_ccad.html)

(855) 937-2372 TTY 1(800)735-2989

Email: [contact@hhs.state.tx.us](mailto:contact@hhs.state.tx.us)

[hhs.texas.gov](http://hhs.texas.gov)

## **Social Security Administration**

(800) 772-1213

[ssa.gov](http://ssa.gov)



# ERATH COUNTY

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(con't) **BENEFITS** (see **COMMUNITY, HEALTH INSURANCE, FINANCIAL ASSISTANCE, and VETERANS SERVICES** for more)

**Erath County Veterans Office (Donald R. Jones Justice Ctr.)**

112 West College Room #107 Stephenville, TX 76401

254-965-1443

[co.erath.tx.us/veteran.html](http://co.erath.tx.us/veteran.html)

**U.S. Department of Veterans Affairs** (see **VETERANS** for more)

844-698-2311

[va.gov](http://va.gov)

**PACE (Programs of All-Inclusive Care for the Elderly)**

Medicare and Medicaid program in many states allowing people who need nursing home-level of care to remain in the community. Eligibility requirements:

- You're 55 or older.
- You live in the service area of a PACE organization.
- You're certified by your state as needing a nursing home-level of care.
- At the time you join, you're able to live safely in the community with the help of PACE services.

**Find a plan here** (NOTE: plans in Lubbock area only as of 6/2019):

[medicare.gov/find-a-plan/results/paceresults/pace-plan-list.aspx?stateid=TX&statename=Texas](http://medicare.gov/find-a-plan/results/paceresults/pace-plan-list.aspx?stateid=TX&statename=Texas)

# ERATH COUNTY

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## CAREGIVER WELLNESS & SUPPORT

This section contains information and resources for the following categories:

[GENERAL](#)

[BLOGS, BOOKS, VIDEOS & PODCASTS](#)

[CAREGIVING SUPPORT NETWORK](#)

[STRESS MANAGEMENT](#)

[TRAINING & EDUCATION](#)

[WORKPLACE](#)

For more caregiver wellness, see:

[ALZHEIMERS & DEMENTIA SUPPORT](#)

[BENEFITS](#)

[COMMUNITY & SOCIAL SERVICES](#)

[COUNSELING & ALTERNATE THERAPY](#)

[COVID-19 RELATED RESOURCES](#)

[GRIEF](#)

[RESPITE CARE PROGRAMS](#)

[SOCIAL & EDUCATIONAL ACTIVITIES](#)

[SUPPORT ORGANIZATIONS](#)

[VETERANS SERVICES](#)

[WORKPLACE & CAREER TRANSITIONS](#)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### **GENERAL** (see [Local & Online Support](#) for more)

When we begin helping out a family member or friend in need, we rarely anticipate the impact that typically intensifies over time. To the extent possible, it's important to communicate openly about both your loved one's needs and wishes, as well as your own to sustain caregiving.

### **Download Caregiving Questions for Conversations (free)**

- Questions for your loved one
- Questions for you as a family caregiver
- Understanding your family member's end of life wishes
- Goals for a family member receiving care, and your caregiving goals

[caregivertransitions.com/caregiving-conversations](http://caregivertransitions.com/caregiving-conversations)

### **Family Caregivers Online**

Education and Resources for Caregivers (via North Central Texas, Dallas, and Tarrant County Area Agency on Aging)

[familycaregiversonline.net](http://familycaregiversonline.net)

### **Texas Caregiver Support Services**

Events, information, and news for Texas caregivers

Follow the Facebook page here: [facebook.com/texascaregiversupport](https://facebook.com/texascaregiversupport)  
[texascaregiversupport.net](http://texascaregiversupport.net)

### **The Caregiving Years Academy\***

Training programs, virtual events, and more for all stages of a personal caregiving experience.

[careyearsacademy.com](http://careyearsacademy.com)

\*a CareGiver Transitions partner and affiliate

### **AARP**

[aarp.org/caregiving](http://aarp.org/caregiving)

### **National Alliance for Caregiving**

Research, advocacy, and resources.

[caregiving.org](http://caregiving.org)

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## (con't) CAREGIVER WELLNESS & SUPPORT

### GENERAL (con't)

#### **Well Spouse Association**

Membership based support for spousal caregivers including online support groups, respite care, mentorship and more.

[wellspouse.org](http://wellspouse.org)

#### **Caring for Children with Chronic Illness**

Comprehensive tips and resources to help manage the challenges of raising a child with chronic illness

[med.umich.edu/yourchild/topics/chronic.htm](http://med.umich.edu/yourchild/topics/chronic.htm)

#### **Caregiver Hotline**

Emotional support and information via Caregiver Action Network.

(855) 227-3640

[caregiveraction.org](http://caregiveraction.org)

#### **Easter Seals North Texas**

Services include occupational and physical therapy, caregiver support services including respite and adult day services, and more.

[easterseals.com/northtexas](http://easterseals.com/northtexas)

#### **Senior Care Corner**

Great articles and information when caring for an aging family member or friend.

[seniorcarecorner.com](http://seniorcarecorner.com)

see **CAREGIVING SUPPORT NETWORK: LOCAL & ONLINE** for more.

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# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### BLOGS, BOOKS, VIDEOS & PODCASTS

#### **Stories from North Texas family caregivers**

[caregivertransitions.com/caregiver-stories](http://caregivertransitions.com/caregiver-stories)

#### **Carefree to Caregiver** by Teraleen Campbell

A devotional book for caregivers. Each day's passage is has been written to encourage and enrich the lives of those who have the life assignment of caring for a loved one. In addition to a daily message, each passage will contain a scripture for meditation and a prayer.

#### **The Caregiving Years: 6 Stages to a Meaningful Journey** by Denise M. Brown

#### **A Joyful Pause: 52 Ways to Love Life** by Nicole Taylor

Find the place in each of us that is steady in the midst of change.

#### **A variety of informative and engaging podcasts**

[wellmedcharitablefoundation.org/caregiver-support/on-air/](http://wellmedcharitablefoundation.org/caregiver-support/on-air/)

#### **Befriended Heart YouTube series**

Support and resources for dementia caregiving, with an emphasis on long-distance concerns (whether across town or across the country).

[rebrand.ly/joyindementia](http://rebrand.ly/joyindementia)

#### **Empowering Caregivers to Survive with Grace**

Blogs, insights, and more from writer, activist, and dementia caregiving survivor Lisa B Capp

[lisabcapp.com/blog/all-blogs](http://lisabcapp.com/blog/all-blogs)

#### **Sustainable Caregiving**

Blog insights and stories with caregiver Theresa Wilbanks

[sustainablecaregiving.com/blog](http://sustainablecaregiving.com/blog)

#### **CWC Media Group**

Insightful conversation about Black mental health with Chandra White-Cummings

#### **Fading Memories podcast**

Alzheimer's support podcast for people caring for a loved one with memory loss.

[fadingmemoriespodcast.com](http://fadingmemoriespodcast.com)

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## (con't) CAREGIVER WELLNESS & SUPPORT

### **BLOGS, BOOKS, VIDEOS & PODCASTS (con't)**

**Bible plan reader for caregivers (free plan)** by Dr. Kennetra Bryant

#### **Advocate for Mom and Dad**

Blog with tips from caregiver Debra Hallisey

[advocateformomanddad.com/category/resources](http://advocateformomanddad.com/category/resources)

**A conversation about finding beauty in every day moments** as a practice for refueling during this time.

[ajoyfulpause.com/why-pause/2020/7/8/a-joyful-pause-with-althea-danzey](http://ajoyfulpause.com/why-pause/2020/7/8/a-joyful-pause-with-althea-danzey)

#### **Roger That**

Podcast with Bobbi and Mike Carducci offers insights on caring for a loved one with dementia

[tunein.com/podcasts/Health--Wellness-Podcasts/Rodger-That-p1272485](http://tunein.com/podcasts/Health--Wellness-Podcasts/Rodger-That-p1272485)

#### **Alz Authors**

Memoirs, caregiver guides, novels, children's books, and blogs – and the encouraging real-life stories behind these works, all written through the lens of personal experience.

[alzauthors.com](http://alzauthors.com)

**The Complete Eldercare Planner** by Joy Loverde

#### **Daughterhood Podcast**

**Impact of Systemic Racism During a Personal Caregiving Experience:** A Conversation with Family Caregivers

**A Family Caregiver's Guide: 7 Secrets to Convert Negative Triggers to Positive Emotions** by Rosa Chillis

**9 Realities of Caring for an Elderly Parent** by Stefania Shaffer

**The Family Caregivers Guide** by Harriet Hodgson

#### **The Caregivers Companion**

A free e-book for military caregivers by TBI Warrior Foundation.

[tbiwarriorfoundation.org/caregiving](http://tbiwarriorfoundation.org/caregiving)

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## (con't) CAREGIVER WELLNESS & SUPPORT

### **BLOGS, BOOKS, VIDEOS & PODCASTS (con't)**

**Mom of My Mom: Instagram blog of Millennial Caregiver** by Jacqueline Joyce

**How To Spot Sacred Practices In Everyday Life**

Audio interview with NPR's Ailsa Chang with Casper ter Kuile author of The Power of Ritual: Turning Everyday Activities Into Soulful Practices.

**Juggling Life, Work, and Caregiving** by Amy Goyer

**I Will Never Forget: A Daughter's Story of Her Mother's Arduous and Humorous Journey Through Dementia** by Elaine C. Pereira

**Becoming a Medical Mom** by Ashley Bergris

**Navigator Nuggets by GPS Doc** – A Discussion with Black Physicians about Men's Health and Caregiving

**Tears in My Gumbo** by Nadine Cornish

**The 36 Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life** by Nancy L. Mace, Peter V. Rabins

**Thrive Anyway: 12 Lessons After 12 Years of Chronic Illness and Caregiving** by Bruce McIntyre

**Despite MS, to Spite MS** by Dan and Jennifer Digmann

**Affirmations for Family Caregivers** by Harriet Hodgson

**Blessings and Prayers for Caregivers: A Devotional Companion** by Annetta Dellinger, Karen Boerger, Co-Author

**Kick-Ass Kinda Girl A Memoir of Life, Love, and Caregiving** by Kathi Koll

**The Caregiving Journey** by Debbie Howard

**After Caregiving Ends, A Guide to Beginning Again** by Denise M. Brown

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## (con't) CAREGIVER WELLNESS & SUPPORT

### **BLOGS, BOOKS, VIDEOS & PODCASTS** (con't)

**[H.O.P.E. for the Alzheimer's Journey: Help, Organization, Preparation, and Education for the Road Ahead](#)** by Carol B Amos

**[Confessions of an Imperfect Caregiver](#)** by Bobbi Carducci

#### **The Intentional Caregiver**

Lifestyle blog for women over 50, including a blog that supports caregivers of aging parents and loved ones.

[intentionalcaregiver.com](http://intentionalcaregiver.com)

**Tools for the Exceptional Parent of a Chronically-Ill Child** by Shirley Riga

[conqueringyourfears.com](http://conqueringyourfears.com)

**The Caregivers' Living Room: A Blog** by Donna Thomson

[donnathomson.com](http://donnathomson.com)

**Taking Care of Mom: A Son's Journey** by Louis G. Colbert

[asaging.org/blog/taking-care-mom-sons-journey](http://asaging.org/blog/taking-care-mom-sons-journey)

**Caring for Aging Parents Who Didn't Care for You**

[agingcare.com/articles/caring-for-aging-parents-who-didn-t-care-for-you-127206.htm](http://agingcare.com/articles/caring-for-aging-parents-who-didn-t-care-for-you-127206.htm)



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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK

Building a support network is critical to sustain wellbeing during caregiving. Asking for help can be difficult when we become isolated, or when it feels like no one else can/will care for our loved one the way we do.

Consider what kind of help would help **you**.

#### What's My Support Network Look Like?

- Family, friends, and neighbors: What can team members do in person? Remotely?
- A good listener. Emotionally supportive, without judging your decisions, or minimizing the difficult work you do.
- Community support agencies and organizations
- Care professionals (social worker, Certified Senior Advisor, Care Manager, nurse, etc.)
- Local and online support communities
- Your place of worship
- Workplace/Human Resources representative
- An effective communicator with medical providers, insurance, and/or ability to do online research
- Help with chores: house cleaning, grocery shopping, laundry, errands, lawn care, minor repairs, research, taxes, transportation, etc.
- Help with errands
- Help with administrative tasks such as accounting, taxes, etc.
- Trustworthy money manager
- In-home personal care, home health services, or hospice as appropriate
- Help setting up technology that saves time, i.e. an electronic calendar
- Someone who can help with downsizing (family, friend, or professional)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

**Be specific** (date/time/frequency/etc.) when asking for help, for example:

*“Can you bring dinner at 5:30 p.m. on Wednesdays?”*

*“Would you come over to visit for 2 hours every other Sunday to give me a break for a nap or a movie?”*

### Local & Online Support

#### Caregiving Navigation for North Texas Family Caregivers

A (free) virtual seminar for those caring for an older adult\*, presented by CareGiver Transitions.

- How to Navigate the **6 Stages of Caregiving**
- A Care Plan for **You and Your Family Member**
- Option to enroll in Care Coaching Program (free for eligible participants)
- **COVID-19** Caregiving Resources

**Fall 2020 Classes Open. Register free [HERE](#).**

More program details [HERE](#).

\*Funded by the North Central Texas Area Agency on Aging. NCT-AAA serves older adults 60 & older and their caregivers in these NTX counties: **Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise.**

#### Cowboy Capital Mental Health Connection

Resources, programs, and support to promote and address mental health needs in Erath county, including the TFID (Texans Reducing Food Insecurity and Depression) program for 55+ in zipcodes 76401 and 76402.

Ph: (254) 413-0883

Email: [TexansFID@gmail.com](mailto:TexansFID@gmail.com)

[cowboycapitalmhc.org/projects](http://cowboycapitalmhc.org/projects)

#### Stephen Ministries

A Christian organization providing spiritual support for those who care, grief, spiritual growth and more.

[stephenministries.org](http://stephenministries.org)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

#### **Agrability**

Resources for rural caregivers facing additional caregiving challenges such as geographical isolation, gaps in rural service delivery systems, and the unique needs of agricultural workers with disabilities.

[agrability.org/resources/caregivers](http://agrability.org/resources/caregivers)

#### **Positive Approach to Care® with Teepa Snow**

##### **Dementia Caregivers Guide by Teepa Snow**

Easy to read guidebook explains the fundamentals of the Positive Approach to Care® techniques and the ways they may be applied to improve the lives of those living with brain change.

[teepasnow.com/product/dementia-caregiver-guide/](http://teepasnow.com/product/dementia-caregiver-guide/)

[teepasnow.com](http://teepasnow.com) (more resources for family and friends)

#### **Alzheimer's Association**

[alz.org/help-support/community](http://alz.org/help-support/community)

#### **Daughterhood with Anne Tumlinson**

Daughterhood support circles, blog, podcasts and more.

[daughterhood.org](http://daughterhood.org)

#### **AgingCare.com**

Features a helpful question and answer forum for those caring for an aging relative.

#### **Caring Bridge**

Help family and friends stay connected during a chronic illness or hospitalization, coordinate help, share updates, photos, and more.

[caringbridge.org](http://caringbridge.org)

#### **The Caregiver Space**

Online support groups, community forums and more.

[thecaregiverspace.org](http://thecaregiverspace.org)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

#### **Military Caregiver Support and Counseling**

No-cost, weekly counseling to people who care for service members or veterans who deal with medical, physical, and/or psychological issues. For Texas residents, applies to all branches of services.

210-450-8673

Email: [telehealth@uthscsa.edu](mailto:telehealth@uthscsa.edu)

[texvet.org/resources/military-caregiver-telehealth-initiative-uthsa](http://texvet.org/resources/military-caregiver-telehealth-initiative-uthsa)

#### **Veteran Spouse Resiliency Group (V-SRG)**

In person or online groups for veteran spouses and partners of veterans to come together, listen, share their stories, and lean on one another for support and guidance.

[sites.utexas.edu/vsn/programs](http://sites.utexas.edu/vsn/programs)

#### **North Texas VA Caregiver Support Services**

[northtexas.va.gov/services/caregiver/index.asp](http://northtexas.va.gov/services/caregiver/index.asp)

#### **Dallas Area Parkinsonism Society (DAPS)**

Offering many services at no (or reduced) cost to those affected by Parkinson's disease living in the Dallas area.

[daps.us](http://daps.us)

#### **Federation for Children with Special Needs**

Information, support, and assistance to parents of children with disabilities, their professional partners, and their communities.

[fcsn.org](http://fcsn.org)

#### **Special needs support group directory**

[specialneedskidsdirectory.com/parental-&-family-resources-p4](http://specialneedskidsdirectory.com/parental-&-family-resources-p4)

#### **Lotsa Helping Hands**

Organize a care community online

[lotsahelpinghands.com](http://lotsahelpinghands.com)

#### **Take Them a Meal**

Free, customized online sign up for friends/family to take meals to those in need.

[takethemameal.com](http://takethemameal.com)

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

#### **Brain Injury support groups in DFW**

[paterehab.com/brain-injury-support-groups-texas](http://paterehab.com/brain-injury-support-groups-texas)

#### **Sickle Cell 101**

Information, podcast, and community for people affected by sickle cell disease.

[sc101.org](http://sc101.org)

#### **WHO ICOPE Handbook App**

Interactive digital app provides practical guidance for conditions such as mobility limitations, malnutrition, vision and hearing loss, cognitive decline, depressive symptoms and social care and support.

[who.int/ageing/health-systems/icope/en](http://who.int/ageing/health-systems/icope/en)

#### **Minority Emotional Wellness Resources**

Find inclusive support for emotional health concerns impacting people of color

[afsp.org/minority-mental-health-resources](http://afsp.org/minority-mental-health-resources)

#### **African American Alzheimer's Support Group**

[facebook.com/fightbackagainstalzheimers](https://facebook.com/fightbackagainstalzheimers)

#### **Befriended Heart**

Support and resources for dementia caregiving, with an emphasis on long-distance concerns (whether across town or across the country).

YouTube series: [rebrand.ly/joyindementia](https://rebrand.ly/joyindementia)

[joyindementia.com](http://joyindementia.com)

#### **Family Voices**

Family-led organization of families and friends of children and youth with special health care needs (CYSHCN) and disabilities. Promotes partnership with families at all levels of health care to improve health care services and policies for children.

[familyvoices.org](http://familyvoices.org)

#### **Caregiving Life with Beverly Nance, founder of Puzzlebilities**

A private social media support group for all caregivers to share stories, resources and ideas.

[facebook.com/groups/CaregivingLife](https://facebook.com/groups/CaregivingLife)

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

#### **Caregivers Connect**

A social media group for family caregivers to share insights, struggles, and support.

[facebook.com/groups/CaregiversConnect](https://facebook.com/groups/CaregiversConnect)

#### **Diverse Health Hub**

Health equity focused programs to provide insights from a large network of medical experts, patient opinion leaders, community based organizations, and healthcare industry contributors.

[diversehealthhub.com](https://diversehealthhub.com)

#### **Diverse Elders**

Advocates for policies and programs that improve aging in our communities as racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual and/or transgender (LGBT) people.

[diverseelders.org](https://diverseelders.org)

#### **Multicultural Caregiving & Resources**

[multiculturalscaregiving.net/category/blog/multicultural-caregiving-and-resources](https://multiculturalscaregiving.net/category/blog/multicultural-caregiving-and-resources)

#### **Spanish Caregiving Resources by AARP**

[aarp.org/espanol/recursos-para-el-cuidado/?migration=rdrct](https://aarp.org/espanol/recursos-para-el-cuidado/?migration=rdrct)

#### **Atlas of Caregiving CareMap**

A visual tool to help identify those who may be or are currently part of an individual's care community.

[familyresourcehomecare.com/identifying-caregiving-community](https://familyresourcehomecare.com/identifying-caregiving-community)

#### **LGBT Coalition for Aging**

214-981-5463

[cfa.lgbt](https://cfa.lgbt)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### CAREGIVING SUPPORT NETWORK (con't)

**National Resource Center on LGBT Aging:** Advocating for Yourself and Others

[lgbtagingcenter.org/resources/pdfs/How to Advocate for Yourself and Others in Healthcare Settings Final.docx.pdf](https://lgbtagingcenter.org/resources/pdfs/How%20to%20Advocate%20for%20Yourself%20and%20Others%20in%20Healthcare%20Settings%20Final.docx.pdf)

**Black Health Matters**

Find social networks, information, events, and articles about and for Black health.

[blackhealthmatters.com](https://blackhealthmatters.com)

**National Hispanic Council on Aging**

Support, resources, and community to help improve the lives of Hispanic older adults, their families, and caregivers.

[nhcoa.org](https://nhcoa.org)

**National Indian Council on Aging (NICOA)**

Programs, resources, and support for needs of aging American Indian and Alaska Native elders.

[nicoa.org](https://nicoa.org)

**Black Doctor**

Learn more about health conditions, find a doctor, and more related to concerns disproportionately impacting the health of Black people due to systemic racism within the healthcare system.

[blackdoctor.org](https://blackdoctor.org)

**CAREGIVER CARDS by Senior Shower Project**

A uniquely personable collection of cards to help celebrate family caregivers.

[caregiver.cards](https://caregiver.cards)

**Ways to Support a Family Caregiver** (to share with your family & friends)

[caregivertransitions.com/ways-to-help-a-caregiver](https://caregivertransitions.com/ways-to-help-a-caregiver)

See **SUPPORT ORGANIZATIONS** for more local support groups

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### STRESS MANAGEMENT

#### It's no wonder we're stressed.

The physical, emotional, logistical, and financial responsibilities of caregiving can overwhelm us -- no matter how committed we are. We understand self-care is important, yet guilt, worry, sleeplessness, and even a sense of hopelessness can build up over time.

#### Here are some ideas to help manage stress in a caregiving situation:

- Stay connected to/share with those in your support network who listen without judgment.
- Set boundaries. Say “no” or “not right now” to requests that add to your stress levels.
- Take mindful breaths in and out to help regulate your body's involuntary stress responses; consider [aromatherapy](#).
- Take a short walk, listen to your favorite music or a meditation app for 5 minutes. Choose healthy foods when possible. Keeping your body in balance can help improve much needed sleep.
- Who/what makes you laugh? What replenishes your spirit/heart? See [BLOGS, BOOKS, VIDEOS & PODCASTS](#) for links.
- Ask for help to get a break. Find a [respite care resource](#), or a respite care “buddy” in your neighborhood, place of worship, or workplace.
- Talk with an [elder law attorney](#) and/or [accountant](#) about managing financial stress.
- Write down your stresses, worries, and thoughts in a private journal.
- Consider changes to empower your person to do what they can for themselves. A range of DIY to professional [home modifications](#) and [assistive devices](#) can make a significant difference.
- Assess your routine and review your [time saving strategies](#).
- When care needs change or intensify, updating your [care plan](#) can help clarify what changes are needed to sustain caregiving, such as [in-home personal care](#) or [home health services](#).



# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### STRESS MANAGEMENT (con't)

- Create a Family Emergency Plan to prepare for the “what ifs” (free download) [careyearsacademy.com/plan](http://careyearsacademy.com/plan)
- If dealing with burnout or depression, contact a qualified health care professional or [counselor](#) for help.

### **We get stressed when there never seems to be enough time.**

Some ideas to help make room:

- Organize your day: create one list for routine tasks. Schedule time for yourself on your calendar (even if only 15 minutes). Add appointments and other important dates to a shared calendar as soon as possible.
- Purchasing essential supplies online and/or look for grocery delivery services
- Combine activities: enjoy an audio book while commuting or doing housework
- Inquire about mobile service options for your caree: dentists, podiatrists, hairdressers, etc.
- Use a caregiving friendly tool, site or app to streamline communications to send updates to family members and others involved with your person's care. See [Local & Online Support](#).

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### STRESS MANAGEMENT (con't)

#### Tools to Help Save Time

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##### **My Data Diary\***

An electronic data organizer and storage solution to securely manage and share personal, household, medical, financial and legal information (including Advance Directives) at:

[mycarecompanions.com/my-data-diary](http://mycarecompanions.com/my-data-diary)

**Enter discount code “CARETOOL” for 15% off**



\*A CareGiver Transitions affiliate.

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##### **CareTree.me**

Care management & care coordination platform, including health care providers.

[web.caretree.me](http://web.caretree.me)

##### **CareZone**

App to help organize health services and information

[carezone.com](http://carezone.com)

##### **TeamUp**

Calendar app to help organize, schedule, and share work and information.

[teamup.com](http://teamup.com)

##### **Constant Companion**

Digital voice assistant and smart home system.

[constantcompanion.com](http://constantcompanion.com)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### STRESS MANAGEMENT (con't)

#### More Stress Management Techniques

##### Insights and tips to cope with caregiving fatigue and stress

[Compassionfatigue.org](https://www.compassionfatigue.org)

##### Essential Oils for Caregiving (by CareGiver Transitions)

Learn to use essential oils to help manage Stress & Anxiety, Fatigue, Processing Grief, Emotional Wellbeing and more. Includes links to meditation videos.

[caregivertransitions.com/essential-oils](https://www.caregivertransitions.com/essential-oils)

##### Dannelle's Playlist

Soul-bolstering, all-over-the-map music from my personal playlist.

[caregivertransitions.com/dannelles-playlist](https://www.caregivertransitions.com/dannelles-playlist)

##### HeadSpace

Meditation app, free basics pack.

[headspace.com/headspace-meditation-app](https://www.headspace.com/headspace-meditation-app)

##### Edu-Care

Inspired and meaningful self-care events, including the annual Compassion Fatigue Symposium in Dallas and Tarrant counties.

[educaredallas.com](https://www.educaredallas.com)

##### Yoga poses for beginners

Simple poses with clear instructions and video to help de-stress your body and mind.

[healthline.com/health/fitness-exercise/beginner-yoga-poses#childs-pose](https://www.healthline.com/health/fitness-exercise/beginner-yoga-poses#childs-pose)

##### North Texas Qi-Gong with Martha Fiddes

Specializing in help for caregivers and veterans with PTSD to improve health and well-being through the practice of QiGong. Learn exercises including breathing techniques, postures, meditation and focused intention to allow natural energy in the body to flow correctly.

2106 W. Pioneer Parkway #124 Pantego, Texas (Arlington area)

214-532-6810

Email: [ntxqigong@gmail.com](mailto:ntxqigong@gmail.com)

[northtexasqigong.com](https://www.northtexasqigong.com)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### STRESS MANAGEMENT (con't)

#### **Heart & Harmony: Music Therapy Services**

Music therapy services to address cognitive, social, emotional, physical, and communication concerns. Free 30-minute phone consultation to prospective clients and caregivers who would like to learn more about music therapy, serving most of the DFW area.

(817) 458-8813

[heartandharmony.com/music-therapy-services](http://heartandharmony.com/music-therapy-services)

#### **Signs of Caregiving Stress and/or Burnout**

[helpguide.org/articles/stress/caregiver-stress-and-burnout.htm](http://helpguide.org/articles/stress/caregiver-stress-and-burnout.htm)

See [SOCIAL & EDUCATIONAL ACTIVITIES](#) and [COUNSELING](#) for more

Stay connected to resources and information  
from CareGiver Transitions: [SUBSCRIBE](#)

[Go to TABLE OF CONTENTS](#)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION

Find training to help care for your family member, as well as your personal development.

#### **Family Caregivers Online: Online Education**

Educational modules for a variety of daily care, behavioral, financial, legal, housing, long distance caregiving concerns and more.

[familycaregiversonline.net/online-education](http://familycaregiversonline.net/online-education)

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#### **Caregiving Navigation for North Texas Family Caregivers**

A (free) virtual seminar for those caring for an older adult\*, presented by CareGiver Transitions.

- How to Navigate the **6 Stages of Caregiving**
- A Care Plan for **You and Your Family Member**
- Option to enroll in Care Coaching Program (free for eligible participants)
- **COVID-19** Caregiving Resources

**Fall 2020 Classes Open. Register free [HERE](#).**

More program details [HERE](#).



\*Funded by the North Central Texas Area Agency on Aging. NCT-AAA serves older adults 60 & older and their caregivers in these NTX counties: **Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise.**

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**TIP:** Check [your local hospital](#) or [senior recreational center](#) for free and/or low cost community programs ranging from chronic disease self-management, CPR classes, diabetes support, and nutrition to fitness/dance/swim classes, "A Matter of Balance" fall prevention, chair yoga, and more.

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# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION (con't)

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#### **Certified Family Care Manager Training\***

Transform your informal personal caregiving experience. This curriculum empowers you with the skills, techniques and strategies to help you care for a family member. Our instructors either cared or care for a family member so they understand what it's like.

[careyearsacademy.com](http://careyearsacademy.com)

\*a CareGiver Transitions partner and affiliate



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#### **The Rosalyn Carter Institute for Caregiving**

Information and educational programs for caregivers, including:

**Operation Family Caregiver:** a 4-6 month training to provide education and support to caregivers of service members/veterans with traumatic brain injury, post-traumatic stress, and/or physical disability.

**RCI REACH:** a 6-12 month session intervention delivered to caregivers of people with dementia in their home and by telephone.

[rosalynncarter.org](http://rosalynncarter.org)

#### **Health and Safety for Caregiving**

Free online course to learn about health and safety skills for caregiving.

[alison.com/course/health-and-safety-for-caregiving](http://alison.com/course/health-and-safety-for-caregiving)

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# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION (con't)

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#### **TBI Warrior Foundation**

A non-profit support organization for veterans impacted by traumatic brain injury, military families, and civilian caregivers.

Founded by US Army Retired Sergeant First Class Victor L. Medina, a combat wounded veteran and Purple Heart Recipient, and his greatest advocate, caregiver, and wife Dr. Roxana Delgado, TBI Warrior Foundation provides community education and support, rehabilitation counseling, clinical counseling, and more.

[tbiwarriorfoundation.org](http://tbiwarriorfoundation.org)



**TBI WARRIOR**<sup>®</sup>  
FOUNDATION

TBI Warrior Foundation is a Caregiving Community Partner

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#### **Home Sweet Home Care Family Learning Center**

Free online learning modules for first aid, medical concerns, daily care, fall prevention and more.

[homesweethomecareinc.com/cargiving-training-education/family-caregiver-trainin/](http://homesweethomecareinc.com/cargiving-training-education/family-caregiver-trainin/)

#### **Advocacy by Pace**

Information and guidance for organization, preparation, healthcare management, and working within the healthcare system.

[advocacybypace.com](http://advocacybypace.com)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION (con't)

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#### **Certified Caregiving Facilitator Training**

Learn how to effectively lead a support group meeting for family caregivers and former family caregivers.

[careyearsacademy.com](http://careyearsacademy.com)

\*a CareGiver Transitions partner & affiliate



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#### **First Aid and Emergency Care Training**

Red Cross

- [First Aid](#)
- [CPR](#)
- [Automated External Defibrillator \(AED\)](#)
- [Basic Life Support](#)

Certification by Condition

- [Dementia Care Certification](#)
- [Diabetes Care Certification](#)
- [Parkinson's Care Certification](#)

#### **James L. West Center for Dementia Care**

[jameslwest.org/resources/podcast-video-library](http://jameslwest.org/resources/podcast-video-library)



# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION (con't)

#### **Positive Approach to Care® with Teepa Snow**

Learning opportunities to help care for a family member experiencing brain change.

[teepasnow.com](http://teepasnow.com)

#### **The Savvy Caregiver™**

Free program to help those caring for someone with dementia-related illness to learn, develop and modify approaches to lessen stress and improve your caregiving situation. Help to:

- Increase skills and knowledge for caregiving
- Understand the diseases that cause dementia and its progressive cognitive losses
- Gain confidence to effectively address dementia behaviors
- Learn effective ways to increase family involvement
- Reduce adverse impacts of caregiving.

Registration (scroll down for registration form):

[agingresources.org/savvy-caregiver-for-families](http://agingresources.org/savvy-caregiver-for-families)

Preview of program printable downloads: [hcinteractive.com/savvy](http://hcinteractive.com/savvy)

The Savvy Caregiver in Indian Country Trainer's Manual

[nicoa.org/elder-resources/savvy-caregiver](http://nicoa.org/elder-resources/savvy-caregiver)

#### **ACTS 2 Project**

Free, faith-based skills-training and support program for *African-American* family caregivers of individuals with Alzheimer's disease and related dementia. ACTS 2 sessions are led by trained, lay pastoral care facilitators from the African-American faith community.

[acts2project.org/sessions.html](http://acts2project.org/sessions.html)

#### **The Dawn Method**

A person-centered approach to dementia care that trains families and caregivers to recognize the skills dementia does not take away.

[thedawnmethod.com](http://thedawnmethod.com)

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### TRAINING & EDUCATION (con't)

#### **Next Avenue Caregiving Channel**

Informative, insightful articles and reporting on a variety of caregiving topics

[nextavenue.org/channel/caregiving](https://nextavenue.org/channel/caregiving)

#### **Healthfinder.gov**

Information about a variety of health conditions

#### **Medlineplus.gov/olderadulthealth.html**

Information about a variety of health conditions affecting senior adults

See [COVID-19 RELATED RESOURCES](#), [SOCIAL & EDUCATIONAL ACTIVITIES](#), and [SUPPORT ORGANIZATIONS](#) for more training and education resources.

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### WORKPLACE

Many choose not share their caregiving situation with an employer, for a variety of reasons. When possible, we can be advocates for ourselves and others in the workplace. Due to growing numbers of family caregivers who also work full or part time, savvy employers will look for ways to help address the impact related to caring for a family member.

A recent report found that 1 in 5 employees across the U.S. spend more than 20 hours a week providing care for a family member or friend. When employers act to help support employees who care, they help their own bottom line.

Consider sharing your caregiving situation with your employer or human resources manager. Together you can create a plan to maximize work productivity before a crisis occurs (or before the next one), as well as identify potential work benefits and resources that help.

### A resource to share with your employer

You can be an advocate for yourself and co-workers who provide care for a family member:

#### **Caregiving Support Benefit from CareYearsAcademy\***

Support for Individual Family Caregivers, Teams, and Managers. Details and online form to request a Corporate Caregiving Solution here:

[careyearsacademy.com/co](https://careyearsacademy.com/co)

\*CareGiver Transitions is an affiliate partner

### Resume Tip

When updating your resume, include skills gained through caregiving, such as project management, mediating health care encounters, negotiating skills, budgeting, scheduling, care logistics, understanding of technical language related to senior/health care, etc.

# ERATH COUNTY

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## (con't) CAREGIVER WELLNESS & SUPPORT

### WORKPLACE (con't)

#### More Information for Working Caregivers:

**How to Get Back to Work After Caring for Family** (U.S. News)  
[money.usnews.com/money/careers/salaries-and-benefits/articles/2018-02-21/how-to-get-back-to-work-after-caring-for-family](https://money.usnews.com/money/careers/salaries-and-benefits/articles/2018-02-21/how-to-get-back-to-work-after-caring-for-family)

**Employee Assistance Program (EAP)** is a confidential workplace service that may be offered to assist with work-life stressors, family issues, and financial concerns. More here: [shrm.org/resourcesandtools/tools-and-samples/hr-qa/pages/whatisaneap.aspx](https://shrm.org/resourcesandtools/tools-and-samples/hr-qa/pages/whatisaneap.aspx)

**Family and Medical Leave Act**  
[caregiver.org/family-and-medical-leave](https://caregiver.org/family-and-medical-leave)

**Caregiving While Working by AARP**  
About workplace benefits and the FMLA (Family Medical Leave Act)  
[aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html](https://aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html)

see **WORKPLACE CONCERNS & CAREER TRANSITIONS** for more

For more caregiver wellness, see:

[ALZHEIMERS & DEMENTIA SUPPORT](#)

[BENEFITS](#)

[COMMUNITY & SOCIAL SERVICES](#)

[COUNSELING & ALTERNATE THERAPY](#)

[COVID-19 RELATED RESOURCES](#)

[GRIEF](#)

[RESPITE CARE PROGRAMS](#)

[SOCIAL & EDUCATIONAL ACTIVITIES](#)

[SUPPORT ORGANIZATIONS](#)

[VETERANS SERVICES](#)

[WORKPLACE & CAREER TRANSITIONS](#)

**“Perfection is an illusion. Allow yourself room to make mistakes and permission to be happy regardless of outcome.”**

~ Dawn Gluskin

# ERATH COUNTY

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## CAREGIVING NAVIGATION

when caring for an older adult  
family member or friend.

Rated **4.98/5**

by North Texas  
Family Caregivers

Funded by Area Agency  
on Aging  
OF NORTH CENTRAL TEXAS

### FALL 2020 REGISTRATION OPEN

~~~~~  
Reserve your seat (FREE):

[FAMILYCARE20](#)

### ONE HOUR WORTH YOUR TIME.

- How to Navigate the **6 Stages of Caregiving** for an **Older Adult**
- A Care Plan for **You and Your Family Member**
- Option to enroll in Care Coaching Program (free for eligible participants)
- **COVID-19** Caregiving Resources

Multiple class dates/times in September 2020 are available (October dates TBA).

More program details [HERE](#).

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### IF YOU'RE a HEALTH/SENIOR CARE PROFESSIONALS, PROVIDERS, or COMMUNITY ORGANIZATION:

How can we better help older adults through the 6 Stages of Caregiving?

Join us for **CAREGIVING NAVIGATION for Care Providers & Professionals**.

Sign up to receive notice for our next virtual class [HERE](#).

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### IMPORTANT NOTICE

This program is **funded by the North Central Texas Area Agency on Aging** (NCT-AAA) serving older adults 60 & older and their caregivers in the following counties: **Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise**.

Participants outside of the NCT-AAA service area are welcome to join us! Due to funding capacity, registrants in the North Central Texas counties listed above will be prioritized in the event a class reaches maximum capacity.

# ERATH COUNTY

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## **COMMUNITY & SOCIAL SERVICES** (see **BENEFITS, FINANCIAL ASSISTANCE** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### **2-1-1 Texas**

Service connecting people to health and community services, help line answered 24 hours a day.

2-1-1

[211texas.org](http://211texas.org)

### **Emergency/Urgent**

|                          |                |
|--------------------------|----------------|
| Poison Control           | 1-800-222-1222 |
| Suicide Prevention       | 1-800-784-2433 |
| Drug Abuse Hotline       | 1-800-662-4357 |
| Police, Fire & Ambulance | 911            |

### **Safe Return**

A 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.

To report a missing person: (800) 572-1122

To register: (888) 572-8566

### **Texas Silver Alert**

Request Alert Activation and Regional Assistance.

[dps.texas.gov/IntelligenceCounterterrorism/Alerts/SilverAlertOverview.htm](https://dps.texas.gov/IntelligenceCounterterrorism/Alerts/SilverAlertOverview.htm)

### **Area Agency on Aging/North Central Texas**

Services for persons who are age 60 and over or caregivers of persons who are age 60 and over. Provides and coordinates an array of social services, most of which are provided locally through SPAN. Programs include nutrition, transportation, in-home services, senior centers, benefits counseling, legal assistance, health screening, and money management services.

616 Six Flags Drive Arlington, TX 76011

(800) 272-3921

[nctcog.org/aging-services](http://nctcog.org/aging-services)

# ERATH COUNTY

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(con't) **COMMUNITY & SOCIAL SERVICES** (see **BENEFITS, FINANCIAL ASSISTANCE** for more)

## **North Central Texas Aging and Disability Resource Center**

(877) 229-9084

Email: [nctadrc@nctcog.org](mailto:nctadrc@nctcog.org)

[nctadrc.org](http://nctadrc.org)

## **Texas Department of Aging and Disability Services**

(855) 937-2372 TTY 1-800-735-2989

Email: [contact@hpsc.state.tx.us](mailto:contact@hpsc.state.tx.us)

To learn how Texas benefits can help people with little or no money and in need, visit:

[yourtexasbenefits.com/Learn/Home](http://yourtexasbenefits.com/Learn/Home)

[hhs.texas.gov](http://hhs.texas.gov)

## **Texas Department of Human Services: Erath County**

Help with SNAP food benefits, TANF (Temporary Assistance for Needy Families), Medicaid for families and children.

2175 W South Loop, Stephenville, TX 76401

Phone: (254) 965-3138

## **Texas Department of State Health and Human Services**

Public health resources for Texans, including consumer protection, health and wellness initiatives, infectious disease control, birth/death records and more.

1100 West 49th Street Austin, Texas 78756-3199

888-963-7111

[dshs.texas.gov](http://dshs.texas.gov)

## **Health and Human Services Office of Minority Health**

Provides minority health literature, research and referrals for consumers, community organizations and health professionals.

[minorityhealth.hhs.gov/omh/](http://minorityhealth.hhs.gov/omh/)

## **Stephenville Senior Citizens**

Transportation, meals both on site and meals on wheels. Recreation and exercise, including dominos, forty-two, bridge, ceramics, bowling, dancing, and swimming.

164 East College St. Stephenville, Texas 76401

Sandy Morgan, Director

(254) 918-1288

[stephenvilletx.gov/city-services/senior-citizens-center](http://stephenvilletx.gov/city-services/senior-citizens-center)



# ERATH COUNTY

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(con't) **COMMUNITY & SOCIAL SERVICES** (see **BENEFITS, FINANCIAL ASSISTANCE** for more)

## **Erath County Senior Citizens, Inc.**

Provides home delivered meals, transportation for seniors and disabled, and homemaker services for seniors.

1603 E. Washington Street, Suite M Stephenville, Texas 76401  
(254) 965-3510

## **Dublin Senior Citizens**

202 East Clinton Dublin, TX 76446  
254-445-2006

## **Erath County United Way**

PO Box 1352 Stephenville, TX 76401  
254-965-4429  
[erathcountyuw.org](http://erathcountyuw.org)

## **H.O.P.E., Inc. (Helping Other People Effectively)**

Assists poverty level residents of Erath County with food, clothing, comprehensive medical and limited financial assistance.

1617 E Washington St. Stephenville, TX 76401  
(254) 965-2700  
Email: [hopeinc06@embarqmail.com](mailto:hopeinc06@embarqmail.com)  
[hopestephenville.com](http://hopestephenville.com)

## **Cowboy Capital Mental Health Connection**

Resources, programs, and support to promote and address mental health needs in Erath county, including the TFID (Texans Reducing Food Insecurity and Depression) program for 55+ in zipcodes 76401 and 76402.

Ph: (254) 413-0883  
Email: [TexansFID@gmail.com](mailto:TexansFID@gmail.com)  
[cowboycapitalmhc.org/projects](http://cowboycapitalmhc.org/projects)

## **Texas Neighborhood Services**

Texas Neighborhood Services provides utility assistance, a food pantry, a HEAD Start program, and job placement assistance through the Texas Work Force. Assistance provided free of charge.

118 W Heard St. Suite E, Cleburne TX, 76033  
817-556-3752  
[txns.org](http://txns.org)

# ERATH COUNTY

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(con't) **COMMUNITY & SOCIAL SERVICES** (see **BENEFITS, FINANCIAL ASSISTANCE** for more)

## **Cross Timbers Family Services** (Starling Pittman Family Center)

Provides Crisis intervention, 24 hour hotline, short term shelter, professional counseling, legal advocacy, education, referrals, and financial assistance. Also offers specialized services for victims of domestic violence, sexual assault, child abuse and other violent crime. Services are provided free of charge.

1794 N. Graham, Stephenville TX 76401  
Main: 254-965-5516 Crisis line: 254-965-4357  
[ctfshelp.org](http://ctfshelp.org)

## **Stephenville Workforce Center**

Job referral and placement services to all applicants. Employment counseling, state-wide computerized job-matching system. Accepts and administers claims for unemployment insurance benefits. Refers individuals to state/federal job training programs and TANF.

2165 W South Loop #1, Stephenville, TX 76401  
(254) 965-5100  
[dfwjobs.com/workforce-centers/stephenville-workforce-center](http://dfwjobs.com/workforce-centers/stephenville-workforce-center)

## **Pantry and More**

Offers food, clothing, household items, and other goods to those in need.  
2345 US-67 Stephenville, TX 76401  
(254) 592-9696  
[facebook.com/foodintimeofneed](https://facebook.com/foodintimeofneed)

## **First Baptist Grace Place**

Community assistance for Erath county residents to provide financial assistance with bills. Seven-month waiting period between help with rent, utilities, or propane and a one-month waiting period to receive food (purchased from Tarrant Area Food Bank). Also provides diapers, meals at Jake & Dorothy's Café, prescriptions (no controlled substances), and other items.

365 W Tarleton St. Stephenville, TX 76401  
(254) 965-4022  
[fbcstephenville.org/connect/grace-place-ministry](http://fbcstephenville.org/connect/grace-place-ministry)

## **First United Methodist Church**

Assistance with crisis or chronic family concerns  
630 Highland Ave Dublin, TX 76446  
254-445-2157  
[fumcdublintx.com](http://fumcdublintx.com)

# ERATH COUNTY

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(con't) **COMMUNITY & SOCIAL SERVICES** (see **BENEFITS, FINANCIAL ASSISTANCE** for more)

## **Life Line**

A federal program that lowers the monthly cost of phone and internet services.

[lifelinesupport.org/ls](http://lifelinesupport.org/ls)

## **North Central Texas Hot/Cold Weather Assistance**

- North Central Texas Area Agency on Aging serves adults age 60 and older and their family caregivers @ 800-272-3921
- Your local Meals on Wheels or United Way
- Comprehensive Energy Assistance Program (CEAP) - [benefits.gov/benefit/1579](http://benefits.gov/benefit/1579)
- Salvation Army Cooling Stations: [salvationarmydfw.org/p/services/cooling-stations](http://salvationarmydfw.org/p/services/cooling-stations)
- Texas Weatherization Assistance Program (WAP) - [tdhca.state.tx.us/community-affairs/wap/](http://tdhca.state.tx.us/community-affairs/wap/)

## **Eldercare Locator**

a public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

800-677-1116

[eldercare.acl.gov](http://eldercare.acl.gov)

**TIP:** Check [your local hospital](#) or [senior recreational center](#) for free and/or low cost community programs ranging from chronic disease self-management, CPR classes, diabetes support, and nutrition to fitness/dance/swim classes, “A Matter of Balance” fall prevention, chair yoga, and more.

## CareGiver Transitions

We all deserve care.

FAMILY CAREGIVING SUPPORT | COMMUNITY RESOURCES | PURPOSEFUL WORKSHOPS



As we care for family members in need, we're often isolated from support to help sustain us through the emotional, physical, and financial impact of caregiving.

**CareGiver Transitions** helps connect North Texas family caregivers to community resources, information, and ideas that make a difference.

We'd love to hear your thoughts and suggestions.

Tell us here:

[www.bit.ly/CARERESOURCES](http://www.bit.ly/CARERESOURCES)

# ERATH COUNTY

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## CONVERSATIONS

### Download Caregiving Questions for Conversations (free)

- Questions for your loved one
- Questions for you as a family caregiver
- Understanding your family member's end of life wishes
- Goals for a family member receiving care, and your caregiving goals

[caregivertransitions.com/caregiving-conversations](http://caregivertransitions.com/caregiving-conversations)

### Making Your Healthcare Wishes Known by Center for Practical Bioethics

[practicalbioethics.org/files/caring-conversations/Caring-Conversations.pdf](http://practicalbioethics.org/files/caring-conversations/Caring-Conversations.pdf)

### theconversationproject.org

Help to talk with loved ones about end of life care and wishes.

### Discussing Financial Matters

[caregiverslibrary.org/caregivers-resources/grp-money-matters/hsgfp-financial-caregiving/discussing-financial-matters-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-money-matters/hsgfp-financial-caregiving/discussing-financial-matters-article.aspx)

### Driving safety

#### Tips for talking about driving concerns

[medicalguardian.com/medical-alert-blog/caregiver-corner/talking-to-dad-about-taking-away-the-car-keys](http://medicalguardian.com/medical-alert-blog/caregiver-corner/talking-to-dad-about-taking-away-the-car-keys)

#### Texas Medical Evaluation Process for Driver Licensing

[dps.texas.gov/DriverLicense/MedicalRevocation.htm](http://dps.texas.gov/DriverLicense/MedicalRevocation.htm)

#### Keeping Us Safe

Self-assessment, workbook, conversation tips and more.

[keepingussafe.org](http://keepingussafe.org)

#### Seniors Driving Safely

Professional help to identify unsafe driving, alternatives, tips to keep safe.

[seniorsdrivingsafely.com](http://seniorsdrivingsafely.com)

### Common Practice: Hello Game

A conversation game to help facilitate talks about living and dying.

[commonpractice.com](http://commonpractice.com)

### Positive Approach to Care® with Teepa Snow

Learning opportunities to connect with a family member experiencing brain change.

**Video:** [Explaining to a family member who's locked down and living with dementia](#)

[teepasnow.com](http://teepasnow.com)

# ERATH COUNTY

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## COUNSELING & ALTERNATIVE THERAPY

### Open Path

Connects uninsured/underinsured people to licensed therapists on a sliding scale. Rates are \$30-60 for an individual session or \$30-\$80 for a family session.

[openpathcollective.org](http://openpathcollective.org)

### Find a counselor or therapist:

[psychologytoday.com/us/therapists](http://psychologytoday.com/us/therapists)

### Caregiver Hotline

Emotional support and information via Caregiver Action Network.

(855) 227-3640

[caregiveraction.org](http://caregiveraction.org)

### Suicide and Crisis Center of North Texas

You can also text "CONNECT" to 741741 to reach a National Crisis volunteer.

(214) 828-1000

[sccenter.org](http://sccenter.org)

### National Suicide Prevention Lifeline

(800) 273-8255

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**IMPORTANT NOTE: The FCC has designated 988 as the new nationwide number for the National Suicide Prevention Lifeline to be completed by July 2022.** In the meantime please continue to share 1-800-273-TALK (8255) with anyone wishing to connect to the Lifeline. 988 is NOT CURRENTLY ACTIVE nationally and may not connect callers to the Lifeline.

### Cowboy Capital Mental Health Connection: TFID (Texans Reducing Food Insecurity and Depression)

Program for Erath county 55+ in zipcodes **76401** and **76402** to address depression, social isolation and help access to healthy food. Program includes referral services, free therapy, local food bank enrichment, community garden, education and trainings, cooking classes, and an eldercare/caregiver conference.

Ph: (254) 413-0883

Email: [TexansFID@gmail.com](mailto:TexansFID@gmail.com)

[cowboycapitalmhc.org/projects](http://cowboycapitalmhc.org/projects)

# ERATH COUNTY

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## (con't) **COUNSELING & ALTERNATIVE THERAPY**

### **Counseling Casa: Brooke Harris, Licensed Professional Counselor**

Services include individual, family/couples, groups, Christian, substance abuse, life counseling and more.

903 S. Drew Street, Stephenville, TX 76401

(254) 434-2658

[counselingcasa.com](http://counselingcasa.com)

### **Compassion Counseling Center, Inc.**

Services include Individual, Family Relationship, and Grief counseling

2675 Overhill Drive Stephenville, TX 76401

254-485-6885

[compassioncounselingcenter.com](http://compassioncounselingcenter.com)

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### **TBI Warrior Foundation**

A 501(c)(3) nonprofit organization for veterans, civilians, and caregivers impacted by traumatic brain injury.

Founded by US Army Retired Sergeant First Class Victor L. Medina, a combat wounded veteran and Purple Heart Recipient, and his greatest advocate, caregiver, and wife Dr. Roxana Delgado, TBI Warrior Foundation provides community education and support, rehabilitation counseling, clinical counseling, and more.

#### **The Caregivers Companion**

A free e-book for military caregivers by TBI Warrior Foundation.

[tbiwarriorfoundation.org/caregiving](http://tbiwarriorfoundation.org/caregiving)

[tbiwarriorfoundation.org](http://tbiwarriorfoundation.org)



# ERATH COUNTY

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## (con't) **COUNSELING & ALTERNATIVE THERAPY**

### **Divine Counseling Services**

Services including depression/anxiety, family, work/career, conflict resolution, PTSD, cognitive behavioral, grief, stress, and other counseling

845 South Lillian Street, Ste. A Stephenville, TX 76401

254-979-2233

[therapywithmelissa.com](http://therapywithmelissa.com)

### **Lovell Counseling Services**

Services including depression/anxiety, loss and grief, family communication, financial disagreements, and other counseling

409 South Graham Street Stephenville, TX 76401

254-968-4020

[lovellcounseling.com](http://lovellcounseling.com)

### **Stephen Ministries**

A Christian organization providing spiritual support for those who care, grief, spiritual growth and more.

[stephenministries.org](http://stephenministries.org)

### **Military Caregiver Support and Counseling**

No-cost, weekly counseling to people who care for service members or veterans who deal with medical, physical, and/or psychological issues. For Texas residents, applies to all branches of services.

210-450-8673

Email: [telehealth@uthscsa.edu](mailto:telehealth@uthscsa.edu)

[texvet.org/resources/military-caregiver-telehealth-initiative-uthsa](http://texvet.org/resources/military-caregiver-telehealth-initiative-uthsa)

### **Veteran Spouse Resiliency Group (V-SRG)**

In person or online groups for veteran spouses and partners of veterans to come together, listen, share their stories, and lean on one another for support and guidance.

[sites.utexas.edu/vsn/programs](http://sites.utexas.edu/vsn/programs)

### **Minority Emotional Wellness Resources**

Find inclusive support for emotional health concerns impacting people of color

[afsp.org/minority-mental-health-resources](http://afsp.org/minority-mental-health-resources)

### **Therapy for Black Girls**

[therapyforblackgirls.com](http://therapyforblackgirls.com)



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## (con't) **COUNSELING & ALTERNATIVE THERAPY**

### **Directory of Muslim Mental Health Professionals**

[muslimmentalhealth.com/directory](http://muslimmentalhealth.com/directory)

### **Heart & Harmony: Music Therapy Services**

Music therapy services to address cognitive, social, emotional, physical, and communication concerns. Free 30-minute phone consultation to prospective clients and caregivers who would like to learn more about music therapy, serving most of the DFW area.

(817) 458-8813

[heartandharmony.com/music-therapy-services](http://heartandharmony.com/music-therapy-services)

# ERATH COUNTY

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## COVID-19 RELATED RESOURCES

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(click for direct link below or scroll down to browse COVID-19 resources)

[ABOUT COVID-19 & HEALTH AGENCY INFORMATION](#)

[PREPARING YOURSELF AND YOUR CAREE for COVID-19](#)

[HOME CARE, HOSPICE, & ASSISTED/MEMORY/COMMUNITY LIVING](#)

[EMOTIONAL & MENTAL WELLNESS](#)

[VETERANS AND VETERAN CAREGIVERS](#)

[BIPOC \(Black & Indigenous People of Color\) & OTHERS DISPROPORTIONATELY ADVERSELY AFFECTED BY COVID-19](#)

[ADDITIONAL IMPORTANT RESOURCES](#)

The COVID-19 pandemic presents additional caregiving stressors that require collective determination and cooperation to overcome. As caregivers, we understand that no one's life is expendable, no matter how vulnerable. It's critical for us to follow the guidelines of health care experts to better protect our family members, ourselves, and our communities.

**IMPORTANT NOTE:** Before visiting any physical location listed in the Caregiving Community Guide, we strongly advise contacting them to check operational changes and requirements related to COVID-19.

The following pages include suggestions, resources, and links to help navigate the impact of COVID-19 during caregiving.



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## (con't) COVID-19 RELATED RESOURCES

**ABOUT COVID-19 & HEALTH AGENCY INFORMATION** (see [BENEFITS](#) and [COMMUNITY RESOURCES](#) for more)

### **Texas Health and Human Services: COVID-19 Testing**

Information including online self-assessment screening, questions to ask when choosing a testing location, getting test results and more.

[www.dshs.state.tx.us/coronavirus/testing.aspx](http://www.dshs.state.tx.us/coronavirus/testing.aspx)

### **Find a Testing Location in Texas**

Be sure to contact the testing site before visiting. Some sites may require a medical provider authorization, deductible, or copay/coinsurance.

[txdps.maps.arcgis.com/apps/webappviewer/index.html?id=8bf7c6a436a64bfe9a5ce25be580e4ff](http://txdps.maps.arcgis.com/apps/webappviewer/index.html?id=8bf7c6a436a64bfe9a5ce25be580e4ff)

### **Area Agency on Aging: COVID-19 Service Updates**

#### **North Central TX Area Agency on Aging**

Serving Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise counties.

[nctcog.org/aging-services/covid-19-update](http://nctcog.org/aging-services/covid-19-update)

Facebook: [facebook.com/northcentraltexasaaa/](https://facebook.com/northcentraltexasaaa/)

#### **Dallas Area Agency on Aging**

[ccadvance.org/information-and-policy](http://ccadvance.org/information-and-policy)

#### **Tarrant Area Agency on Aging**

[access.tarrantcounty.com/content/main/en/county/tarrant-county-covid-19-information.html](http://access.tarrantcounty.com/content/main/en/county/tarrant-county-covid-19-information.html)

Facebook: [facebook.com/UWTarrant/](https://facebook.com/UWTarrant/)

# ERATH COUNTY

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## (con't) COVID-19 RELATED RESOURCES

(con't) **ABOUT COVID-19 & HEALTH AGENCY INFORMATION** (see [BENEFITS](#) and [COMMUNITY RESOURCES](#) for more)

### **North Texas Aging & Disability Resource Center (NTADRC)**

Emphasizes help for people returning home from nursing homes, assisted living facilities, hospitals, and rehabilitation centers. No cost to people with disabilities and their caregivers regardless of income. Help navigating:

- Medicaid waiver programs (STAR+PLUS, Home and Community Services, Community Living Assistance and Support Services)
- Medicare, Medicare Savings Programs, Medicare Low-Income Subsidies, SNAP (food stamps)
- Area Agency on Aging programs for people age 60 and over and their family caregivers
- Veterans Administration, subsidized housing for low-income older and disabled persons

(855) 937-2372

[nctadrc.org](http://nctadrc.org)

**Dallas** County: (888)743-1202 [connectocaredallas.org](http://connectocaredallas.org)

**Tarrant** County: (855) 937-2372 [tarrantcountyadrc.org](http://tarrantcountyadrc.org)

### **North Texas Behavioral Health Authority**

Tenant Based Rental Assistance (TBRA) due to COVID19. Serving Dallas, Ellis, Hunt, Kaufman, Rockwall, and Navarro counties.

(214) 366-9407 or (877) 653-6363

[ntbha.org/services](http://ntbha.org/services)

### **CDC Resources**

Diagnostic & Other Testing Information

[cdc.gov/coronavirus/2019-ncov/lab/testing.html](http://cdc.gov/coronavirus/2019-ncov/lab/testing.html)

Spanish Communications

[cdc.gov/coronavirus/2019-ncov/communication/index-sp.html?deliveryName=USCDC\\_2067-DM30162](http://cdc.gov/coronavirus/2019-ncov/communication/index-sp.html?deliveryName=USCDC_2067-DM30162)

Potential COVID-19 Symptoms

[cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](http://cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

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## (con't) **COVID-19 RELATED RESOURCES**

(con't) **ABOUT COVID-19 & HEALTH AGENCY INFORMATION** (see [BENEFITS](#) and [COMMUNITY RESOURCES](#) for more)

### **Disparities Solutions Center: Resources in Multiple Languages**

[mgdisparitiessolutions.org/community-health-resources-list](https://mgdisparitiessolutions.org/community-health-resources-list)

### **World Health Organization**

[who.int/emergencies/diseases/novel-coronavirus-2019](https://who.int/emergencies/diseases/novel-coronavirus-2019)

### **National Association of County Health Officials**

Find your local health department.

[naccho.org/membership/lhd-directory](https://naccho.org/membership/lhd-directory)

# ERATH COUNTY

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## (con't) COVID-19 RELATED RESOURCES

### PREPARING YOURSELF AND YOUR CAREE for COVID-19

Caring for a family member during the COVID-19 pandemic is extraordinarily difficult. It's no wonder we feel uncertain about making the right decision in uncertain circumstances. We hope the following helps you decide the best choices for yourself while providing the best possible care for your family member.

#### **CDC Guidelines for Caring at Home**

[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html)

#### **Tips for What Caregivers Can Do: Healthy Practices and Planning**

[redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety/family-caregivers.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety/family-caregivers.html)

#### **Create a Family Emergency Plan** (free download)

[careyearsacademy.com/plan](https://www.careyearsacademy.com/plan)

#### **APART, NOT ALONE. A Guide for Remote Caregiving During Covid-19**

[files.aloecare.io/files/remotecaregivingguide\\_07.pdf](https://files.aloecare.io/files/remotecaregivingguide_07.pdf)

#### **Household Checklist**

[cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/checklist-household-ready.html)

**Ideas to Find Home Readiness Supplies** (i.e. disinfectant, gloves, toilet paper, and more):

- [boxed.com](https://boxed.com)
- [sallybeauty.com](https://sallybeauty.com) (gloves)
- [restaurantsupply.com](https://restaurantsupply.com) (bulk)
- Etsy (masks)
- [oliviadrucares.com](https://oliviadrucares.com) (masks)
- [TenCow.com](https://Tencow.com) (masks)
- Check your local NextDoor app for mask sellers
- [vistaprint.com](https://vistaprint.com) (masks)

#### **How to Make a Face Mask**

[deaconess.com/How-to-make-a-Face-Mask](https://deaconess.com/How-to-make-a-Face-Mask)

#### **A Moment of Levity: "DIY Face Mask Tutorial with Kay"**

[youtube.com/watch?v=VDM8i14wxUw](https://www.youtube.com/watch?v=VDM8i14wxUw)

# ERATH COUNTY

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## (con't) COVID-19 RELATED RESOURCES

### (con't) PREPARING YOURSELF AND YOUR CAREE for COVID-19

#### **Home Cleaning and Disinfection Guidelines**

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html?](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html?)

#### **Safe Grocery Shopping and Take Out Tips**

[youtube.com/watch?v=sjDuwc9KBps](https://www.youtube.com/watch?v=sjDuwc9KBps)

#### **FDA Recall List for Toxic Hand Sanitizers**

[goodhousekeeping.com/health/a33217666/fda-recalls-hand-sanitizers-coronavirus](https://www.goodhousekeeping.com/health/a33217666/fda-recalls-hand-sanitizers-coronavirus)

#### **Suggestions for Supplies during a Pandemic**

[wired.com/story/covid-19-gear-supplies-guide](https://www.wired.com/story/covid-19-gear-supplies-guide)

#### **Navigator Nuggets by GPS Doc Nicole Rochester, MD**

Tips and information to help navigate the healthcare system. Coronavirus weekly updates and tips for family caregivers.

[yourgpsdoc.com/coronavirus-covid-19-resources](https://yourgpsdoc.com/coronavirus-covid-19-resources)

#### **Hospital Guide for Family Caregivers by Beth Suereth**

[caregivingpathways.com](https://www.caregivingpathways.com)

#### **Telehealth Tips: Getting the Most from a Virtual Appointment**

[powerfulpatients.org/2020/06/01/how-to-make-the-most-of-a-virtual-visit](https://powerfulpatients.org/2020/06/01/how-to-make-the-most-of-a-virtual-visit)

#### **COVID-19 Health Literacy Project**

Accessible information available in 30+ different languages to help all patients know when, and how, to seek care.

[covid19healthliteracyproject.com](https://www.covid19healthliteracyproject.com)

#### **WHO ICOPE Handbook App**

Interactive digital app provides practical guidance for conditions such as mobility limitations, malnutrition, vision and hearing loss, cognitive decline, depressive symptoms and social care and support.

[who.int/ageing/health-systems/icope/en](https://www.who.int/ageing/health-systems/icope/en)

#### **When to Seek Emergency Medical Help**

[cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?)

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## (con't) COVID-19 RELATED RESOURCES

### (con't) PREPARING YOURSELF AND YOUR CAREE for COVID-19

#### **National COVID-Ready Caregiver Certification**

Learn how to protect yourself and your caree.

[covidcert.nextstep.careers](https://covidcert.nextstep.careers)

#### **First Aid and Emergency Care Training**

Red Cross

- [First Aid](#)
- [CPR](#)
- [Automated External Defibrillator \(AED\)](#)
- [Basic Life Support](#)

Certification by Condition

- [Dementia Care Certification](#)
- [Diabetes Care Certification](#)
- [Parkinson's Care Certification](#)

#### **Know Your Caree's Wishes: Texas Prepare Advance Directive**

A free, guided form to document health wishes and designate a decision maker if unable to make healthcare decisions. For more options, see [ADVANCED PLANNING & DIRECTIVES](#).

Texas: [prepareforyourcare.org/advance-directive-state/tx](https://prepareforyourcare.org/advance-directive-state/tx)

Select your state: [prepareforyourcare.org/advance-directive](https://prepareforyourcare.org/advance-directive)

#### **Medications**

Contact appropriate physicians to arrange several weeks/months' worth of medications to have on hand. Consider a no-contact prescription delivery service. If pharmacy does not deliver, consider a service such as:

**ScriptDrop** (limited to participating pharmacies like Albertson's, Kroger, Sav-on and more -- call your pharmacy to inquire).

(866) 473-6583

[scriptdrop.co/covid19](https://scriptdrop.co/covid19)



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## (con't) **COVID-19 RELATED RESOURCES**

### (con't) **PREPARING YOURSELF AND YOUR CAREE for COVID-19**

[Agency for Healthcare Research and Quality](#) – Help to create a list of questions to ask the doctor or pharmacist.

#### **Positive Approach to Care® with Teepa Snow**

**Video:** [Explaining to a family member who's locked down and living with dementia](#)  
[teepasnow.com](http://teepasnow.com)

#### **Psychological First Aid: Supporting Yourself and Others During COVID-19 by Red Cross**

[redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course](http://redcross.org/take-a-class/coronavirus-information/psychological-first-aid-online-course)

#### **Help During Your Caree's Hospital Discharge from the Caregiving Years Training Academy\***

Your Family Support Team includes:

- A Certified Caregiving Consultant who cares or cared for a family member and has completed our extensive training. Our training includes up-to-date information on changes with the hospital system which impacts discharges. The consultant can help you put plans in place and connect you with resources.
- A Certified Caregiving Specialist who takes on tasks to free up your time. You can delegate tasks to the Specialist like ordering supplies and organizing help.
- A Personal Care Consultant who has experience with caring for family member as well as providing care in a home care setting. The Personal Care Consultant can walk you through tasks you may have to perform at home and provide support when you worried you can't do it.

Schedule a free 30 minute consultation for hospital discharge support here: [careyearsacademy.com/family-support-team/ref/54/](http://careyearsacademy.com/family-support-team/ref/54/)

\*CareGiver Transitions is an affiliate partner

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## (con't) COVID-19 RELATED RESOURCES

### HOME CARE, HOSPICE, & ASSISTED/MEMORY/COMMUNITY LIVING

The following are considerations and questions when preparing to care at home, arranging home care, hospice, or transitioning to/from a community living environment.

**Questions** when working with [ASSISTED LIVING](#), [IN-HOME PERSONAL CARE](#), [HOME HEALTH](#), or [HOSPICE & PALLIATIVE](#) agencies:

- What kind of PPE (personal protective equipment) and procedures do you follow due to Covid-19?
- How do you track potential staff exposure to Covid-19 in multiple work environments?
- (HOME HEALTH, HOSPICE) What kind of telehealth services do you provide?
- What can I do to minimize risk of Covid-19 exposure from agency staff within my home?
- (HOSPICE) What level of care does (my caree) qualify for?  
**NOTE:** For more about “**Levels of Care**”: [verywellhealth.com/levels-of-hospice-care-1132297](https://www.verywellhealth.com/levels-of-hospice-care-1132297)
- (HOSPICE) How will (my caree's) level of care be impacted due to Covid-19 procedural changes within your agency?
- (HOSPICE) How can you help with timely referrals for concerns (i.e. wound care) unrelated to the primary diagnosis?
- (For Medicaid enrollees) Do I qualify for an Appendix K waiver to support home and community based services in response to COVID-19? More info here: [nashp.org/states-use-appendix-k-waivers-to-support-home-and-community-based-services-in-response-to-covid-19/](https://nashp.org/states-use-appendix-k-waivers-to-support-home-and-community-based-services-in-response-to-covid-19/)

**NOTE:** As of this publication, changes related to **hospice care** via the Care Act focus on updates to requirements for certification and in-person visits/telehealth requirements:  
[gov/files/document/covid-hospices.pdf](https://gov/files/document/covid-hospices.pdf)

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## (con't) COVID-19 RELATED RESOURCES

### (con't) HOME CARE, HOSPICE, & ASSISTED/MEMORY/COMMUNITY LIVING

Find help navigating:

- ✓ **Benefits Counseling** (Medicare and other public benefits)
- ✓ **Care Coordination**
- ✓ **Long-Term Care Ombudsman**
- ✓ **Nursing Home Relocation**

The North Central Texas Area Agency on Aging  
[nctcog.org/aging-services/older-adults/direct-services](http://nctcog.org/aging-services/older-adults/direct-services)

Dallas County Area Agency on Aging  
[ccadvance.org/seniors](http://ccadvance.org/seniors)

Tarrant County Area Agency on Aging  
[unitedwaytarrant.org/aaatc](http://unitedwaytarrant.org/aaatc)

### Additional Recommendations

- **Request information via email**, including service details, answers to questions, COVID-19 related policies, etc.
- **Take photos and document your caree's physical and emotional status** for appointments with health care providers (including telehealth) or in the event a hospitalization is necessary
- **It's difficult to balance physical distancing safety with the wellbeing of our caree.** Our role as family caregivers is essential, so adjusting to changes in how we care is critical. When unable to be physically present, we can help stay connected with:
  - ✓ Phone calls (enlist other available family members/friends)
  - ✓ Photos of family and friends
  - ✓ Letters/postcards
  - ✓ Ensuring other personal items nearby
  - ✓ Whenever possible help your caree connect to virtual support i.e. zoom or FaceTime.
  - ✓ Online faith services
  - ✓ Creative ideas like drive-thru visits, video story-telling, and more here:  
[leadingage.org/helping-residents-stay-connected-during-pandemic](http://leadingage.org/helping-residents-stay-connected-during-pandemic)

(see COVID-19 [EMOTIONAL & MENTAL WELLNESS](#) for more)

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## (con't) **COVID-19 RELATED RESOURCES**

### (con't) **HOME CARE, HOSPICE, & ASSISTED/MEMORY/COMMUNITY LIVING**

#### **Considerations for Assisted Living, Memory Care, or other Community Living Environments**

When assisted living, memory care, or other community living environment is the best choice for your caree's needs, finding the right community is complicated by COVID-19. Due to visitor restrictions, we strongly recommend working with a Placement Advisor who is knowledgeable about the operational standards and history of local assisted living communities.

**An ethically minded agency will take time to get to know both you and your care recipient in person**, conduct community tours, and present options based on your family member's care needs, budget, and preferences.

**To find a Placement Agent** (a free service), see [ASSISTED LIVING, NURSING, and MEMORY CARE](#)

**Bringing a family member home** (i.e. from assisted/community living environment)

[ncea.acl.gov/NCEA/media/Publication/CV\\_TakingAResidentHome.PDF](https://ncea.acl.gov/NCEA/media/Publication/CV_TakingAResidentHome.PDF)

The **North Texas Aging & Disability Resource Center** emphasizes help for people returning home from nursing homes, assisted living facilities, hospitals, and rehabilitation centers.

see [North Texas Aging & Disability Resource Center](#) for more

# ERATH COUNTY

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## (con't) COVID-19 RELATED RESOURCES

**EMOTIONAL & MENTAL WELLNESS** (see [Caregiver Wellness](#) and [Counseling](#) for more)

**Texas Health & Human Services COVID-19 Mental Health Support Line**  
(833) 986-1919

### **Crisis Counselor Network**

Tips to help manage isolation, stay connected, or reach a crisis counselor.

To reach a Crisis Counselor: Text HOME to 741741

[crisistextline.org/topics/get-help-coronavirus/#dealing-with-coronavirus-1](https://crisistextline.org/topics/get-help-coronavirus/#dealing-with-coronavirus-1)

### **North Texas Behavioral Health Authority**

Dedicated support line for COVID-19 related crisis. Serving Dallas, Ellis, Hunt, Kaufman, Navarro, & Rockwall counties.

(833) 251-7544

### **National Suicide Prevention Lifeline**

(800) 273-8255

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**IMPORTANT NOTE: The FCC has designated 988 as the new nationwide number for the National Suicide Prevention Lifeline to be completed by July 2022.** In the meantime please continue to share 1-800-273-TALK (8255) with anyone wishing to connect to the Lifeline. 988 is NOT CURRENTLY ACTIVE nationally and may not connect callers to the Lifeline.

### **Institute on Aging - Friendship Line**

A 24-hr toll-free Friendship Line provides support for older adults and adults with differences in ability who are experiencing loneliness. Operates as both a crisis intervention hotline and for non-emergency emotional support calls.

(800) 971-0016

[ioaging.org/services/all-inclusive-health-care/friendship-line](https://ioaging.org/services/all-inclusive-health-care/friendship-line)

### **Connections Program** (Aging & Disability Resource Center)

Assistance with internet access, free computer tablet and data plan

**North Central Texas ADRC:** [nctadrc.org/contact.asp](https://nctadrc.org/contact.asp)

(855) 937-2372

# ERATH COUNTY

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## (con't) **COVID-19 RELATED RESOURCES**

(con't) **EMOTIONAL & MENTAL WELLNESS** (see [Caregiver Wellness](#) and [Counseling](#) for more)

### **That Discomfort You're Feeling Is Grief by Scott Berinato**

[hbr.org/2020/03/that-discomfort-youre-feeling-is-grief](http://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief)

### **Coronavirus Anxiety Workbook**

"A tool for building resilience during difficult times"

[thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf](http://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf)

### **Minority Emotional Wellness Resources**

Find inclusive support for emotional health concerns impacting people of color

[afsp.org/minority-mental-health-resources](http://afsp.org/minority-mental-health-resources)

### **How to Respond to Coronavirus Racism**

[tolerance.org/magazine/how-to-respond-to-coronavirus-racism](http://tolerance.org/magazine/how-to-respond-to-coronavirus-racism)

### **National Alliance on Mental Illness: COVID-19 Resource Guide**

[nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US](http://nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US)

### **SAMSA (Substance Abuse and Mental Health Services Administration)**

24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters, including COVID-19.

(800) 985-5990

[samhsa.gov/find-help/disaster-distress-helpline](http://samhsa.gov/find-help/disaster-distress-helpline)

### **[CaringBridge.org](http://CaringBridge.org)**

A free app where you can privately share updates, photos, request help from family/friends, etc. to stay connected with one another.

### **Carefully Forming a 'Quarantine Bubble' Can Fight Loneliness**

[nextavenue.org/quarantine-bubble](http://nextavenue.org/quarantine-bubble)

### **How to Be a Great Virtual Grandparent**

[nextavenue.org/great-virtual-grandparent](http://nextavenue.org/great-virtual-grandparent)

# ERATH COUNTY

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## (con't) **COVID-19 RELATED RESOURCES**

(con't) **EMOTIONAL & MENTAL WELLNESS** (see [Caregiver Wellness](#) and [Counseling](#) for more)

### **Caring Hands Ministry**

Free service to help approved assisted living residents with loneliness and/or memory retention. Activities Include:

- Custom apps to help with memory retention/track of important info
- Creating Memory Books or Cards based on resident's past history
- Friendly conversation
- Music
- Reading favorite books
- Bible reading and prayer
- Calming presence

[caringhandsministry.com](http://caringhandsministry.com)

### **Saga App**

Social media app helps families record and save the life stories of friends and loved ones on recorded voice audio.

[producthunt.com/posts/saga-4](https://producthunt.com/posts/saga-4)

### **Curtain Up**

Daily 1 hour live stream entertainment.

[live.seniorly.com/curtainup](http://live.seniorly.com/curtainup)

# ERATH COUNTY

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## (con't) COVID-19 RELATED RESOURCES

### VETERANS AND VETERAN CAREGIVERS (see [VETERANS](#) for more)

#### **Department of Veterans Affairs Caregiver Support Program**

[caregiver.va.gov/pdfs/CSP-Caregiving-During-COVID-19\\_TipSheet-23April-2020.pdf#](https://caregiver.va.gov/pdfs/CSP-Caregiving-During-COVID-19_TipSheet-23April-2020.pdf#)

#### **US Dept of Veteran Affairs**

[va.gov/covid-19-links-and-resources.pdf](https://va.gov/covid-19-links-and-resources.pdf)

#### **TBI Warrior Foundation**

Support and assistance for caregivers amidst COVID-19

[tbiwarriorfoundation.org/covid19](https://tbiwarriorfoundation.org/covid19)

#### **Caregivers Homefront**

Assistance includes financial and legal plans, navigating benefits, health and wellbeing and more.

[caregivers-homefront.org](https://caregivers-homefront.org)

#### **Respite Relief for Military and Veteran Caregivers**

Program from the Elizabeth Dole Foundation and U.S. Department of Veterans Affairs offering vulnerable family caregivers of veterans access to no-cost, short-term relief with the help of CareLinx in-home care professionals.

[hiddenheroes.org/respite/](https://hiddenheroes.org/respite/)



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## (con't) COVID-19 RELATED RESOURCES

### **BIPOC (Black & Indigenous People of Color) & OTHERS DISPROPORTIONATELY ADVERSELY AFFECTED BY COVID-19**

Due to chronic systemic racism, health and social inequities have significantly increased risk of contracting or being impacted by COVID-19 for people of color and other historically underserved people.

For example, evidence reveals higher rates of hospitalization or death from COVID-19 for African Americans, American Indians/Alaska Natives, and Latinx peoples compared to non-Latinx white persons. The following is intended to help empower people impacted by existing health inequities that have been further amplified by COVID-19.

#### **The Impact of COVID-19 on African Americans in North Texas**

[texastribune.org/2020/04/29/black-texas-coronavirus-health-care-disparities](https://texastribune.org/2020/04/29/black-texas-coronavirus-health-care-disparities)

#### **COVID-19 Questions answered with Dallas County Judge Clay Jenkins**

[dallasnews.com/news/public-health/2020/05/04/your-coronavirus-related-questions-answered-with-dallas-county-judge-clay-jenkins/](https://dallasnews.com/news/public-health/2020/05/04/your-coronavirus-related-questions-answered-with-dallas-county-judge-clay-jenkins/)

#### **Disparities Solutions Center: Resources in Multiple Languages**

[mghdisparitiessolutions.org/community-health-resources-list](https://mghdisparitiessolutions.org/community-health-resources-list)

#### **Surviving COVID-19: Black Women's Health Imperative**

[coronavirus.bwhi.org](https://coronavirus.bwhi.org)

#### **Everyone Counts: Accessing Health Care and Addressing Health Disparities in a COVID-19 Era**

Presented by Dr. Lisa Cooper and Dr. Chidinma Ibe (sponsored through Baltimore-Washington Conference of the United Methodist Church)

[youtube.com/watch?v=G6UDwjJuEIM](https://youtube.com/watch?v=G6UDwjJuEIM)

#### **National Indian Council on Aging (NICOA) Resource Page**

[nicoa.org/covid-19](https://nicoa.org/covid-19)

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## (con't) COVID-19 RELATED RESOURCES

### (con't) BIPOC (Black & Indigenous People of Color) & OTHERS DISPROPORTIONATELY ADVERSELY AFFECTED BY COVID-19

#### **LULAC (League of United Latin American Citizens)**

Nation's Oldest & Largest Latino Civil Rights Organization providing legal, financial, health, education, and many other vital resources.

Bilingual Information Access: [lulac.org/covid19/partners](https://lulac.org/covid19/partners)

Elder Care resources: [lulac.org/covid19/elder\\_care](https://lulac.org/covid19/elder_care)

COVID-19 Updates: [lulac.org/covid19/updates/](https://lulac.org/covid19/updates/)

#### **UNIDOSUS CARES: Explaining COVID-19 Relief for Latino Families**

[unidosus.org/campaigns/coronavirus-covid-19/video/UNIDOS-US-CARES-Explaining-COVID-19-Relief-for-Latino-Families?](https://unidosus.org/campaigns/coronavirus-covid-19/video/UNIDOS-US-CARES-Explaining-COVID-19-Relief-for-Latino-Families?)

#### **Information About Disabilities & Covid-19**

[mghdisparitiessolutions.org/disability-resources-list](https://mghdisparitiessolutions.org/disability-resources-list)

#### **Rural Assistance Resources**

[texasfarmbureau.org/covid-19-resources](https://texasfarmbureau.org/covid-19-resources)

#### **Agrability**

Resources for rural caregivers facing additional caregiving challenges such as geographical isolation, gaps in rural service delivery systems, and the unique needs of agricultural workers with disabilities.

[agrability.org/resources/caregivers](https://agrability.org/resources/caregivers)

#### **U.S. Department of Veteran Affairs: Office of Rural Health**

[ruralhealth.va.gov/vets/resources.asp](https://ruralhealth.va.gov/vets/resources.asp)

#### **Prepare for COVID-19: Tips and Resources for LGBT Elders and Those Living with HIV**

[lgbtagingcenter.org/resources/resource.cfm?r=990](https://lgbtagingcenter.org/resources/resource.cfm?r=990)

#### **National Asian Pacific Center on Aging**

Technical assistance resource center dedicated to building the capacity of long-term service and support systems to equitably serve AAPI older adults and their caregivers.

COVID-19 Updates: [napca.org/twitter](https://napca.org/twitter)

Main website: [napca.org/resource](https://napca.org/resource)

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## (con't) COVID-19 RELATED RESOURCES

### (con't) BIPOC (Black & Indigenous People of Color) & OTHERS DISPROPORTIONATELY ADVERSELY AFFECTED BY COVID-19

#### **Southeast Asia Resource Action Center**

National civil rights organization that empowers Cambodian, Laotian, and Vietnamese American communities to create a socially just and equitable society.

COVID Community Hub: [seaacovidhub.squarespace.com](https://seaacovidhub.squarespace.com)

Main website: [searac.org](https://searac.org)

#### **Black Girl Muse-ing: Grieving in the Time of Pandemic**

[blackgirlmuse-ing.com/theword/2020/3/24/grieving-in-the-time-of-pandemic](https://blackgirlmuse-ing.com/theword/2020/3/24/grieving-in-the-time-of-pandemic)

#### **Going with Grace**

End of life planning, Death Doula services, workbooks to help complete tasks for your family member's affairs and more.

[goingwithgrace.com](https://goingwithgrace.com)

#### **Legacy Wellness Services**

Nicole Lewis, LCSW provides emotional health services for African American individuals managing stress, relationships, and more.

[legacywellnessservices.com](https://legacywellnessservices.com)

#### **Loveland Therapy Fund**

Due to barriers affecting access to treatment by members of diverse ethnic and racial groups, Loveland Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy. Wait list may apply.

[thelovelandfoundation.org/loveland-therapy-fund](https://thelovelandfoundation.org/loveland-therapy-fund)

#### **The Boris Henson Foundation**

Given the life-changing events related to or triggered by the COVID-19 pandemic, many are suffering in silence and isolation. The Boris L. Henson Foundation (BLHF) recognizes that during this difficult time, affording the cost of mental health services can be a barrier in the African-American community. Free virtual therapy registration available.

[borishensonfoundation.org](https://borishensonfoundation.org)

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## (con't) **COVID-19 RELATED RESOURCES**

### (con't) **BIPOC (Black & Indigenous People of Color) & OTHERS DISPROPORTIONATELY ADVERSELY AFFECTED BY COVID-19**

#### **Physically Distant but Socially Close: Indigenous Resilience and COVID-19**

[uihi.org/resources/physically-distant-but-socially-close-indigenous-resilience-and-covid-19/](https://uihi.org/resources/physically-distant-but-socially-close-indigenous-resilience-and-covid-19/)

#### **Coronavirus and Latino Health Equity**

[salud-america.org/coronavirus-latino-health-equity](https://salud-america.org/coronavirus-latino-health-equity)

#### **Multicultural Caregiving & Resources**

[multiculturalcaregiving.net/category/blog/multicultural-caregiving-and-resources](https://multiculturalcaregiving.net/category/blog/multicultural-caregiving-and-resources)

#### **How a Popular Medical Device Encodes Racial Bias**

[bostonreview.net/science-nature-race/amy-moran-thomas-how-popular-medical-device-encodes-racial-bias](https://bostonreview.net/science-nature-race/amy-moran-thomas-how-popular-medical-device-encodes-racial-bias)

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## (con't) COVID-19 RELATED RESOURCES

### ADDITIONAL IMPORTANT RESOURCES

#### **Patient Advocate Foundation**

A national 501(c)3 organization providing direct case management services and financial assistance to patients and caregivers, including helping people navigate the health care system, working with health care providers, payers and employers to assure that patients have access to affordable care, financial and co-pay assistance and teaching self-advocacy to patients and caregivers. The COVID Care Resource center offers information and resources 24/7 and for those who need direct intervention, COVID Care and COVID Care Recovery Fund are both available to provide one on one support.

COVID Care

(800) 532-5274 Option "0"

[patientadvocate.org/covidcare/help/](https://patientadvocate.org/covidcare/help/)

#### **Alzheimer's and Dementia Care Tips during COVID-19**

Tips from the Alzheimer's Association to help care at home, work with home care agencies, when a caree is in a long-term care community or hospitalized, and more.

[alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

#### **Family Voices**

Support to care for Children and Youth with Special Health Care Needs from Family Voices in Context of COVID-19

[familyvoices.org/resource/resource-eblast-covid-19-series](https://familyvoices.org/resource/resource-eblast-covid-19-series)

#### **Resources for Cancer Patients and Family Caregivers**

What to know about COVID, and how palliative care can help.

[getpalliativecare.org/coronavirus-what-cancer-patients-need-to-know](https://getpalliativecare.org/coronavirus-what-cancer-patients-need-to-know)

#### **Generations United**

COVID-19 Resources for Grand & Multigenerational Families

[gu.org/resources/covid-19-fact-sheet-for-grandfamilies-and-multigenerational-families/](https://gu.org/resources/covid-19-fact-sheet-for-grandfamilies-and-multigenerational-families/)

#### **Meals on Wheels**

Contact your local [MOW provider](#) for updates re: congregate meals, delivery, transportation, and other related services.

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## (con't) COVID-19 RELATED RESOURCES

### (con't) ADDITIONAL IMPORTANT RESOURCES

#### **Local Food Supply**

Find and support your local food markets and co-ops.

[localharvest.org/food-coops](http://localharvest.org/food-coops)

#### **Chefs for Seniors**

A nourishing, reasonably priced option for long distance caregiving. Chefs for Seniors does grocery shopping for homemade meals, cooks for the week, and cleans up, following strict protocols for health and food safety.

**Serving Arlington, Grand Prairie, Mansfield, Coppell, Duncanville, Desoto, S. Dallas, Irving, Lancaster, Cedar Hill and more:**

(469) 476-2420

[chefsfor seniors.com/arlington-grand-prairie-tx](http://chefsfor seniors.com/arlington-grand-prairie-tx)

**Serving Lewisville/Flowermound area:**

(855) 347-2433

[chefsfor seniors.com/north-texas](http://chefsfor seniors.com/north-texas)

**Serving McKinney/Allen:**

(214) 843-1916

[chefsfor seniors.com/mckinney-tx](http://chefsfor seniors.com/mckinney-tx)

(see [NUTRITION](#) for more)

#### **Guidelines and Planning Respite Care during COVID-19**

[archrespite.org/national-respite-guidelines-for-covid-19#Guidelines](http://archrespite.org/national-respite-guidelines-for-covid-19#Guidelines)

**COVID-19 Scams to look out for** (see [Elder Abuse](#) for reporting fraud)

#### **Senior Medicare Patrol**

Education, information, and reporting tools for health care fraud, error, and abuse.

[smpresource.org](http://smpresource.org)

[theseniorsource.org/wp-content/uploads/2020/04/COVID-19-Top-Scams\\_UPDATES\\_4-3-20.pdf](http://theseniorsource.org/wp-content/uploads/2020/04/COVID-19-Top-Scams_UPDATES_4-3-20.pdf)

[aarp.org/money/scams-fraud/info-2020/coronavirus.html](http://aarp.org/money/scams-fraud/info-2020/coronavirus.html)

[fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments?](http://fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments?)



# ERATH COUNTY

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## **TELL US ABOUT COVID-19 RESOURCES IN YOUR COMMUNITY**

Share your thoughts and suggestions here:

[www.bit.ly/CARERESOURCES](http://www.bit.ly/CARERESOURCES)



# ERATH COUNTY

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**DAILY CARE MANAGEMENT, PLANNING & COMMUNICATIONS** (see **IN-HOME PERSONAL, HOME HEALTH** for more)

**CARE MANAGERS** (see **IN-HOME PERSONAL, HOME HEALTH** for more)

A **care manager** can help plan and coordinate care for older adults, individuals with special needs, or others with physical and/or cognitive impairment, improving quality of life for both the client and family caregiver.

**Find a Geriatric Care Manager: Aging Life Care Association**  
[aginglifecare.org](http://aginglifecare.org)

**CareGiver Transitions:** Download a helpful **Care Plan**.

Assess and plan caregiving needs for you and your family member. Guided evaluation of home, health care, insurance, financial, legal, social, transportation needs and more.

[caregivertransitions.com/care-plan](http://caregivertransitions.com/care-plan)

Enter discount code **CCG20** to download **free** through **August 31, 2020**.

(reg. price \$12.99)

**My Data Diary Management Tool\***

An electronic data organizer and storage solution to securely manage and share personal, household, medical, financial and legal information (including Advance Directives) at:

[mycarecompanions.com/my-data-diary](http://mycarecompanions.com/my-data-diary)

Enter **discount code "CARETOOL" for 15% off**

\*A CareGiver Transitions Caregiving Support Partner

**Create a Family Emergency Plan** (free download)

[careyearsacademy.com/plan](http://careyearsacademy.com/plan)

**How to Prepare Your Home for a Senior Family Member**

[caregiversupportservices.com/how-to-prepare-your-home-when-a-senior-loved-one-is-moving-in/](http://caregiversupportservices.com/how-to-prepare-your-home-when-a-senior-loved-one-is-moving-in/)



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(con't) **DAILY CARE MANAGEMENT, PLANNING & COMMUNICATIONS** (see IN-HOME PERSONAL, HOME HEALTH for more)

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## **Silvert's Adaptive Clothing & Footwear**

Is Dressing a Challenge?

Find Senior & Adult Dressing Solutions for Arthritis, Limited Mobility, Wheelchair Dependency, Alzheimer's, Diabetes and Edema.

Visit [silverts.com](http://silverts.com) or Call for a Free Catalog 1-800-387-7088



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## **[CaringBridge.org](http://CaringBridge.org)**

Help family and friends stay connected during a chronic illness or hospitalization

## **CareTree.me**

Care management & care coordination platform, including health care providers.

[web.caretree.me](http://web.caretree.me)

## **CareZone**

App to help organize health services and information

[carezone.com](http://carezone.com)

## **TeamUp**

Calendar app to help organize, schedule, and share work and information.

[teamup.com](http://teamup.com)

## **Constant Companion**

Digital voice assistant and smart home system.

[constantcompanion.com](http://constantcompanion.com)

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(con't) **DAILY CARE MANAGEMENT, PLANNING & COMMUNICATIONS** (see IN-HOME PERSONAL, HOME HEALTH for more)

**Connections Program** (Aging & Disability Resource Center)  
Assistance with internet access, free computer tablet and data plan  
**North Central Texas ADRC:** [nctadrc.org/contact.asp](http://nctadrc.org/contact.asp)  
(855) 937-2372

## **WHO ICOPE Handbook App**

Interactive digital app provides practical guidance for conditions such as mobility limitations, malnutrition, vision and hearing loss, cognitive decline, depressive symptoms and social care and support.

[who.int/ageing/health-systems/icope/en](http://who.int/ageing/health-systems/icope/en)

## **Caregiver Daily Log**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_CaregiverLog.pdf](http://caregiverslibrary.org/Portals/0/ChecklistsandForms_CaregiverLog.pdf)

## **Tips for Making Daily Care Easier**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/providing-day-to-day-care-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/providing-day-to-day-care-article.aspx)

## **Tips for Grooming and Dressing**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/personal-care-grooming-and-dressing-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/personal-care-grooming-and-dressing-article.aspx)

## **Toileting and Incontinence**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/toileting-and-incontinence-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/toileting-and-incontinence-article.aspx)

## **Egosan Incontinence**

Incontinence supplies, helpful blog posts for caregivers.  
[egosandiapers.com](http://egosandiapers.com)

## **Pressure Sores**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/pressure-sores-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/pressure-sores-article.aspx)

## **Adapt-a-Fit Clothing**

Magnetic kits replace buttons and zippers to make dressing easier.  
[adaptafitclothing.com](http://adaptafitclothing.com)

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(con't) **DAILY CARE MANAGEMENT, PLANNING & COMMUNICATIONS** (see IN-HOME PERSONAL, HOME HEALTH for more)

## **Discount Medical Supplies**

[discountmedicalsupplies.com](http://discountmedicalsupplies.com)

## **Elder Store**

Products to help make caregiving at home easier. Bedside, dressing, eating, bathing, toileting, transferring aids and more.

[elderstore.com/caregiver-aids\\_113.aspx](http://elderstore.com/caregiver-aids_113.aspx)

## **Caregiver Products**

Products to help make caregiving at home easier. Bedside, dressing, eating, bathing, toileting, transferring aids and more.

[caregiverproducts.com](http://caregiverproducts.com)

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**DENTAL HEALTH** (see HEALTH CARE CLINICS & HOSPITALS for more)

**Cross Timbers Health Clinic**

Medical, Dental, and Behavioral Health  
135 River Norm Blvd. Stephenville, TX 76401  
(254) 965-2810  
[crosstimbersinc.org](http://crosstimbersinc.org)

**H.O.P.E., Inc. (Helping Other People Effectively)**

Assists poverty level residents of Erath County with food, clothing, comprehensive medical and limited financial assistance. Dental services available one Friday each month.

1617 E Washington St. Stephenville, TX 76401  
(254) 965-2700  
Email: [hopeinc06@embarqmail.com](mailto:hopeinc06@embarqmail.com)  
[hopestephenville.com](http://hopestephenville.com)

**Catholic Charities Dental Clinic**

Dental services for low income and uninsured individuals and families including Tarrant, Denton, Erath, Hood, Johnson, Palo Pinto, Parker, Somervell, Tarrant, and Wise counties.  
817-289-3882  
[catholiccharitiesfortworth.org/our-initiatives](http://catholiccharitiesfortworth.org/our-initiatives)

# ERATH COUNTY

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**DIFFICULT BEHAVIOR** (see ALZHEIMERS, COUNSELING for more)

**Tips for difficult family conversations**

[familycaregiversonline.net/online-education/comm-and-relationships/#DealingWithDifficultBehavior](http://familycaregiversonline.net/online-education/comm-and-relationships/#DealingWithDifficultBehavior)

**Coping with Seniors Who Won't Accept In-Home Caregivers** by Carol Bradley Bursack

[agingcare.com/articles/when-elders-don-t-accept-outside-caregivers-in-the-home-135237.htm](http://agingcare.com/articles/when-elders-don-t-accept-outside-caregivers-in-the-home-135237.htm)

**Managing Difficult Behavior**

[caregiverslibrary.org/caregivers-resources/grp-emotional-issues/dealing-with-difficult-behavior-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-emotional-issues/dealing-with-difficult-behavior-article.aspx)

**Managing Aggressive Behavior**

[caregiverslibrary.org/caregivers-resources/grp-diseases/hsgrp-alzheimers-disease/dealing-with-aggressive-behavior-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-diseases/hsgrp-alzheimers-disease/dealing-with-aggressive-behavior-article.aspx)

**Printable cards: "I Have Alzheimer's" or "My Companion Has Alzheimer's"**

[alzcnfl.wordpress.com/2017/04/28/alzheimers-association-traveling-cards](http://alzcnfl.wordpress.com/2017/04/28/alzheimers-association-traveling-cards)

**Caring for Aging Parents Who Didn't Care for You**

[agingcare.com/articles/caring-for-aging-parents-who-didn-t-care-for-you-127206.htm](http://agingcare.com/articles/caring-for-aging-parents-who-didn-t-care-for-you-127206.htm)

**Mental Health America of Greater Dallas**

Support and resources to maintain and strengthen mental health.

**Hoarding resources:**

[mhadallas.org/wp-content/uploads/2019/08/Hoarding-Resources-Revised-8.2.19.pdf](http://mhadallas.org/wp-content/uploads/2019/08/Hoarding-Resources-Revised-8.2.19.pdf)

(214) 871-2420

[mhadallas.org](http://mhadallas.org)

**Online Hoarding Support Group**

[hoardingcleanup.com/chat\\_room](http://hoardingcleanup.com/chat_room)

**"How to Care for an Elderly Hoarder" by Stefania Shaffer**

[thecaregiverspace.org/how-to-care-for-an-elderly-hoarder](http://thecaregiverspace.org/how-to-care-for-an-elderly-hoarder)

# ERATH COUNTY

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## **DOWNSIZING & RELOCATION** (see **ASSISTED LIVING, HOUSING** for more)

### **Guide to “rightsizing” and relocation (National Association of Senior Move Managers)**

[nasmm.org/education/Guide To Rightsizing and Relocating.pdf](http://nasmm.org/education/Guide%20To%20Rightsizing%20and%20Relocating.pdf)

**Find the right service enriched community** by working with a **Placement Specialist** (a free service in most cases) to find the best community to fit your family member’s specific needs. **A Placement or Referral Agency** can offer significant insight and help to narrow down choices.

**An ethically minded agency will take time to get to know both you and your care recipient in person**, conduct community tours, and present options based on your family member’s care needs, budget, and preferences.

**Local Placement Agencies include** (not a complete list):

#### **Oasis Senior Advisors**

[oasissenioradvisors.com](http://oasissenioradvisors.com)

#### **Senior Care Authority**

[seniorcareauthority.com](http://seniorcareauthority.com)

#### **Ruby Care**

[rubycareseior.com](http://rubycareseior.com)

#### **Kristi's Senior Solutions**

[kristisseniorsolutions.com](http://kristisseniorsolutions.com)

#### **Care Patrol**

[carepatrol.com](http://carepatrol.com)

**[Find a North Texas Placement Advisor](#)**

see **[ASSISTED LIVING](#)** for more about senior living options

**(DOWNSIZING & RELOCATING** con't on next page)

**[Go to TABLE OF CONTENTS](#)**

# ERATH COUNTY

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(con't) **DOWNSIZING & RELOCATING** (see ASSISTED LIVING, HOUSING for more)

## **Choosing a Senior Real Estate Specialist (SRES):**

Realtors who have earned the SRES designation are trained through the National Association of Realtors to guide homebuyers and sellers over the age of 50 through major financial and lifestyle transitions, including access to resources to better serve seniors.

Learn more here: [retirementliving.com/3-benefits-of-a-seniors-real-estate-specialist-sres](https://retirementliving.com/3-benefits-of-a-seniors-real-estate-specialist-sres)

## **To find a Senior Real Estate Specialist near you, visit:**

[sres.realtor/work-sres-designee/find-member](https://sres.realtor/work-sres-designee/find-member)

## **To consider before a caree moves in with you**

[caregiverslibrary.org/caregivers-resources/grp-home-care/moving-in-with-you-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-home-care/moving-in-with-you-article.aspx)

## **Find a senior move manager (senior relocation specialist)**

[nasmm.org/find/index.cfm](https://nasmm.org/find/index.cfm)

## **How to Prepare Your Home for a Senior Family Member**

[caregiverssupportservices.com/how-to-prepare-your-home-when-a-senior-loved-one-is-moving-in/](https://caregiverssupportservices.com/how-to-prepare-your-home-when-a-senior-loved-one-is-moving-in/)

## **Deal's Estate Sales**

Downsizing and estate sale management services.

903-399-0259

Email: [dealsestatesales@gmail.com](mailto:dealsestatesales@gmail.com)

[dealsestatesales.net](https://dealsestatesales.net)

## **Caring Transitions of Granbury**

Downsizing and senior move management services.

(817) 514-6164

[caringtransitionsgranbury.com](https://caringtransitionsgranbury.com)

## **Hoarding resources:**

[mhadallas.org/wp-content/uploads/2019/08/Hoarding-Resources-Revised-8.2.19.pdf](https://mhadallas.org/wp-content/uploads/2019/08/Hoarding-Resources-Revised-8.2.19.pdf)

## **“How to Care for an Elderly Hoarder” by Stefania Shaffer**

[thecaregiverspace.org/how-to-care-for-an-elderly-hoarder](https://thecaregiverspace.org/how-to-care-for-an-elderly-hoarder)

# ERATH COUNTY

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## **ELDER ABUSE**

### **Adult Protective Services**

(800) 252-5400

[DFPS.state.tx.us](http://DFPS.state.tx.us)

### **HHS Office of the Ombudsman**

(800) 252 – 2412

[hhs.texas.gov/about-hhs/your-rights/hhs-office-ombudsman](http://hhs.texas.gov/about-hhs/your-rights/hhs-office-ombudsman)

### **Nursing Home Ombudsman Program**

Advocates for nursing home and assisted living facility residents

Dallas County: (214) 823-5700 (The Senior Source)

North Central Texas: (817) 695-9172 (NCT Council of Governments)

Tarrant County: (817) 258-8102 (AAA-Tarrant County)

### **Texas Department of Protective and Regulatory Services**

Investigates allegations of abuse or neglect. Provides ongoing services to families and children of abuse or neglect in their own home.

(800) 252-5400 (main number)

[dfps.state.tx.us](http://dfps.state.tx.us)

### **Senior Medicare Patrol**

Education, information, and reporting tools for health care fraud, error, and abuse.

[smpresource.org](http://smpresource.org)

### **AARP Elder Fraud Watch Network**

Information and resources to help prevent and report elder fraud.

877-908-3360

[aarp.org/money/scams-fraud](http://aarp.org/money/scams-fraud)

### **Medicaid Fraud and Abuse**

800-286-3932

### **Social Security Administration Fraud**

800-269-0271

### **Federal Trade Commission**

Report identity theft.

[consumer.ftc.gov](http://consumer.ftc.gov)



# ERATH COUNTY

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## (con't) **ELDER ABUSE**

### **TeleCALM**

Phone service for seniors with dementia or Alzheimer's and active adults. Service helps prevent scammers. Unknown callers can leave a message; only those on a pre-approved list can connect directly.

(888) 701-0411

[telecalmprotects.com](http://telecalmprotects.com)

### **About COVID-19 Scams**

[theseniorsource.org/wp-content/uploads/2020/04/COVID-19-Top-Scams\\_UPDATES\\_4-3-20.pdf](http://theseniorsource.org/wp-content/uploads/2020/04/COVID-19-Top-Scams_UPDATES_4-3-20.pdf)

[aarp.org/money/scams-fraud/info-2020/coronavirus.html](http://aarp.org/money/scams-fraud/info-2020/coronavirus.html)

[fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments?](http://fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments?)

# ERATH COUNTY

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## **END OF LIFE GUIDANCE** (also see **ADVANCED PLANNING, FUNERAL PLANNING, GRIEF** for more)

Please see additional resources under 'Grief' [here](#).

### **The Role of Family Caregivers**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/the-role-of-family-caregivers-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/the-role-of-family-caregivers-article.aspx)

### **When Facing a Serious or Terminal Illness:**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/a-guide-to-first-steps-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/a-guide-to-first-steps-article.aspx)

### **Aging with Dignity**

Access the Five Wishes document template to communicate end of wishes with family, friends, and health care providers.

[agingwithdignity.org](http://agingwithdignity.org)

### **Activities for the Dying**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/activities-for-the-dying-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/activities-for-the-dying-article.aspx)

### **Room 217**

Music care collection of videos, cards, and more for life review, recollections, and journey celebrations.

[room217.ca](http://room217.ca)

### **A Spiritual Inventory**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/taking-a-spiritual-inventory-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/taking-a-spiritual-inventory-article.aspx)

### **Going with Grace**

End of life planning, Death Doula services, workbooks to help complete tasks for your family member's affairs and more.

[goingwithgrace.com](http://goingwithgrace.com)

### **Dying as a Spiritual Event**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/dying-as-a-spiritual-event-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/dying-as-a-spiritual-event-article.aspx)

### **Talking about Death**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/talking-about-death-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/talking-about-death-article.aspx)

# ERATH COUNTY

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(con't) **END OF LIFE GUIDANCE** (see **ADVANCED PLANNING, FUNERAL PLANNING, GRIEF** for more)

## **Terminal Sedation**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/terminal-sedation-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/terminal-sedation-article.aspx)

## **Donate Life Texas**

Register to become an organ, eye and tissue donor.

[donatelifetexas.org](http://donatelifetexas.org)

## **One Legacy**

Register to become an organ, eye and tissue donor.

[onelegacy.org/index.html](http://onelegacy.org/index.html)

## **UT Southwestern Medical Center Willed Body Program**

[utsouthwestern.edu/research/programs/willed-body](http://utsouthwestern.edu/research/programs/willed-body)

## **Anatomical Gift Program – Parker University**

2540 Walnut Hill Dallas, TX 75229

214)902-3473

[parker.edu/anatomical-donations](http://parker.edu/anatomical-donations)

# ERATH COUNTY

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## **FALL PREVENTION** (see **HOME SAFETY** for more)

**Preventing falls in older adults** (National Council for Aging Care)

[aging.com/preventing-falls-in-older-adults](https://aging.com/preventing-falls-in-older-adults)

**Simple Ways to Prevent Falls** (NPR)

[npr.org/sections/health-shots/2019/07/14/741310765/simple-ways-to-prevent-falls-in-older-adults](https://npr.org/sections/health-shots/2019/07/14/741310765/simple-ways-to-prevent-falls-in-older-adults)

### **A Matter of Balance**

Fall prevention classes at Texas Health Presbyterian. Call to check availability and registration options.

877-847-9355

[texashealth.org](https://texashealth.org)

### **Stephenville Senior Citizens Center**

Tai Chi Classes for Osteoporosis is being offered at the Stephenville Senior Citizens Center. Benefits of Tai Chi include *fall prevention*, increased flexibility, improved posture and balance, and more.

164 East College St. Stephenville, Texas 76401

Sandy Morgan, Director

254-918-1288

[stephenvilletx.gov/city-services/senior-citizens-center](https://stephenvilletx.gov/city-services/senior-citizens-center)

### **Dallas Area Parkinsonism Society (DAPS)**

Offering many services at no (or reduced) cost to those affected by Parkinson's disease living in the Dallas area.

[daps.us](https://daps.us)

### **Adaptive shoes for safety and mobility**

[dailycaring.com/adaptive-shoes-for-seniors-increase-safety-and-mobility](https://dailycaring.com/adaptive-shoes-for-seniors-increase-safety-and-mobility)

### **HIProtector.com**

Fall prevention devices, hip protectors, medical alarms, and automatic pill dispensers.

[HIProtector.com](https://HIProtector.com)

**TIP:** Check [your local hospital](#) or [senior recreational center](#) for free and/or low cost fall prevention programs and resources.

# ERATH COUNTY

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## **FINANCIAL ASSISTANCE** (see **BENEFITS, COMMUNITY & SOCIAL SERVICES, HOUSING** for more)

### **Benefits Check Up**

Your care recipient may be eligible for programs to save money on costs related to care, including: medications, health care, income assistance, food & nutrition, housing & utilities, tax relief, veterans assistance, employment, respite care, counseling, transportation, and more.

[benefitscheckup.org](https://benefitscheckup.org)

### **Need Help Paying Bills**

Help options for struggling individuals and families. Food assistance, clothes, other household supplies. Potential assistance to pay bills, rent, mortgages, debts and more.

[needhelppayingbills.com](https://needhelppayingbills.com)

### **Payment for Your Work as Family Caregiver (Texas Benefits)**

[payingforseniorcare.com/paid-caregiver/program-locator.html](https://payingforseniorcare.com/paid-caregiver/program-locator.html)

#### **Texas Community Attendant Services (CAS) Program**

Program allows eligible family members to be paid as personal care provider (spouses and legal guardians typically excluded).

[payingforseniorcare.com/cash-and-counseling/tx-cas-program.html](https://payingforseniorcare.com/cash-and-counseling/tx-cas-program.html)

#### **Community First Choice**

Medicaid program providing personal assistance at home and allows eligible family members to be paid as personal care provider (spouses typically excluded).

[hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/community-first-choice-cfc](https://hhs.texas.gov/doing-business-hhs/provider-portals/long-term-care-providers/resources/community-first-choice-cfc)

#### **STAR+PLUS**

Medicaid program providing personal assistance to help seniors and/or disabled persons remain living at home/in the community. Allows eligible family members to be paid as personal care provider (spouses typically excluded).

[payingforseniorcare.com/texas/medicaid-waivers/star-plus](https://payingforseniorcare.com/texas/medicaid-waivers/star-plus)

### **Check Medicaid Eligibility and Find a Medicaid Planner**

[medicaidplanningassistance.org](https://medicaidplanningassistance.org)

# ERATH COUNTY

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(con't) **FINANCIAL ASSISTANCE** (see **BENEFITS, COMMUNITY & SOCIAL SERVICES, HOUSING** for more)

## **Appendix K waiver (for Medicaid enrollees)**

Find current list of states participating in support program for home and community based services in response to COVID-19

[nashp.org/states-use-appendix-k-waivers-to-support-home-and-community-based-services-in-response-to-covid-19](https://nashp.org/states-use-appendix-k-waivers-to-support-home-and-community-based-services-in-response-to-covid-19)

## **Life Line**

A federal program that lowers the monthly cost of phone and internet services.

[lifelinesupport.org](https://lifelinesupport.org)

## **First Baptist Grace Place**

Community assistance for Erath county residents to provide financial assistance with bills. Seven-month waiting period between help with rent, utilities, or propane and a one-month waiting period to receive food (purchased from Tarrant Area Food Bank). Also provides diapers, meals at Jake & Dorothy's Café, prescriptions (no controlled substances), and other items.

365 W Tarleton St. Stephenville, TX 76401

(254) 965-4022

[fbcstephenville.org/connect/grace-place-ministry](https://fbcstephenville.org/connect/grace-place-ministry)

## **H.O.P.E., Inc. (Helping Other People Effectively)**

Assists poverty level residents of Erath County with food, clothing, comprehensive medical and limited financial assistance.

1617 E Washington St. Stephenville, TX 76401

(254) 965-2700

Email: [hopeinc06@embarqmail.com](mailto:hopeinc06@embarqmail.com)

[hopestephenville.com](https://hopestephenville.com)

## **Cross Timbers Family Services** (Starling Pittman Family Center)

Provides Crisis intervention, 24 hour hotline, short term shelter, professional counseling, legal advocacy, education, referrals, and financial assistance. Also offers specialized services for victims of domestic violence, sexual assault, child abuse and other violent crime. Services are provided free of charge.

1794 N. Graham, Stephenville TX 76401

Main: 254-965-5516 Crisis line: 254-965-4357

[ctfshelp.org](https://ctfshelp.org)

# ERATH COUNTY

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(con't) **FINANCIAL ASSISTANCE** (see **BENEFITS, COMMUNITY & SOCIAL SERVICES, HOUSING** for more)

## **Dublin Goodfellows**

Provides assistance with rent, utilities, deposits, food and assistance with transient lodging, gasoline for medical trips, some help with medicine and medical bills and "Toys for Tots" and food boxes during the Christmas Season.

254-445-8137

## **Patient Advocate Foundation**

A national 501(c)3 organization providing direct case management services and financial assistance to patients and caregivers, including helping people navigate the health care system, working with health care providers, payers and employers to assure that patients have access to affordable care, financial and co-pay assistance and teaching self-advocacy to patients and caregivers. The COVID Care Resource center offers information and resources 24/7 and for those who need direct intervention, COVID Care and COVID Care Recovery Fund are both available to provide one on one support.

COVID Care

(800) 532-5274 Option "0"

[patientadvocate.org/covidcare/help/](https://patientadvocate.org/covidcare/help/)

## **Masonic Children & Family Services of Texas**

Services include funding for food, clothing; medical, dental and prescription services; counseling, psychological services and autism therapy and more.

[masonichometx.org](https://masonichometx.org)

## **Caregivers Homefront** (see [VETERANS](#) for more)

Assistance includes financial and legal plans, navigating benefits, health and wellbeing and more.

[caregivers-homefront.org](https://caregivers-homefront.org)

## **Connections Program** (Aging & Disability Resource Center)

Assistance with internet access, free computer tablet and data plan

**North Central Texas ADRC:** [nctadrc.org/contact.asp](https://nctadrc.org/contact.asp)

(855) 937-2372

## **PC's for People**

Help for qualified low-income recipients to receive low-cost computers and affordable internet services.

[pcsfpeople.org](https://pcsfpeople.org)



## Be the Difference in Your Community as a **Certified Caregiving Facilitator (CCF)**.

Live, interactive training in person or virtually. The Certified Caregiving Facilitator program provides training and tools to:

- **Effectively lead a support group meeting for family caregivers and former family caregivers**
- **Improve communication between you and your family members during caregiving**
- **Gain insight into the caregiving experience**

[careyearsacademy.com/ccf](http://careyearsacademy.com/ccf)

CareGiver Transitions is a Caregiving Years Training Academy partner and affiliate.





# **TBI WARRIOR<sup>®</sup>**

## FOUNDATION

**TBI Warrior Foundation** is a 501(c)(3) nonprofit organization for veterans, civilians, and caregivers impacted by traumatic brain injury.

Founded by US Army Retired Sergeant First Class Victor L. Medina, a combat wounded veteran and Purple Heart Recipient, and his greatest advocate, caregiver, and wife Dr. Roxana Delgado, TBI Warrior Foundation provides community education and support, rehabilitation counseling, clinical counseling, and more.

[tbiwarriorfoundation.org](http://tbiwarriorfoundation.org)

**"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."**

~ Martin Luther King, Jr.

# ERATH COUNTY

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## **FINANCIAL PLANNING & ACCOUNTING** (see HEALTH INSURANCE, LEGAL for more)

### **Discussing Financial Matters**

[caregiverslibrary.org/caregivers-resources/grp-money-matters/hsgroup-financial-caregiving/discussing-financial-matters-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-money-matters/hsgroup-financial-caregiving/discussing-financial-matters-article.aspx)

**Help ensure taxes are filed to avoid a financial penalty, and learn more here with Laura Smothers-Chu and Teresa Walker, CPA & Certified Senior Advisor:**

[youtube.com/watch?v=68BanNjPbnA](https://youtube.com/watch?v=68BanNjPbnA)

This conversation includes:

- The Difference between a Financial Advisor & CPA
- How to Help Ensure Your Parents Aren't Affected by Fraud
- What to Do When You Can't Find Their Tax Docs
- Required Minimum Distribution: What You NEED to Know
- What's New in 2020 Tax Law

### **Assets Calculations Worksheet**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_NetWorthCalculationWorksheet.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_NetWorthCalculationWorksheet.pdf)

### **Do You Know Your Financial Well-Being Score?**

[dhs.gov/employee-resources/blog/2020/07/28/do-you-know-your-financial-well-being-score](https://dhs.gov/employee-resources/blog/2020/07/28/do-you-know-your-financial-well-being-score)

### **Choosing a Financial Planner**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_ChoosingAFinancialPlanner.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_ChoosingAFinancialPlanner.pdf)

### **Coverage and tax deductions for home supplies**

[payingforseniorcare.com/home-care-supplies/financial-assistance.html](https://payingforseniorcare.com/home-care-supplies/financial-assistance.html)

### **Tax Tips for Family Caregivers**

[aarp.org/caregiving/financial-legal/info-2017/tax-tips-family-caregivers.html?](https://aarp.org/caregiving/financial-legal/info-2017/tax-tips-family-caregivers.html?)

### **Taxpayer Advocate Service (TAS)**

The Taxpayer Advocate Service (TAS) is an independent organization within the IRS assisting taxpayers who need help with tax problems that have not been resolved through normal channels.

(877) 777-4778 or TTY/TTD 1-800-829-4059 – Dallas: (214) 413-6500

[irs.gov/advocate](https://irs.gov/advocate)

# ERATH COUNTY

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(con't) **FINANCIAL PLANNING & ACCOUNTING** (see HEALTH INSURANCE, LEGAL for more)

## **AARP Foundation Tax Aid**

Tax preparation and assistance service.

888-687-2277

[aarp.org/money/taxes/aarp\\_taxaide](http://aarp.org/money/taxes/aarp_taxaide)

## **Find a Medicaid Planner**

[medicaidplanningassistance.org](http://medicaidplanningassistance.org)

## **Find a Financial Advisor in or near Erath County:**

[boomerater.com/financial/find-a-financial-advisor](http://boomerater.com/financial/find-a-financial-advisor)

## **American Institute of Certified Public Accountants**

Find a CPA.

[account.aicpa.org/eWeb/dynamicpage.aspx?webcode=referralwebsearch](http://account.aicpa.org/eWeb/dynamicpage.aspx?webcode=referralwebsearch)

## **Understanding Financial Options for Long Term Care**

[payingforseniorcare.com](http://payingforseniorcare.com)

## **Reverse Mortgage Common Questions**

[americanadvisorsgroup.com/about-reverse-mortgages](http://americanadvisorsgroup.com/about-reverse-mortgages)

## **Help Insure**

Compare Texas residential property, auto, and commercial insurance rates and more free information from the Texas Department of Insurance.

800-578-4677

[helpinsure.com](http://helpinsure.com)

## **Erath County Appraisal District**

Learn how to file a homestead exemption to reduce your home's taxable value.

1195 W South Loop, Stephenville, TX 76401

(254) 965-5434

[erath-cad.com](http://erath-cad.com)

# ERATH COUNTY

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## **FUNERAL PLANNING** (see END OF LIFE, GRIEF for more)

### **Funeral Planning during COVID-19**

[rememberingalife.com/covid-19/planning-a-funeral-during-the-covid-19-pandemic](https://rememberingalife.com/covid-19/planning-a-funeral-during-the-covid-19-pandemic)

### **Checklist:**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_FuneralPlanningChecklist.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_FuneralPlanningChecklist.pdf)

### **Funeral Planning Form:**

[caregiverslibrary.org/Portals/0/EndofLifeIssues\\_FuneralPlanningForm.pdf](https://caregiverslibrary.org/Portals/0/EndofLifeIssues_FuneralPlanningForm.pdf)

### **Preparing a Letter of Last Instructions**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/letters-of-last-instructions-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/letters-of-last-instructions-article.aspx)

### **Funeral Costs**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/funeral-costs-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/funeral-costs-article.aspx)

### **Choosing a Cemetery Plot**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/choosing-a-cemetery-plot-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-funeral-planning/choosing-a-cemetery-plot-article.aspx)

### **Erath Gardens of Memory**

6811 South Hwy 377 Stephenville, TX 76401  
(254) 968-2000  
[erathgardensofmemory.com](https://erathgardensofmemory.com)

### **East End and West End Cemetery**

298 W. Washington Street Stephenville, TX 76401  
254-977-3138

### **Dublin Cemeteries Harrell Funeral Home**

112 N. Camden Street Dublin, TX 76446  
254-445-3311

### **Dublin Live Oak Cemetery**

112 North Camden Street Dublin, Texas 76446  
254-968-2000

### **Harrell Funeral Home**

112 N. Camden Street Dublin, TX 76446  
254-445-3311

# ERATH COUNTY

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(con't) **FUNERAL PLANNING** (see **END OF LIFE GUIDANCE** for more)

**Lacy Funeral Home**

1380 North Harbin Drive Stephenville, Texas 76401  
254-968-2102

**Stephenville Funeral Home**

120 East South Loop Stephenville, Texas 76401  
254-965-3161

# ERATH COUNTY

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## GLOSSARY OF TERMS

[caregiverslibrary.org/Portals/0/Glossary.pdf](http://caregiverslibrary.org/Portals/0/Glossary.pdf)

**[Medline Plus](#)** - Links to information including glossary, clinical trials, and more.

Medical Words Tutorial: [medlineplus.gov/medwords/medicalwords.html](http://medlineplus.gov/medwords/medicalwords.html)

**[Understanding Clinical Trials: A Jargon Buster Guide](#)** by Patient Empowerment Network

# ERATH COUNTY

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**GRIEF** (see CAREGIVER WELLNESS & SUPPORT, COUNSELING, END OF LIFE GUIDANCE for more)

**Grieving is difficult in a world uncomfortable with heartbreak and loss.**

We grieve when life ends, and throughout a caregiving journey when a family member or friend suffers illness or declining health.

In our public lives today, grieving feels abbreviated and sterilized. With COVID-19, we're further challenged by the loss of familiar and healing rituals that help us to let go. Losing your person is a life-altering experience that eases over years, yet remains with us always.

We may break down alone or in the company of others. We cherish recipes, sing our hearts out, caress photographs, turn at a familiar scent, turn out the lights, write it down, bow our heads, share stories, hug longer and tighter (if we can) -- whatever helps us survive loss to a new way of loving.

May you find eventual peace in the heartbreak.

~ Dannelle LeBlanc, CareGiver Transitions

## **Find a GriefShare Support Group**

For people experiencing grief or loss such as a death of a loved one.

[griefshare.org/countries/us/states/tx/cities/mineral\\_wells](https://griefshare.org/countries/us/states/tx/cities/mineral_wells)

## **Coping with Grief**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-grief-and-loss/coping-with-grief-article.aspx](https://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-grief-and-loss/coping-with-grief-article.aspx)

## **WidowNet**

Information and self-help resource for, and by, widows and widowers. Topics include grief, bereavement, recovery, and more for those who have suffered the death of a spouse or life partner.

[widownet.com](https://widownet.com)

## **"After Caregiving Ends" by Judy Tatelbaum**

[hospicefoundation.org/hfa/media/Files/after.pdf](https://hospicefoundation.org/hfa/media/Files/after.pdf)



# ERATH COUNTY

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(con't) **GRIEF** (see CAREGIVER WELLNESS & SUPPORT, COUNSELING, END OF LIFE GUIDANCE for more)

## **Grief Chat with Ardent Hospice**

[ardenthospice.com/new-virtual-community-grief-chat](http://ardenthospice.com/new-virtual-community-grief-chat)

## **Color of Grief Support Group**

[facebook.com/Thecolorofgrief](https://facebook.com/Thecolorofgrief)

## **Black Girl Muse-ing**

Blogs and thoughts on death and grief.

[blackgirlmuse-ing.com](http://blackgirlmuse-ing.com)

## **“Grief and Relief: When the Loved One You Cared for Dies” by Carol Bradley Bursack**

[agingcare.com/Articles/caregiving-ending-after-death-148071.htm](http://agingcare.com/Articles/caregiving-ending-after-death-148071.htm)

## **Going with Grace**

End of life planning, Death Doula services, workbooks to help complete tasks for your family member's affairs and more.

[goingwithgrace.com](http://goingwithgrace.com)

## **Helping Another with Grief**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/helping-another-with-grief-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/helping-another-with-grief-article.aspx)

## **More Ways to Help Someone Who is Grieving**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/helping-people-with-bereavement-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/helping-people-with-bereavement-article.aspx)

## **Memory Garden Ideas**

Find creative ways to make a memory garden or space big or small, outdoors or inside.

[botanicalpaperworks.com/blog/read/article/692/creating-a-memorial-garden-to-honor-remember-loved-ones](http://botanicalpaperworks.com/blog/read/article/692/creating-a-memorial-garden-to-honor-remember-loved-ones)

## **A Sacred Passing: Death Midwifery and Community Education**

[asacredpassing.org/death-doula-education](http://asacredpassing.org/death-doula-education)

## **The Grieving Process**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/the-grieving-process-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgrp-grief-and-loss/the-grieving-process-article.aspx)

# ERATH COUNTY

## HEALTH CARE CLINICS & HOSPITALS (see HOME HEALTH & REHABILITATION for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### Telehealth Tips: Getting the Most from a Virtual Appointment

[powerfulpatients.org/2020/06/01/how-to-make-the-most-of-a-virtual-visit](https://powerfulpatients.org/2020/06/01/how-to-make-the-most-of-a-virtual-visit)

### Care Compare

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

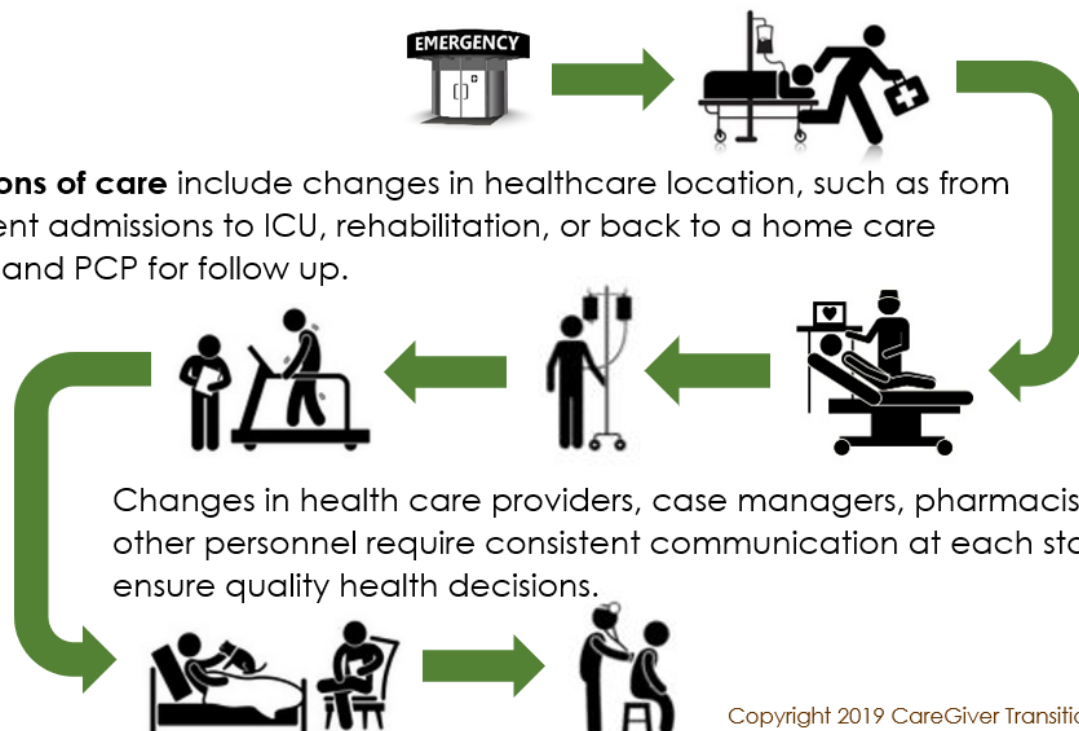
[medicare.gov/care-compare](https://www.medicare.gov/care-compare)

### Understanding Medical Bills (a toolkit by Kaiser Health News)

[khn.org/news/your-go-to-guide-to-decode-medical-bills](https://www.khn.org/news/your-go-to-guide-to-decode-medical-bills)

### Transitions of Care: What and Why You Need to Know

If you or a loved one has ever been hospitalized, you may be familiar with the concept **transitions of care**, or movements within a care setting due to a patient's changing needs and/or different levels of care:



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# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

**Discharge Planning** is the process used to determine patient needs and optimal care from one care setting/level to another.

Although typically coordinated by trained hospital personnel, an involved family caregiver can make an effective difference in quality of care outcomes.

Details vary depending on medical setting, however effective discharge plan basics include key elements:

## **DISCHARGE CHECKLIST for FAMILY CAREGIVERS**

- ✓ **Be present, take notes** when possible. **Make a list** of family/friends who can help:
- ✓ **Discuss physical condition, post-discharge care, and prognosis** with patient and/or appropriate family members.
- ✓ **Consider your needs**, including what kind of help is needed to meet changing care needs (see *Caregiving Notification Form*).
- ✓ **Request referrals** to a home health/care agency, other health provider(s), and other appropriate care support organizations.
- ✓ **Confirm details for follow-up appointments**, lab work, and/or tests.
- ✓ **Confirm medical staff has sent an electronic record of discharge instructions** and medications to PCP and other appropriate medical providers.
- ✓ **Fill all new/updated medication orders** prior to discharge if possible. Communicate changes to medications with your loved one's pharmacist(s) (see *Medications List*).
- ✓ **Ask for staff contact names and phone numbers** for post-discharge questions and/or follow up.
- ✓ **Ask what symptoms/side effects** should prompt an immediate follow up call to the physician.

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# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

Download the following helpful forms at:

[CareGiverTransitions.com/healthcare-encounters](https://www.CareGiverTransitions.com/healthcare-encounters)

- Discharge Checklist for Family Caregivers
- Caregiving Notification Form
- Medications List Form
- Medical History Form
- Health Care Appointment Notes

## Help During Your Caree's Hospital Discharge from the Caregiving Years Training Academy\*

Your Family Support Team includes:

- A Certified Caregiving Consultant who cares or cared for a family member and has completed our extensive training. Our training includes up-to-date information on changes with the hospital system which impacts discharges. The consultant can help you put plans in place and connect you with resources.
- A Certified Caregiving Specialist who takes on tasks to free up your time. You can delegate tasks to the Specialist like ordering supplies and organizing help.
- A Personal Care Consultant who has experience with caring for family member as well as providing care in a home care setting. The Personal Care Consultant can walk you through tasks you may have to perform at home and provide support when you worried you can't do it.

Schedule a free 30 minute consultation for hospital discharge support here:

[careyearsacademy.com/family-support-team/ref/54/](https://www.careyearsacademy.com/family-support-team/ref/54/)

\*CareGiver Transitions is an affiliate partner

## Hospital Guide for Family Caregivers by Beth Suereth

[caregivingpathways.com](https://www.caregivingpathways.com)

## Navigator Nuggets by GPS Doc Nicole Rochester, MD

Tips and information to help navigate the healthcare system. Coronavirus weekly updates and tips for family caregivers.

[yourgpsdoc.com/coronavirus-covid-19-resources](https://www.yourgpsdoc.com/coronavirus-covid-19-resources)

# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

**Understanding Clinical Trials: A Jargon Buster Guide** by Patient Empowerment Network

[powerfulpatients.org/2019/12/02/understanding-clinical-trials-a-jargon-buster-guide](https://powerfulpatients.org/2019/12/02/understanding-clinical-trials-a-jargon-buster-guide)

## **Black Doctor**

Learn more about health conditions, find a doctor, and more related to concerns disproportionately impacting the health of Black people due to systemic racism within the healthcare system.

[blackdoctor.org](https://blackdoctor.org)

## **Blood, Organ and Bone Marrow Issues for Minority and Mixed Races**

[diversehealthhub.com/post/blood-organ-and-bone-marrow-issues-for-minority-and-mixed-races](https://diversehealthhub.com/post/blood-organ-and-bone-marrow-issues-for-minority-and-mixed-races)

**(HEALTH CARE CLINICS & HOSPITALS con't on next page)**

Stay connected to resources and information from CareGiver Transitions: [SUBSCRIBE](#)

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# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

## **Texas Health Harris Methodist Hospital Stephenville**

Services include ER, Cardiac Rehab, Diabetes Care, Heart and Vascular, Imaging, Outpatient Surgery, and Wound Care

411 N Belknap St, Stephenville, TX 76401

(254) 965-1500

[texashealth.org/stephenville](https://texashealth.org/stephenville)

## **Stephenville Medical & Surgical Clinic**

Services include Family Medicine, General Surgery, Internal Medicine, Podiatry, and Radiology

150 River North Blvd. Stephenville, TX 76401

(254) 968-6051

[smc.org](https://smc.org)

## ***Diabetes Self-Management Education Program***

254-918-2222

## **Community Health Clinic**

160 River North Blvd. Stephenville, TX 76401

254-965-2500

[smc.org](https://smc.org)

## **Cross Timbers Health Clinic**

Medical, Dental, and Behavioral Health

135 River Norm Blvd. Stephenville, TX 76401

(254) 965-2810

[crosstimbersinc.org](https://crosstimbersinc.org)

## **Lakeside Physicians**

Cardiology, ENT, Gastroenterology, General Surgery, Neurology, Orthopedic, Pain Management, Pulmonary & Critical Care, Urgent Care and other services

950 Bluebonnet St. Stephenville, TX 76401

(254) 968-1502

[lakesidephysicians.com](https://lakesidephysicians.com)

# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

**VB Orthopaedics Dr. Kevin Vanden Berge**

103 East Frey Stephenville, TX 76401

254-968-0292

[vborthopaedics.com](http://vborthopaedics.com)

**Erath County Indigent Health Care Program**

100 W. Washington Stephenville, TX 76401

254-965-1452

**H.O.P.E. Clinic & Pharmacy**

H.O.P.E. provides a free medical clinic & pharmacy for people within income guidelines who are not on Medicaid and do not have private insurance.

1517 E Washington, Stephenville, TX 76401

254-965-2700

[hopestephenville.com](http://hopestephenville.com)

**Pecan Valley Mental Health & Mental Retardation (MHMR) Stephenville Clinic**

Provides information & referral services, 24-hour crisis services, diagnostic assessments, symptom management, psychiatric services, client & family mental health education, service coordination, community living & problem solving skills, respite services, housing assistance, vocational training & employment assistance, and family support services.

906 Lingleville Hwy Stephenville, TX 76401

(254)552-2001 or (254)968-4181

[pecanvalley.org](http://pecanvalley.org)

**Central Texas ENT Associates Dr. James Fowler**

195 River North Blvd. Stephenville, TX 76401

254-965-5858

[centext.com](http://centext.com)

**Moncrief Cancer Institute**

Serving Erath County & Surrounding Areas

400 W. Magnolia Ave. Fort Worth, TX 76104

(817) 288-9800

[moncrief.com](http://moncrief.com)

# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

## **VA North Texas Health Care System**

Includes acute and rehabilitation services, occupational therapy and vocational counseling. Outpatient services for veterans with PTSD, including individual and group psychotherapy.

### **Locations:**

#### **Ft. Worth VA Clinic**

2201 Southeast Loop 820 Fort Worth, TX 76119-5863  
(817) 730-0000

#### **Dallas VA Medical Center**

4500 South Lancaster Road Dallas, TX 75216-7167  
(214) 742-8387

#### **Sam Rayburn Memorial Veterans Center**

1201 E 9th St. Bonham, TX 75418  
(800) 924-8387

**Find more locations:** [northtexas.va.gov/locations](http://northtexas.va.gov/locations)

[northtexas.va.gov](http://northtexas.va.gov)

## **STAR Council**

Provides substance abuse education and treatment to individuals, families, and communities. Sliding scale treatment fees and payment assistance programs available at most centers.

(800) 375-1395

[starcouncil.org](http://starcouncil.org)

## **Empowered Patient Coalition safety tips**

[empoweredpatientcoalition.org](http://empoweredpatientcoalition.org)

## **Find a Federally Qualified Health Center (FQHCs)**

Health care services for underserved, uninsured, and/or indigent Texans in need of medical care.

[dshs.texas.gov/chpr/fqhcmain.shtm](http://dshs.texas.gov/chpr/fqhcmain.shtm)



# ERATH COUNTY

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(con't) **HEALTH CARE CLINICS & HOSPITALS** (see HOME HEALTH & REHABILITATION for more)

**This is not a complete listing. For more visit:**

## **Care Compare**

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

[medicare.gov/care-compare](https://www.medicare.gov/care-compare)

**TIP:** Check [your local hospital](#) or [senior recreational center](#) for free and/or low cost community programs ranging from chronic disease self-management, CPR classes, diabetes support, and nutrition to fitness/dance/swim classes, "A Matter of Balance" fall prevention, chair yoga, and more.

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# ERATH COUNTY

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**HEALTH INSURANCE** (see **BENEFITS, HEALTH CARE CLINICS** for more)

## **Your Texas Benefits**

[yourtexasbenefits.hhsc.texas.gov/programs/health](http://yourtexasbenefits.hhsc.texas.gov/programs/health)

## **H.O.P.E. Clinic & Pharmacy**

H.O.P.E. provides a free medical clinic & pharmacy for people within income guidelines who are not on Medicaid and do not have private insurance.

1517 E Washington, Stephenville, TX 76401

254-965-2700

[hopestephenville.com](http://hopestephenville.com)

## **Erath County Indigent Health Care Program**

100 W. Washington Stephenville, TX 76401

254-965-1452

## **Texas Department of Insurance**

Help and resources for health insurance questions and more.

[tdi.texas.gov](http://tdi.texas.gov)

## **Medicare, Medicaid, & Medigap Coverage comparison chart**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_PaymentOptionsChart.pdf](http://caregiverslibrary.org/Portals/0/ChecklistsandForms_PaymentOptionsChart.pdf)

## **Medicare Extra Help Program**

Extra help to pay for monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. Must be enrolled in a Medicare Prescription Drug plan to qualify.

[secure.ssa.gov/i1020/start](http://secure.ssa.gov/i1020/start)

## **Health Information, Counseling and Advocacy Program (HICAP)**

The HICAP program works with SHIP (State Health Insurance Assistance Programs) to provide free health insurance counseling, referrals, and counseling related to Medicare and Medicaid benefits.

(800) 252-9240

TTY (800) 735-2989

[nctcog.org/nctcg/media/Area-Agency-on-Aging/BenefitsCounselingSites\\_1.pdf](http://nctcog.org/nctcg/media/Area-Agency-on-Aging/BenefitsCounselingSites_1.pdf)

# ERATH COUNTY

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(con't) **HEALTH INSURANCE** (see **BENEFITS, HEALTH CARE CLINICS** for more)

## **Health Insurance Decision & Comparison Worksheets:**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_HealthInsuranceImportantServ.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_HealthInsuranceImportantServ.pdf)

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_HealthInsuranceBestBuy.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_HealthInsuranceBestBuy.pdf)

## **LongTermCare.gov**

Information and resource clearinghouse by the Administration on Aging for caregivers or seniors considering long-term care.

[longtermcare.gov](https://longtermcare.gov)

## **Medicare and More**

Information and resources to select an optimal benefits plan. Free “Turning 65 Workshop” and webinars to learn more about your Medicare options.

(800) 550-7635

[medicareandmore.co](https://medicareandmore.co)

## **Find an insurance agent (National Association of Health Underwriters)**

[nahu.org/looking-for-an-agent/find-an-agent](https://nahu.org/looking-for-an-agent/find-an-agent)

## **Find a Federally Qualified Health Centers (FQHCs)**

Health care services for underserved, uninsured, and/or indigent Texans in need of medical care.

[dshs.texas.gov/chpr/fqhcmain.shtm](https://dshs.texas.gov/chpr/fqhcmain.shtm)

## **Information and Resources to Help Pay for Long Term Care**

[payingforseniorcare.com](https://payingforseniorcare.com)

## **Choosing an HMO, PPO, or Fee for Service:**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_HmoPpoOrFeeForServ.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_HmoPpoOrFeeForServ.pdf)

## **Understanding Medical Bills** (a toolkit by Kaiser Health News)

[khn.org/news/your-go-to-guide-to-decode-medical-bills](https://khn.org/news/your-go-to-guide-to-decode-medical-bills)

# ERATH COUNTY

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## HEARING, VISION & SPEECH

### **Relay Texas**

Phone assistance for hearing impaired, blind, and/or speech impaired.

(800)735-2989 or 7-1-1

[relaytexas.com/support/relay-contact-numbers](https://relaytexas.com/support/relay-contact-numbers)

### **CapTel Phone Services**

Free Captioned Telephone services to help people with hearing loss stay connected over the phone.

[oeius.org](https://oeius.org)

### **Specialized Telecommunications Assistance Program (STAP)**

Helps people with a disability that interferes with access to telephone networks to purchase basic specialized assistive equipment or services.

[hhs.texas.gov/services/disability/deaf-hard-hearing/specialized-telecommunications-assistance-program-stap](https://hhs.texas.gov/services/disability/deaf-hard-hearing/specialized-telecommunications-assistance-program-stap)

### **Deaf Action Network**

Services include Interpreting / CART, Senior Citizen Program, Hard of Hearing Support Services, Specialized Telecommunications Assistance Program (STAP) and more.

3110 Cedarplaza Ln. Dallas, Texas 75235

(214) 680-9295 (Voice and Text)

[dactexas.org](https://dactexas.org)

### **Dallas Hearing Foundation**

Non-profit foundation providing medical and surgical treatment, hearing technologies, speech and hearing rehabilitation, and educational support to those who are in financial need.

7777 Forest Lane C-A94 PMB 143 Dallas, Texas 75230

(972) 424-7711

[dallashearingfoundation.org](https://dallashearingfoundation.org)

### **Connect Hearing**

Diagnosing, consulting for hearing loss and latest technology in hearing aids

1706 West South Loop Stephenville, TX 76401

254-968-4174

[connecthearing.com](https://connecthearing.com)

# ERATH COUNTY

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## (con't) HEARING, VISION & SPEECH

### **Deaf and Hard of Hearing Services**

Texas Health and Human Services programs to help minimize or eliminate societal and communication barriers to improve access.

Find program details and providers:

[hhs.texas.gov/services/disability/deaf-hard-hearing](https://hhs.texas.gov/services/disability/deaf-hard-hearing)

### **North Texas Radio for the Blind (Channel NTRB)**

For people registered as visually impaired or blind by a health or social professional. Ships tapes or printed material to the visually impaired around the state. They allow users to order books at a low cost that have been adapted specifically for the blind community. Regardless of age and for blind children there are adapted state-textbooks.

2007 Randall Dallas, TX 75201

(214) 871-7668

[readingresource.org](http://readingresource.org)

### **Blindness Education, Screening and Treatment (BEST) Program**

Texas Health and Human Services program provides free vision screenings and financial assistance to qualified Texas residents.

Email: [BESTprogram@hpsc.state.tx.us](mailto:BESTprogram@hpsc.state.tx.us)

[hhs.texas.gov/services/disability/blind-visually-impaired/blindness-education-screening-treatment-best-program](https://hhs.texas.gov/services/disability/blind-visually-impaired/blindness-education-screening-treatment-best-program)

### **Independent Living Services for Older Individuals Who Are Blind Program**

Services for people 55+ with a vision problem making everyday tasks difficult.

Find your local program representative:

[twc.texas.gov/partners/independent-living-services-older-individuals-who-are-blind](https://twc.texas.gov/partners/independent-living-services-older-individuals-who-are-blind)

### **Talking Book Program**

Available to qualified Texans with visual impairments, physical or reading (learning) disabilities that prevent them from using standard print.

[tsl.texas.gov/tbp/application/index.html](https://tsl.texas.gov/tbp/application/index.html)

### **Texas Society to Prevent Blindness**

Connect to programs and services to help prevent blindness and preserve sight.

3610 Fairmount Street Dallas, TX 75219

(214) 528-5521

[texas.preventblindness.org](https://texas.preventblindness.org)

# ERATH COUNTY

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## (con't) **HEARING, VISION & SPEECH**

### **Vision USA**

National assistance programs for eye wellness.

800-766-4466

[aoafoundation.org/vision-usa/vision-assistance-programs](http://aoafoundation.org/vision-usa/vision-assistance-programs)

### **Eye Care America**

Medical eye exams and more, often at no out-of-pocket cost.

[aao.org/eyecare-america](http://aao.org/eyecare-america)

### **Enhanced Vision**

Vision aid products for people affected by low vision conditions such as Macular Degeneration, Glaucoma, Cataracts, Retinitis Pigmentosa or Diabetic Retinopathy.

[enhancedvision.com](http://enhancedvision.com)

### **Certification of a Communication Impediment (VTR-216 Form)**

Download the form from the Texas Department of Public Safety to include a notice on a driver license or id card to indicate a health condition that may impede ability to communicate with a peace officer.

[txdmv.gov/publications-tac/doc\\_download/10259-vtr-216](http://txdmv.gov/publications-tac/doc_download/10259-vtr-216)

### **Social Security Administration**

Assists filing for retirement, survivors, disability and Medicare benefits. Assists establishing eligibility for Supplemental Security Income benefits for the aged, blind and disabled.

(800) 772-1213

[ssa.gov](http://ssa.gov)

# ERATH COUNTY

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## **HOME HEALTH, REHABILITATION & SKILLED NURSING** (see HEALTH CARE CLINICS, ASSISTED LIVING, DAILY CARE, IN-HOME PERSONAL for more)

### **What is home health care?**

This type of care generally refers to medical care delivered in a home setting by a health care professional such as medication administration, health monitoring, skilled nursing, physical/occupational therapy, wound care, and other medical services.

A physician's order is typically required for home health services, which are generally covered by Medicare, or Medicaid for qualified recipients, but may also be private pay (paid out of pocket). Due to COVID-19, the CARES Act allows some services to be delivered virtually. See [COVID-19 Related Resources](#) for more.

Home health services/agencies may also provide in-home personal care services in addition to medical services, depending on the provider and/or insurance plan coverage.

### **To learn more about home care:**

[inhomecare.com/home-care-guide](http://inhomecare.com/home-care-guide)

### **For Veterans, see more here:**

[inhomecare.com/benefits-for-senior-veterans-in-home-care/](http://inhomecare.com/benefits-for-senior-veterans-in-home-care/)

### **VETERANS**

See [IN-HOME PERSONAL CARE](#)

**TIP:** Be cautious about entering personal information online.

To search by type and location of service:

#### **Texas Association of Homecare and Hospice**

[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

#### **Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

#### **National Association for Home Care & Hospice Provider Search:**

[agencylocator.nahc.org](http://agencylocator.nahc.org)

# ERATH COUNTY

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(con't) **HOME HEALTH, REHABILITATION & SKILLED NURSING** (see HEALTH CARE CLINICS, ASSISTED LIVING, DAILY CARE, IN-HOME PERSONAL for more)

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## HomeWell of West Fort Worth

Live-in and hourly at-home care for seniors and others who struggle to manage day-to-day activities like grooming, bathing, cooking, errands and more.

Knowledgeable Care Managers and dependable, compassionate caregivers provide peace of mind and the highest level of quality home care.

~ **Companion care:** Companionship, ensuring quality homelife environment

~ **Basic care:** Home health care as well as help with daily tasks

~ **Specialty care:** Care for advanced health conditions

**(817) 662-6433**

[homewellcares.com/westfortworth/](http://homewellcares.com/westfortworth/)



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## Care Compare

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

[medicare.gov/care-compare](http://medicare.gov/care-compare)



# ERATH COUNTY

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(con't) **HOME HEALTH, REHABILITATION & SKILLED NURSING** (see HEALTH CARE CLINICS, ASSISTED LIVING, DAILY CARE, IN-HOME PERSONAL for more)

## **How to screen home care agency candidates**

[newlifestyles.com/blog/ten-things-to-ask-before-hiring-a-home-care-agency](http://newlifestyles.com/blog/ten-things-to-ask-before-hiring-a-home-care-agency)

## **Choosing a Rehabilitation Program:**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_ChoosingAREhabilitationProgram.pdf](http://caregiverslibrary.org/Portals/0/ChecklistsandForms_ChoosingAREhabilitationProgram.pdf)

## **A Family Caregiver's Planner for Care at Home**

[nextstepincare.org/uploads/File/Care\\_Planner.pdf](http://nextstepincare.org/uploads/File/Care_Planner.pdf)

## **HomeWell of West Fort Worth**

Knowledgeable Care Managers and dependable, compassionate caregivers provide peace of mind and the highest level of quality home care.

**(817) 662-6433**

[homewellcares.com/westfortworth/](http://homewellcares.com/westfortworth/)



## **Visiting Angels**

806 Paluxy Rd, Granbury, TX 76048

(817) 279-7373

[visitingangels.com/granbury/home](http://visitingangels.com/granbury/home)

## **Interim HealthCare of Granbury TX**

1314 Paluxy Rd #200, Granbury, TX 76048

(817) 573-7474

[interimhealthcare.com/granburytx/home](http://interimhealthcare.com/granburytx/home)

# ERATH COUNTY

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(con't) **HOME HEALTH, REHABILITATION & SKILLED NURSING** (see HEALTH CARE CLINICS, ASSISTED LIVING, DAILY CARE, IN-HOME PERSONAL for more)

## **Kindred at Home**

813 Santa Fe Drive Suite 100 Weatherford, TX 76086  
817-599-0192

[kindredhealthcare.com/locations/home-health/weatherford-tx-1184](http://kindredhealthcare.com/locations/home-health/weatherford-tx-1184)

## **LifeCare Home Care**

Serving Dallas Denton Eastland Ellis Erath Hood Jack Johnson Palo Pinto Parker Stephens Tarrant and Wise counties.

109 Larson Lane, Ste. 100 Aledo, TX 76008  
(817) 441-2747

[beyondfaithhomecare.com/locations/aledo](http://beyondfaithhomecare.com/locations/aledo)

## **Encompass Health Home Health**

401 Temple Hall Hwy #5, Granbury, TX 76049  
(817) 279-1665

[encompasshealth.com/home-health](http://encompasshealth.com/home-health)

## **Stephen's Health Care Inc.**

Home Health Agency serving Erath and surrounding counties.

(254) 965-6629

[stephenshealthcare.com](http://stephenshealthcare.com)

## **Regency Home Health**

2180 West South Loop #5 Stephenville, TX 76401  
254-918-2022

## **Angels Care Home Health**

1011 N Highway 77 Suite 107 Waxahachie , TX 75165  
(972) 923-1853

[angelscarehealth.com](http://angelscarehealth.com)

**This is not a complete listing. For more visit:**

**Texas Association of Homecare and Hospice**

[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

**Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

**National Association for Home Care & Hospice Provider Search:**

[agencylocator.nahc.org](http://agencylocator.nahc.org)

# ERATH COUNTY

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**HOME SAFETY** (see **HOUSING & HOME MAINTENANCE, FALL PREVENTION** for more)

**Home Environment Assessment**

[caregiverslibrary.org/Portals/0/HomeCare\\_NeedsAssessmentWorksheet.pdf](http://caregiverslibrary.org/Portals/0/HomeCare_NeedsAssessmentWorksheet.pdf)

**AARP.org/homefit**

**Family Care Services, Inc**

Emergency alarm systems, medication reminders and more.

[familycaresrv.com](http://familycaresrv.com)

**Mobile Help**

Mobile medical alert system.

[mobilehelp.com](http://mobilehelp.com)

**Lifeline by Phillips**

Medical alert systems, trained care specialists, and digital caring for communicating with your care team.

[lifeline.phillips.com](http://lifeline.phillips.com)

**Safe Return**

A 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.

To report a missing person: (800) 572-1122

To register: (888) 572-8566

**Texas Silver Alert**

Request Alert Activation and Regional Assistance.

[dps.texas.gov/IntelligenceCounterterrorism/Alerts/SilverAlertOverview.htm](http://dps.texas.gov/IntelligenceCounterterrorism/Alerts/SilverAlertOverview.htm)

**TeleCALM**

Phone service for seniors with dementia or Alzheimer's and active adults. Service helps prevent scammers. Unknown callers can leave a message; only those on a pre-approved list can connect directly.

(888) 701-0411

[telecalmprotects.com](http://telecalmprotects.com)

**HomeMods**

Information, resources, and business directory for home modifications.

[homemods.org](http://homemods.org)

# ERATH COUNTY

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(con't) **HOME SAFETY** (see **HOUSING & HOME MAINTENANCE, FALL PREVENTION** for more)

## **Solutions for Independent Living**

Home modification services for people of all ages with health or mobility issues.

(972) 439-3950

[solutionsdfw.com](http://solutionsdfw.com)

## **Housekeeping Procedures**

[caregiverslibrary.org/caregivers-resources/grp-home-care/caregiving-and-housekeeping-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/caregiving-and-housekeeping-article.aspx)

## **Infection Control**

[caregiverslibrary.org/caregivers-resources/grp-home-care/infection-control-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/infection-control-article.aspx)

## **Checklist**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_HomeModificationChecklist.pdf](http://caregiverslibrary.org/Portals/0/ChecklistsandForms_HomeModificationChecklist.pdf)

## **Age Safe America Home Safety Assessment**

Tips, information, and link to fee-based home assessment.

[agesafeamerica.com/senior-home-safety](http://agesafeamerica.com/senior-home-safety)

## **Safe Transfers/Moving Caree from One Place to Another**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/healthy-transfers-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/healthy-transfers-article.aspx)

## **Guidelines for Hiring Help for Home Modifications**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/help-with-home-modification-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/help-with-home-modification-article.aspx)

## **Paying for Home Modification**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/paying-for-home-modification-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/paying-for-home-modification-article.aspx)

## **Tips for a Safe and Accessible Home**

[nia.nih.gov/health/infographics/aging-place-tips-making-home-safe-and-accessible?](http://nia.nih.gov/health/infographics/aging-place-tips-making-home-safe-and-accessible?)

## **Building an On-Site Living Space for Your Loved One**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/accessory-units-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/accessory-units-article.aspx)

# ERATH COUNTY

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(con't) **HOME SAFETY** (see **HOUSING & HOME MAINTENANCE, FALL PREVENTION** for more)

**Certification of a Communication Impediment (VTR-216 Form)**

Download the form from the Texas Department of Public Safety to include a notice on a driver license or id card to indicate a health condition that may impede ability to communicate with a peace officer.

[txdmv.gov/publications-tac/doc\\_download/10259-vtr-216](http://txdmv.gov/publications-tac/doc_download/10259-vtr-216)

# ERATH COUNTY

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## **HOSPICE & PALLIATIVE CARE** (see HOME HEALTH, HEALTH CARE CLINICS for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### **It's understandably difficult to know exactly when to consider hospice or palliative care.**

When a loved one's care needs intensify with continued decline, hospice can help improve quality of life, whether for weeks, months, or years. Be sure to talk with your family member and/or physician as appropriate when your loved one experiences:

- Frequent hospitalizations/ER visits (but not getting better)
- Progressive weight loss
- Deteriorating mental abilities
- Recurrent infections
- Overall decline in condition

Ask your family member how they feel about future hospitalizations (vs. hospice).

When hospice or palliative services are needed, it's ok to take fewer (or no) breaks. It's also okay if your loved one needs to be alone when transitioning from this world.

**TIP:** Be cautious about entering personal information online.

To search by type and location of service:

**Texas Association of Homecare and Hospice**  
[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

**Texas Health & Human Services Long Term Care Provider Search:**  
[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

**National Association for Home Care & Hospice Provider Search:**  
[agencylocator.nahc.org](http://agencylocator.nahc.org)

# ERATH COUNTY

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(con't) **HOSPICE & PALLIATIVE CARE** (see HOME HEALTH, HEALTH CARE CLINICS for more)

## **Hospice Basics:**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/hospice-basics-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/hospice-basics-article.aspx)

## **Questions & Answers:**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_QuestionsAboutHospiceCare.pdf](http://caregiverslibrary.org/Portals/0/ChecklistsandForms_QuestionsAboutHospiceCare.pdf)

## **Hospice vs. Palliative Care**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/hospice-vs-palliative-care-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/hospice-vs-palliative-care-article.aspx)

## **Get Palliative Care**

Learn how palliative care can improve quality of life by focusing on relieving symptoms and stress of a serious illness. Palliative care is appropriate at any age or stage, and can be used along with curative treatment.

[getpalliativecare.org](http://getpalliativecare.org)

## **Care Compare**

Medicare's quality compare tool for home health agencies, doctors, hospitals, and other providers.

[medicare.gov/care-compare](http://medicare.gov/care-compare)

## **Pain management and palliative care by Alexander Peralta MD**

[mmlern.org/hubfs/docs/InnvInchronicPainMgmt-Part-1.pdf](http://mmlern.org/hubfs/docs/InnvInchronicPainMgmt-Part-1.pdf)

## **American Hospice Foundation resources**

[americanhospice.org/caregiving](http://americanhospice.org/caregiving)

## **A Discussion about Palliative vs. Hospice with Frontotemporal dementia (FTD) family caregivers.**

[m.youtube.com/watch?v=CqHFRn84Ln0&fbclid=IwAR3TJKm2VZ8iB7f1GwguV5ErFUIGmD4fyNO\\_KSo8Zey0gxKyzpU0fshA1\\_8](https://m.youtube.com/watch?v=CqHFRn84Ln0&fbclid=IwAR3TJKm2VZ8iB7f1GwguV5ErFUIGmD4fyNO_KSo8Zey0gxKyzpU0fshA1_8)

## **Palliative Care Basics:**

[caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/what-is-palliative-care-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues/hsgroup-hospice/what-is-palliative-care-article.aspx)

## **Chronic Pain Management Resources by Center for Practical Bioethics**

[practicalbioethics.org/resources/chronic-pain-resources.html](http://practicalbioethics.org/resources/chronic-pain-resources.html)

# ERATH COUNTY

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(con't) **HOSPICE & PALLIATIVE CARE** (see HOME HEALTH, HEALTH CARE CLINICS for more)

## **Texas Star Hospice**

Serving Somervell, Grayson, Hood, Tarrant, Erath, Parker, Palo Pinto, Wise, Dallas, Kaufman, Hunt, Collin, Johnson, Cooke, Denton, Navarro, Ellis, Fannin, Rockwall counties.

801 Forest Ridge Dr, Suite 100 Bedford, TX 76022

Ph: (817) 518-9784

[harborlighthospice.com](http://harborlighthospice.com)

## **Solaris Hospice**

101 Holly Hill Rd. Mineral Wells, TX 76067

(940) 325-0059

[solarisfamily.com](http://solarisfamily.com)

## **Integra Care Hospice**

937 FM 1821 #A Mineral Wells, TX 76067

(940) 325-5255

[kindredhealthcare.com/our-services/home-care](http://kindredhealthcare.com/our-services/home-care)

## **Interim HealthCare of Granbury TX**

1314 Paluxy Rd #200, Granbury, TX 76048

(817) 573-7474

[interimhealthcare.com/granburytx/home](http://interimhealthcare.com/granburytx/home)

## **Alpha Omega Hospice**

305 NE Loop 820 # 411, Hurst, TX 76053

(817) 238-0770

[alphaomegahospice.com](http://alphaomegahospice.com)

## **Hospice Plus – Weatherford**

109 E Rentz St. Weatherford, TX 76086

(817) 598-0566

[hospiceplus.net/locations/tx/weatherford](http://hospiceplus.net/locations/tx/weatherford)

## **St. Gabriel's Hospice & Palliative Care**

(817) 306-4545

[stgabrielshospice.com](http://stgabrielshospice.com)



# ERATH COUNTY

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(con't) **HOSPICE & PALLIATIVE CARE** (see HOME HEALTH, HEALTH CARE CLINICS for more)

**Universal Health Services' Hospice and Palliative Care**

817-451-1404

Serving Dallas Denton Erath Hood Johnson Palo Pinto Parker Tarrant and Wise counties.

[txnmhospice.org](http://txnmhospice.org)

**Summit Hospice**

3350 NE Loop 286, Suite D Paris, TX 75462

903-785-4357

[summithospicetx.com](http://summithospicetx.com)

**Bluebonnet Health Care and Hospice**

Serving North and East Texas.

6400 Maple Avenue, Suite 850 Dallas, TX 75235

(800) 994-1924

[bluebonnethc.com](http://bluebonnethc.com)

**Vitas Healthcare**

(855) 840-4860

[vitas.com](http://vitas.com)

**This is not a complete listing. For more visit:**

**Texas Association of Homecare and Hospice**

[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

**Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

**National Association for Home Care & Hospice Provider Search:**

[agencylocator.nahc.org](http://agencylocator.nahc.org)

# ERATH COUNTY

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**HOUSING & HOME MAINTENANCE** (see **BENEFITS, ASSISTED LIVING, DOWNSIZING & RELOCATION, HOME SAFETY** for more)

For help finding service enriched housing (i.e. Assisted Living or Senior Living Communities) see [ASSISTED LIVING](#)

## **How to Make & Pay for Home Modifications to Enable Aging in Place**

[payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods.html](http://payingforseniorcare.com/home-modifications/how-to-pay-for-home-mods.html)

## **Paying for Home Modification**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/paying-for-home-modification-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-modification/paying-for-home-modification-article.aspx)

## **HomeMods**

Information, resources, and business directory for home modifications.

[homemods.org](http://homemods.org)

## **North Central Texas Aging & Disability Housing Resource Links: Erath County**

Help with rental assistance, affordable housing, homebuyer assistance, home repair and/or accessibility modification assistance, utility bill assistance, weatherization assistance.

[nctadrc.org/documents/housing\\_resources\\_erath.pdf](http://nctadrc.org/documents/housing_resources_erath.pdf)

## **Dublin Housing Authority**

Provides information on housing for low income individuals/families.

201 E May St, Dublin TX  
254-445-2165

[dublinha.com](http://dublinha.com)

## **Comanche Housing Authority**

Provides information on housing for low income individuals/families.

404 E Cedar, Comanche, TX 76442  
325-356-3181

## **DeLeon Housing Authority**

Provides information on housing for low income individuals/families.

200 E Navarro, DeLeon TX  
254-893-3292

[www.cityofdeleon.org/departments/de-leon-housing-authority](http://www.cityofdeleon.org/departments/de-leon-housing-authority)

# ERATH COUNTY

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(con't) **HOUSING & HOME MAINTENANCE** (see **BENEFITS, ASSISTED LIVING, DOWNSIZING & RELOCATION, HOME SAFETY** for more)

## **Hico Housing Authority**

Provides information on housing for low income individuals/families.

101 N Rail Rd, Hico TX 76457  
254-796-4006

## **Erath County Habitat for Humanity**

Erath County Habitat for Humanity is a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization. Habitat for Humanity works in partnership with people in need to build and renovate decent, affordable housing. The houses then are sold to those in need at no profit and with no interest charged.

P.O. Box 505 Stephenville, TX 76401  
254-965-5046

[habitat.org/cd/kit/homepage.aspx?page=erathcounty](http://habitat.org/cd/kit/homepage.aspx?page=erathcounty)

## **CASA Brendan**

Offers subsidized housing for seniors who are able to live independently. Cost is based on Income.

1300 West Hyman Street, Stephenville, TX 76401  
254-965-6964

## **Southern Concepts**

Community-based group homes for developmentally disabled adults in a warm, family-like environment. Training services help facilitate integration into the local community.

900 Whitehead Rd. Granbury, TX 76048  
**817-573-6922**

[scitx.net](http://scitx.net)

## **Bunker Hill Senior Village**

1801 Lingleville Road Stephenville, TX 76401  
254-968-0032

## **Affordable Apartment Vacancy Search**

[hrc-ic.tdhca.state.tx.us/hrc/VacancyClearinghouseSearch.m](http://hrc-ic.tdhca.state.tx.us/hrc/VacancyClearinghouseSearch.m)

# ERATH COUNTY

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(con't) **HOUSING & HOME MAINTENANCE** (see **BENEFITS, ASSISTED LIVING, DOWNSIZING & RELOCATION, HOME SAFETY** for more)

## **Erath County Appraisal District**

Learn how to file a homestead exemption to reduce your home's taxable value.

1195 W South Loop, Stephenville, TX 76401  
(254) 965-5434  
[erath-cad.com](http://erath-cad.com)

## **Hamilton Housing Project**

Provides information on housing for low income individuals/families.

901 S Dempster, Hamilton TX 76531  
254-386-5281

## **Riverwalk Townhomes**

Provides information on housing for low income individuals/families.

1001 E Washington, Stephenville TX, 76401  
254-965-1055

## **Project Access Program**

Program assistance for low-income persons with disabilities to transition from institutions into the community by providing access to affordable housing.

[tdhca.state.tx.us/section-8/project-access/index.htm](http://tdhca.state.tx.us/section-8/project-access/index.htm)

## **My Choice Texas Home**

Home loans, down payment assistance and closing cost assistance for Texas home buyers.

[tdhca.state.tx.us/homeownership/fthb/my-choice-texas-home.htm](http://tdhca.state.tx.us/homeownership/fthb/my-choice-texas-home.htm)

## **Solutions for Independent Living**

Home modification services for people of all ages with health or mobility issues.

(972) 439-3950  
[solutionsdfw.com](http://solutionsdfw.com)

## **Texas Ramp Project**

Wheelchair ramps for disabled or elderly people who can't afford to buy one.

214-675-1230  
Email: [info@texasramps.org](mailto:info@texasramps.org)  
[texasramps.org](http://texasramps.org)

# ERATH COUNTY

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(con't) **HOUSING & HOME MAINTENANCE** (see **BENEFITS, ASSISTED LIVING, DOWNSIZING & RELOCATION, HOME SAFETY** for more)

## **Universal Design**

Learn about home, workplace, and society design modifications, resources, and ideas to improve and sustain aging in place or living with a disability.

[wbdg.org/design-objectives/accessible/beyond-accessibility-universal-design](http://wbdg.org/design-objectives/accessible/beyond-accessibility-universal-design)

**“Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves.”**

~ Dale Carnegie

# ERATH COUNTY

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## **IN-HOME PERSONAL CARE** (see **DAILY CARE, HOME HEALTH** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### **What is in-home personal care?**

In-home personal care may also be called “in-home care”, “home care”, or “personal care”.

This type of care generally refers to non-medical assistance with daily activities such as meal preparation, housekeeping, assistance with bathing, grooming, and dressing, toileting, companionship, and transportation.

In-home care is usually private pay (paid out of pocket).

### **To learn more about home care:**

[inhomecare.com/home-care-guide](http://inhomecare.com/home-care-guide)

### **For Veterans, see more here:**

[inhomecare.com/benefits-for-senior-veterans-in-home-care/](http://inhomecare.com/benefits-for-senior-veterans-in-home-care/)

**VETERANS**

See [HOME HEALTH CARE](#)

**TIP:** Be cautious about entering personal information online.

To search by type and location of service:

#### **Texas Association of Homecare and Hospice**

[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

#### **Texas Health & Human Services Long Term Care Provider Search:**

[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

#### **National Association for Home Care & Hospice Provider Search:**

[agencylocator.nahc.org](http://agencylocator.nahc.org)

## ERATH COUNTY

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(con't) **IN-HOME PERSONAL CARE** (see DAILY CARE, HOME HEALTH for more)

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### **HomeWell of West Fort Worth**

Live-in and hourly at-home care for seniors and others who struggle to manage day-to-day activities like grooming, bathing, cooking, errands and more.

Knowledgeable Care Managers and dependable, compassionate caregivers provide peace of mind and the highest level of quality home care.

~ **Companion care:** Companionship, ensuring quality homelife environment

~ **Basic care:** Home health care as well as help with daily tasks

~ **Specialty care:** Care for advanced health conditions

**(817) 662-6433**

[homewellcares.com/westfortworth/](http://homewellcares.com/westfortworth/)



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**A Family Caregiver's Planner for Care at Home by Next Step in Care**  
[nextstepincare.org/uploads/File/Care\\_Planner.pdf](http://nextstepincare.org/uploads/File/Care_Planner.pdf)



# ERATH COUNTY

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(con't) **IN-HOME PERSONAL CARE** (see **DAILY CARE, HOME HEALTH** for more)

## **Texas Department of Aging and Disability Services (DADS)**

Community Care for Aging and Disabled programs including in-home help and CBA (Community Based Alternative) programs

Details: [payingforseniorcare.com/longtermcare/resources/texas\\_ccad.html](http://payingforseniorcare.com/longtermcare/resources/texas_ccad.html)

[hhs.texas.gov](http://hhs.texas.gov)

## **Texas Community Attendant Services (CAS) Program**

Medicaid funded part of the Community Care for the Aged / Disabled (CCAD) Program. Offers average of 15-20 hours of personal attendant assistance per week. Program intended for seniors and disabled individuals who are functionally unable to manage their Activities of Daily Living (ADLs).

[payingforseniorcare.com/cash-and-counseling/tx-cas-program.html](http://payingforseniorcare.com/cash-and-counseling/tx-cas-program.html)

## **Area Agency on Aging/North Central Texas**

Services for persons who are age 60 and over or caregivers of persons who are age 60 and over. Provides and coordinates an array of social services, including in-home services, benefits counseling, and more.

(800) 272-3921

Email: Doni Green - [dgreen@nctcog.org](mailto:dgreen@nctcog.org)

[nctcog.org/aging-services](http://nctcog.org/aging-services)

## **HomeWell of West Fort Worth**

Knowledgeable Care Managers and dependable, compassionate caregivers provide peace of mind and the highest level of quality home care.

**(817) 662-6433**

[homewellcares.com/westfortworth/](http://homewellcares.com/westfortworth/)



# ERATH COUNTY

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(con't) **IN-HOME PERSONAL CARE** (see **DAILY CARE, HOME HEALTH** for more)

## **Visiting Angels**

806 Paluxy Rd. Granbury TX 76048

800-365-4189

[visitingangels.com/senior-homecare-granbury-texas-76048\\_598](http://visitingangels.com/senior-homecare-granbury-texas-76048_598)

## **Clear Path Home Care**

Personal care, housekeeping, and companion care. Serving Erath County & surrounding areas.

Breckenridge, TX 76424

254-559-2030

[clearpathhomecare.com](http://clearpathhomecare.com)

## **Comfort Keepers**

1321 Waters Edge Dr Suite #1010, Granbury, TX 76048

(817) 578-8787

[comfortkeepers.com/offices/texas/granbury](http://comfortkeepers.com/offices/texas/granbury)

## **Home Instead Senior Care**

983 Whitehead Dr Suite 106, Granbury, TX 76048

(682) 205-3366

[homeinstead.com](http://homeinstead.com)

## **Lee Health Care**

Medical supplies and home health in Glen Rose and Hamilton.

907 NE Big Bend Trail Glen Rose, TX 76043

866-413-4356

[leehealthcare.com](http://leehealthcare.com)

## **Eldercare Locator**

a public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

800-677-1116

[eldercare.acl.gov](http://eldercare.acl.gov)

# ERATH COUNTY

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(con't) **IN-HOME PERSONAL CARE** (see DAILY CARE, HOME HEALTH for more)

**This is not a complete listing. For more visit:**

**Texas Association of Homecare and Hospice**  
[education.tahch.org/education/ConsumerSearch.aspx](http://education.tahch.org/education/ConsumerSearch.aspx)

**Texas Health & Human Services Long Term Care Provider Search:**  
[apps.hhs.texas.gov/LTCSearch/](http://apps.hhs.texas.gov/LTCSearch/)

**National Association for Home Care & Hospice Provider Search:**  
[agencylocator.nahc.org](http://agencylocator.nahc.org)

# ERATH COUNTY

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## LEGAL RESOURCES (see **ADVANCED PLANNING** for more)

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### **Haiman Hogue**

Haiman Hogue, PLLC is a Faith Based, Estate and Family Protection Planning and Elder Law Firm, designed on the foundational belief we are “Faithfully Serving God and our Clients” in everything we do.

Services include Elder Law, Medicaid & VA, Estate Planning, Probate, Guardianship, Business Planning, Asset Protection, Tax Planning, Special Needs, Trust Administration, free workshops and more.

Contact: Sheila Williamson

**(469) 397-0745**

[HaimanHogue.com](http://HaimanHogue.com)



**Attorneys & Counselors at Law**

*Faithfully Serving God & Our Clients*

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### **“Legal Planning for Incapacity”**

[caregiver.org/legal-planning-incapacity](http://caregiver.org/legal-planning-incapacity)

### **Legal Aid of North West Texas** (Satellite office)

Referrals to private attorneys for applicants who do not financially qualify for legal aid.

100 Austin Avenue # 203 Weatherford, TX 76086

817-594-6332

[lanwt.org](http://lanwt.org)

### **Legal Aid of North West Texas (Clinic Site: Cross Timbers Family Services)**

1794 North Graham Street Stephenville, TX 76401

254-965-4357

# ERATH COUNTY

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(con't) **LEGAL RESOURCES** (see **ADVANCED PLANNING** for more)

## **Haiman Hogue**

Elder Law, Medicaid & VA, Estate Planning, Probate, Guardianship, Business Planning, Asset Protection, Tax Planning, Special Needs, Trust Administration

Contact: Sheila Williamson

(469) 893-5337

[HaimanHogue.com](http://HaimanHogue.com)



## **Legal Hotline for Older Texans**

For Texas residents ages 60 years or older. Free legal advice by telephone, free self-help publications by mail, and referral to reduced-fee attorneys when appropriate.

(800) 622-2520

[txnd.uscourts.gov/legal-hotline-older-texans](http://txnd.uscourts.gov/legal-hotline-older-texans)

## **Fraser Wilson & Bryan**

Services include family law, estate planning, and mediation.

193 S. Graham Stephenville, Texas 76401

(254) 965-7270

Email: [info@fwblawtx.com](mailto:info@fwblawtx.com)

[fwblawtx.com](http://fwblawtx.com)

## **Find an Elder Law Attorney**

[naela.org](http://naela.org)

## **Texas Law Help**

Information, instructions, and toolkits (including legal forms) for Medical Power of Attorney, Advanced Directives, Disability Rights, Guardianship alternatives, and more:

[texaslawhelp.org/health-benefits](http://texaslawhelp.org/health-benefits)

# ERATH COUNTY

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(con't) **LEGAL RESOURCES** (see **ADVANCED PLANNING** for more)

## **Lawyers Referral Service, State Bar of Texas**

Provides free or low cost names and telephone numbers of lawyers in area to consult (for a fee), concerning legal problems.

(800) 252-9690

[texasbar.com](http://texasbar.com)

## **Legal Line: Dallas Bar Association**

Lawyers will answer your simple legal questions over the phone for free. Call Legal Line between 5:00 PM and 9:00 PM on the second and third Wednesdays of each month.

(214) 220-7400

[dallasbar.org](http://dallasbar.org)

## **Texas Legal Services Center**

A nonprofit working towards civil justice for all Texans

(800) 622-2520

[tlsc.org](http://tlsc.org)

## **Texas Guardianship Association**

Education and advocacy for guardianship concerns.

5000 Lakewood Dr, Waco, TX 76710

(254) 772-7600

[Texasguardianship.org](http://Texasguardianship.org)

## **Disability Rights Texas**

A legal protection and advocacy agency for people with disabilities in Texas.

1420 W Mockingbird Lane, Ste. 450, Dallas, TX 75247

(214) 630 – 0916

[disabilityrightstx.org](http://disabilityrightstx.org)

## **Dispute Resolution Services of North Texas**

Confidential mediation services.

(817) 877 – 4554

[drsnorthtexas.org](http://drsnorthtexas.org)

# ERATH COUNTY

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## **MEDICAL SUPPLIES, EQUIPMENT & ASSISTIVE DEVICES** (see HOUSING & HOME MAINTENANCE, MEDICATION MANAGEMENT, PHARMACIES for more)

### **About Durable Medical Equipment**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-medical-equipment/home-medical-equipment-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-medical-equipment/home-medical-equipment-article.aspx)

### **Coverage and tax deductions for home supplies**

[payingforseniorcare.com/home-care-supplies/financial-assistance.html](http://payingforseniorcare.com/home-care-supplies/financial-assistance.html)

### **Medical Equipment and Medicare Coverage**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-medical-equipment/medical-equipment-and-medicare-coverage-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-home-medical-equipment/medical-equipment-and-medicare-coverage-article.aspx)

### **Texas Ramp Project**

Wheelchair ramps for disabled or elderly people who can't afford to buy one.

214-675-1230

Email: [info@texasramps.org](mailto:info@texasramps.org)

[texasramps.org](http://texasramps.org)

### **Tanglewood Pharmacy & Medical Supplies, Inc.**

2445-A North West Loop Stephenville, TX 76401

254-968-7657

[tanglewoodhealth.com](http://tanglewoodhealth.com)

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## **Silvert's Adaptive Clothing & Footwear**

Is Dressing a Challenge?

Find Senior & Adult Dressing Solutions for Arthritis, Limited Mobility, Wheelchair Dependency, Alzheimer's, Diabetes and Edema.

Visit [silverts.com](http://silverts.com) or Call for a Free Catalog 1-800-387-7088



# ERATH COUNTY

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(con't) **MEDICAL SUPPLIES, EQUIPMENT & ASSISTIVE DEVICES** (see HOUSING & HOME MAINTENANCE, MEDICATION MANAGEMENT, PHARMACIES for more)

## **Lift Aids, Inc.**

Adaptive mobility equipment and medications.

1500 Westpark Way, Euless, TX 76040

(817) 835-0035

[lift-aids.com](http://lift-aids.com)

## **Transfer and Mobility Assistive Devices**

Belts, Chairs, Boards, and more.

[rehabmart.com/search/?q=transfer](http://rehabmart.com/search/?q=transfer)

## **Adapt-a-Fit Clothing**

Magnetic kits replace buttons and zippers to make dressing easier.

[adaptafitclothing.com](http://adaptafitclothing.com)

## **Adaptive shoes for safety and mobility**

[dailycaring.com/adaptive-shoes-for-seniors-increase-safety-and-mobility](http://dailycaring.com/adaptive-shoes-for-seniors-increase-safety-and-mobility)

## **HIProtector.com**

Fall prevention devices, hip protectors, medical alarms, and automatic pill dispensers.

[HIProtector.com](http://HIProtector.com)

## **The Red Cross Store**

Emergency preparedness supplies, books, and more.

[redcross.org/store](http://redcross.org/store)

## **ParentGiving.com**

Incontinence supplies, lift aids, bath and bedroom safety, mobility, medical supplies, mobility and more.

[parentgiving.com](http://parentgiving.com)

## **Discount Medical Supplies**

[discountmedicalsupplies.com](http://discountmedicalsupplies.com)



# ERATH COUNTY

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(con't) **MEDICAL SUPPLIES, EQUIPMENT & ASSISTIVE DEVICES** (see HOUSING & HOME MAINTENANCE, MEDICATION MANAGEMENT, PHARMACIES for more)

## **Caregiver Products**

Products to help make caregiving at home easier. Bedside, dressing, eating, bathing, toileting, transferring aids and more.

[caregiverproducts.com](http://caregiverproducts.com)

## **Elder Store**

Products to help make caregiving at home easier. Bedside, dressing, eating, bathing, toileting, transferring aids and more.

[elderstore.com/caregiver-aids\\_113.aspx](http://elderstore.com/caregiver-aids_113.aspx)

## **Consumer Safety Guide**

Information about risks of some products, devices, and drugs.

[consumersafetyguide.com](http://consumersafetyguide.com)

# ERATH COUNTY

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## **MEDICATION MANAGEMENT & HEALTH HISTORY** (see MEDICAL SUPPLIES, PHARMACIES for more)

**Download the following (free) forms** to keep track of medicines and more:  
[CareGiverTransitions.com/healthcare-encounters](https://www.caregivertransitions.com/healthcare-encounters)

- Medications List Form
- Medical History Form

### **Weekly Medication Chart**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_WeeklyMedicineChart.pdf](https://www.caregiverslibrary.org/Portals/0/ChecklistsandForms_WeeklyMedicineChart.pdf)

### **Medical History Form**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_MakingAPersonalMedicalHistory.pdf](https://www.caregiverslibrary.org/Portals/0/ChecklistsandForms_MakingAPersonalMedicalHistory.pdf)

### **Practicing Medication Safety**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/do-you-practice-medication-safety-article.aspx](https://www.caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/do-you-practice-medication-safety-article.aspx)

### **Finding the Right Pharmacist**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/working-with-the-pharmacist-article.aspx](https://www.caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/working-with-the-pharmacist-article.aspx)

### **Older Adult Needs and Money Saving Tips**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/medication-and-older-adults-article.aspx](https://www.caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/medication-and-older-adults-article.aspx)

### **Understanding Drug Interactions**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/understanding-drug-interactions-article.aspx](https://www.caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-medications/understanding-drug-interactions-article.aspx)

### **Chemotherapy Side Effect Reporting**

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_KeepingTrackOfSideEffects.pdf](https://www.caregiverslibrary.org/Portals/0/ChecklistsandForms_KeepingTrackOfSideEffects.pdf)

### **My Body Passport**

A comprehensive medical and health record book for organizing your medical history, health records, and emergency information.

[rockymountainreadiness.com/collections/my-body-passport/products/my-body-passport-your-personal-medical-assurance-policy?](https://www.rockymountainreadiness.com/collections/my-body-passport/products/my-body-passport-your-personal-medical-assurance-policy?)

# ERATH COUNTY

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**NUTRITION** (see **COMMUNITY & SOCIAL SERVICES, SENIOR CENTER DIRECTORY** for more)

**IMPORTANT NOTE:** Contact your local MOW provider for updates re: congregate meals, delivery, transportation, and other service changes due to COVID-19.

## **10 Easy and Healthy Cooking Tips for Caregivers**

[vnsny.org/article/10-easy-and-healthy-cooking-tips-for-caregivers](https://vnsny.org/article/10-easy-and-healthy-cooking-tips-for-caregivers)

**[The Family Caregiver's Cookbook](#)** by Harriet Hodgson

## **Local Food Supply**

Find and support your local food markets and co-ops.

[localharvest.org/food-coops](https://localharvest.org/food-coops)

## **Erath County Meals-on-Wheels**

Provides home-delivered meals, nutritional & transportation services to all eligible residents.

1306 E Washington, Stephenville TX 76401

254-965-3510

[www.erathmow.org](http://www.erathmow.org)

## **The Love Basket**

Food pantry providing fresh food to those in need.

207 E Elm Dublin, Texas 76446

254-445-8081

## **St. Luke's Episcopal Church – Food Pantry**

Partners with the Tarrant Area Food Bank to provide for as many as 60 families each time our doors are open. Church and client volunteers work every other week to stock shelves and assist community individuals with dry staples, canned goods, toiletries, laundry supplies, vegetables, meats, and even some treats to supplement the clients' grocery needs. Doors are open every other Tuesday from 9am-noon.

[stlukesstephenville.org](http://stlukesstephenville.org)

## **Stephenville Community Pantry**

3<sup>rd</sup> Thursday of every month 5-7p.m. in First Baptist Church parking lot.

334 W. Green Street Stephenville, TX 76401

(254) 965-3187

# ERATH COUNTY

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(con't) **NUTRITION** (see **COMMUNITY & SOCIAL SERVICES, SENIOR CENTER DIRECTORY** for more)

## **Basic Needs Ministry**

A ministry of the Graham Street Church of Christ serving low income residents of Erath County.

312 N. Graham St. Stephenville, TX 76401

254-965-4510

[gscofc.org](http://gscofc.org)

## **Altering Recipes**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/altering-recipes-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/altering-recipes-article.aspx)

## **Beginner's Tips**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/good-nutrition-an-introduction-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/good-nutrition-an-introduction-article.aspx)

## **Help with Eating Tips**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/help-with-eating-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-personal-care-activities/help-with-eating-article.aspx)

## **Loss of Taste/Mouth Problems**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/nutrition-and-loss-of-taste-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/nutrition-and-loss-of-taste-article.aspx)

## **Nutrition Risks**

[caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/nutrition-risks-article.aspx](http://caregiverslibrary.org/caregivers-resources/grp-home-care/hsgroup-nutrition/nutrition-risks-article.aspx)

# ERATH COUNTY

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## ORGANIZATION

### Strategies for Getting (and Staying) Organized While Caregiving

[agingcare.com/articles/strategies-for-getting-and-staying-organized-while-caregiving-164830.htm](https://agingcare.com/articles/strategies-for-getting-and-staying-organized-while-caregiving-164830.htm)

### Sample Filing System

[caregiverslibrary.org/Portals/0/ChecklistsandForms\\_SampleFilingSystem.pdf](https://caregiverslibrary.org/Portals/0/ChecklistsandForms_SampleFilingSystem.pdf)

### Organizing Household Records

[caregiverslibrary.org/caregivers-resources/organizing-household-records.aspx](https://caregiverslibrary.org/caregivers-resources/organizing-household-records.aspx)

### CareGiver Transitions: Download a helpful Care Plan.

Assess and plan caregiving needs for you and your family member. Guided evaluation of home, health care, insurance, financial, legal, social, transportation needs and more.

[caregivertransitions.com/care-plan](https://caregivertransitions.com/care-plan)

Enter discount code **CCG20** to download **free** through **August 31, 2020**.

(reg. price \$12.99)

### My Data Diary Management Tool\*

An electronic data organizer and storage solution to securely manage and share personal, household, medical, financial and legal information (including Advance Directives) at:

[mycarecompanions.com/my-data-diary](https://mycarecompanions.com/my-data-diary)

Enter **discount code "CARETOOL" for 15% off**

\*A CareGiver Transitions affiliate

### My Body Passport

A comprehensive medical and health record book for organizing your medical history, health records, and emergency information.

[rockymountainreadiness.com/collections/my-body-passport/products/my-body-passport-your-personal-medical-assurance-policy?](https://rockymountainreadiness.com/collections/my-body-passport/products/my-body-passport-your-personal-medical-assurance-policy?)

# ERATH COUNTY

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## **PHARMACIES & PRESCRIPTION ASSISTANCE** (see **MEDICAL SUPPLIES, MEDICATION MANAGEMENT** for more)

**Download a free Medications List Form** to help keep track of medicines:  
[CareGiverTransitions.com/healthcare-encounters](https://www.caregivertransitions.com/healthcare-encounters)

### **H.O.P.E. Inc.**

Assistance with medications for those in need.

1617 East Washington Stephenville, TX 76401

254-965-2700 (by appointment only)

[hopestephenville.com](https://www.hopestephenville.com)

### **NeedyMeds**

Free prescription drug discount card accepted at most pharmacies.

[needymeds.org](https://www.needymeds.org)

### **Rx Assistance**

Database of assistance programs to help pay for cost of medications.

[rxassist.org](https://www.rxassist.org)

### **Benefits Check Up**

Comprehensive benefits search and application tool to find specific financial assistance and services that you and your care recipient qualify for in your area.

[benefitscheckup.org](https://www.benefitscheckup.org)

### **Medicare Extra Help Program**

Extra help to pay for monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. Must be enrolled in a Medicare Prescription Drug plan to qualify.

[secure.ssa.gov/i1020/start](https://secure.ssa.gov/i1020/start)

### **Medicine Assistance Tool**

Search engine designed to help patients, caregivers and health care providers learn about resources available via biopharmaceutical industry programs.

[medicineassistancetool.org](https://www.medicineassistancetool.org)

# ERATH COUNTY

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(con't) **PHARMACIES & PRESCRIPTION ASSISTANCE** (see **MEDICAL SUPPLIES, MEDICATION MANAGEMENT** for more)

## **Good Days**

Assistance with medication copays, travel, premium, and diagnostic testing for a variety of chronic diseases. Listing and link to apply:

(972) 608-7141

[mygooddays.org/patients/diseases-covered](http://mygooddays.org/patients/diseases-covered)

## **Coast 2 Coast Rx**

Free prescription discount card based on your city/county.

[coast2coastrx.com](http://coast2coastrx.com)

## **Good Rx**

Compare prescription costs and coupons.

[goodrx.com](http://goodrx.com)

## **Pfizer Rx Pathways**

Connects eligible patients to a range of assistance programs for co-pay help and free or discounted medicines.

[pfizerrxpathways.com](http://pfizerrxpathways.com)

## **Find \$4 generic drugs and other pharmacy discount programs**

### **Walmart \$4/30 Day Supply Program**

Discounts on specific meds for cholesterol, diabetes, heart health, thyroid, and other diagnosis.

[walmart.com/cp/4-prescriptions/1078664](http://walmart.com/cp/4-prescriptions/1078664)

**More here:** [goodrx.com/blog/what-happened-to-4-generics](http://goodrx.com/blog/what-happened-to-4-generics)

## **Janssen Prescription Assistance (Johnson & Johnson)**

Search engine with options to lower costs for Janssen medications.

[janssenprescriptionassistance.com](http://janssenprescriptionassistance.com)

## **ClinicalTrials.gov**

Searchable database provided by the U.S. National Library of Medicine for publicly and privately funded clinical studies.

[clinicaltrials.gov](http://clinicaltrials.gov)

# ERATH COUNTY

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(con't) **PHARMACIES & PRESCRIPTION ASSISTANCE** (see **MEDICAL SUPPLIES, MEDICATION MANAGEMENT** for more)

**Patrick Street Pharmacy**

604 North Patrick Dublin, TX 76446  
254-445-3679

**River North Pharmacy**

150-A River North Blvd. Stephenville, TX 76401  
254-918-2201

[smc.org](http://smc.org)

**Tanglewood Pharmacy & Medical Supplies, Inc.**

2445-A North West Loop Stephenville, TX 76401  
254-968-7657

[tanglewoodhealth.com](http://tanglewoodhealth.com)

**H.E.B. Pharmacy**

2150 West Washington Stephenville, Texas 76401  
254-965-2267

**CVS Pharmacy**

2565 West Washington Stephenville, TX 76401  
254-965-5085

**Walgreens Pharmacy**

2315 West Washington Stephenville, TX 76401  
254-965-2587

**Walmart Pharmacy**

2765 West Washington Street Stephenville, TX 76401  
254-968-0660

**Find a pharmacy**

[aarppharmacy.com/find-a-pharmacy](http://aarppharmacy.com/find-a-pharmacy)



# ERATH COUNTY

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## **RESPIRE CARE PROGRAMS** (see **COMMUNITY & SOCIAL SERVICES, IN-HOME PERSONAL, HOME HEALTH** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

### **What is respite care?**

Respite care is planned (or emergency) care for a care recipient to give temporary relief to the family caregiver who routinely provides care.

### **North Central Texas Council of Governments (NCTCOG) Caregiver Respite Program**

(800) 272-3921

Email: Doni Green - [dgreen@nctcog.org](mailto:dgreen@nctcog.org)  
[nctcog.org/aging-services/caregivers](http://nctcog.org/aging-services/caregivers)

### **Take Time Texas**

Find a respite care provider where you live, including for crisis/emergency, homemaker, personal, and medical care.

[apps.hhs.texas.gov/taketimetexas](http://apps.hhs.texas.gov/taketimetexas)

### **ARCH National Respite Network and Resource Center**

Respite care programs, funding, and locator services.

#### **Texas Respite Care locator:**

[archrespite.org/respite-locator-service-state-information/176-texas-info](http://archrespite.org/respite-locator-service-state-information/176-texas-info)  
[archrespite.org](http://archrespite.org)

### **Easter Seals**

Email: [weCare@ntx.easterseals.com](mailto:weCare@ntx.easterseals.com)

(817) 759-7911

[easterseals.com/northtexas/our-programs/senior-services/home-care-services.html](http://easterseals.com/northtexas/our-programs/senior-services/home-care-services.html)

### **Alzheimer's and Dementia Care Relief Grant Program**

In-home respite care grants for primary caregivers of individuals with Alzheimer's Disease or related dementia.

[hilarityforcharity.org/programs/grant-program](http://hilarityforcharity.org/programs/grant-program)

# ERATH COUNTY

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(con't) **RESPITE CARE PROGRAMS** (see **COMMUNITY & SOCIAL SERVICES, IN-HOME PERSONAL, HOME HEALTH** for more)

## **Texas Community Attendant Services (CAS) Program**

Medicaid funded part of the Community Care for the Aged / Disabled (CCAD) Program. Offers average of 15-20 hours of personal attendant assistance per week. Program intended for seniors and disabled individuals who are functionally unable to manage their Activities of Daily Living (ADLs). Services may not be available right away.

[payingforseniorcare.com/cash-and-counseling/tx-cas-program.html](http://payingforseniorcare.com/cash-and-counseling/tx-cas-program.html)

## **Respite Relief for Military and Veteran Caregivers**

Program from the Elizabeth Dole Foundation and U.S. Department of Veterans Affairs offering vulnerable family caregivers of veterans access to no-cost, short-term relief with the help of CareLinx in-home care professionals.

[hiddenheroes.org/respite/](http://hiddenheroes.org/respite/)

Stay connected to resources and information  
from CareGiver Transitions: [SUBSCRIBE](#)

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# ERATH COUNTY

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## SENIOR CENTER DIRECTORY

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

Expect adjustments to congregate meals, delivery, transportation, and other service changes due to COVID-19.

### **Stephenville Senior Citizens**

Transportation, meals both on site and meals on wheels. Recreation and exercise, including dominos, forty-two, bridge, ceramics, bowling, dancing, and swimming.

**Yoga classes:** [khits955.com/event/yoga-classes-stephenville/2020-02-03/](https://khits955.com/event/yoga-classes-stephenville/2020-02-03/)

164 East College St. Stephenville, Texas 76401

Sandy Morgan, Director

254-918-1288

[stephenvilletx.gov/city-services/senior-citizens-center](https://stephenvilletx.gov/city-services/senior-citizens-center)

### **Erath County Senior Citizens, Inc.**

Provides home delivered meals, transportation for seniors and disabled, and homemaker services for seniors.

1603 E. Washington Street, Suite M Stephenville, Texas 76401

254-965-3510

### **Dublin Senior Citizens**

202 East Clinton Dublin, TX 76446

254-445-2006

### **Find a Senior Center near you**

[seniorcenterdirectory.com/texas](https://seniorcenterdirectory.com/texas)

# ERATH COUNTY

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## **SOCIAL & EDUCATIONAL ACTIVITIES** (see SENIOR CENTER DIRECTORY for more)

### **Senior Discounts for Restaurants, Retail, Travel and more**

[theseniorlist.com/senior-discounts](https://theseniorlist.com/senior-discounts)

### **Texas Caregiver Support Services**

Events, information, and news for Texas caregivers

Follow the Facebook page here: [facebook.com/texascaregiversupport](https://facebook.com/texascaregiversupport)  
[texascaregiversupport.net](https://texascaregiversupport.net)

### **Celebration Magazine**

Senior events in Dallas, Texas area.

(469) 532-2622

[celebrationmagazine.com](https://celebrationmagazine.com)

### **Reminisce Magazine**

Nostalgia magazine celebrating with fun, engaging stories about what we loved in the past and how it shapes our lives today.

[reminisce.com](https://reminisce.com)

### **Cowboy Capital Mental Health Connection: TFID (Texans Reducing Food Insecurity and Depression)**

Program for Erath county 55+ in zipcodes **76401** and **76402** to address depression, social isolation and help access to healthy food. Program includes referral services, free therapy, local food bank enrichment, community garden, education and trainings, cooking classes, and an eldercare/caregiver conference.

Ph: (254) 413-0883

Email: [TexansFID@gmail.com](mailto:TexansFID@gmail.com)

[cowboycapitalmhc.org/projects](https://cowboycapitalmhc.org/projects)

### **Find a local Memory Café**

Establishments and organizations offering “dementia-friendly” setting and personnel for outings with your loved one.

[memorycafedirectory.com/memory-cafes-in-texas/](https://memorycafedirectory.com/memory-cafes-in-texas/)

### **Accessible Gardening ideas**

[seniorcarecorner.com/accessible-gardens-seniors-can-enjoy-safely-comfortably](https://seniorcarecorner.com/accessible-gardens-seniors-can-enjoy-safely-comfortably)

### **National Public Radio**

Publicly funded news, arts, music, shows, podcasts and more.

[npr.org](https://npr.org)

# ERATH COUNTY

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(con't) **SOCIAL & EDUCATIONAL ACTIVITIES** (see SENIOR CENTER DIRECTORY for more)

## **Saga App**

Social media app helps families record and save the life stories of friends and loved ones on recorded voice audio.

[producthunt.com/posts/saga-4](https://producthunt.com/posts/saga-4)

## **Curtain Up**

Daily 1 hour live stream entertainment.

[live.seniorly.com/curtainup](https://live.seniorly.com/curtainup)

## **Essence Studios**

Gospel Sunday Celebration, Evening Concert Series, Wellness House, and other resources.

[essencestudios.com](https://essencestudios.com)

## **Caring Hands Ministry**

Free service to help approved assisted living residents with loneliness and/or memory retention.

### **Activities Include:**

- Custom apps to help with memory retention/track of important info
- Creating Memory Books or Cards based on resident's past history
- Friendly conversation
- Music
- Reading favorite books
- Bible reading and prayer
- Calming presence

[caringhandsministry.com](https://caringhandsministry.com)

## **Positive Approach to Care® with Teepa Snow**

Learning opportunities to help care for a family member experiencing brain change.

[teepasnow.com](https://teepasnow.com)

## **Senior Resource Guide**

Current events and information for active aging adults.

[srgserv.com](https://srgserv.com)

## **Texas Online Library Resources**

Account required through your local TexShare library.

[libraryoftexas.org](https://libraryoftexas.org)

# ERATH COUNTY

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(con't) **SOCIAL & EDUCATIONAL ACTIVITIES** (see SENIOR CENTER DIRECTORY for more)

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## **Certified Caregiving Facilitator Training**

Learn how to effectively lead a support group meeting for family caregivers and former family caregivers.

[careyearsacademy.com](http://careyearsacademy.com)

\*a CareGiver Transitions partner & affiliate



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## **Find Your Next Good Book**

Free account; find new books based on your favorite titles and genres.

[goodreads.com](http://goodreads.com)

## **A variety of informative and engaging podcasts**

[wellmedcharitablefoundation.org/caregiver-support/on-air/](http://wellmedcharitablefoundation.org/caregiver-support/on-air/)

## **Art&Seek**

Calendar of art, music, and performance events and experiences throughout the Dallas/Ft. Worth area.

[artandseek.org](http://artandseek.org)

## **Puzzlebilities**

Puzzles designed for people with Alzheimer's and related cognitive impairment, autism, and more.

[puzzlebilities.com](http://puzzlebilities.com)

## **CAREGIVER CARDS by Senior Shower Project**

A uniquely personable collection of cards to help celebrate family caregivers.

[caregiver.cards](http://caregiver.cards)

## **Educational modules for a variety of daily care concerns**

[familycaregiversonline.net/online-education](http://familycaregiversonline.net/online-education)

# ERATH COUNTY

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(con't) **SOCIAL & EDUCATIONAL ACTIVITIES** (see SENIOR CENTER DIRECTORY for more)

**Find educational health care classes and events:**

[texashealth.org](https://www.texashealth.org)

**TIP:** Search your local park and recreation department for activities and special events in your community.

# ERATH COUNTY

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## **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

### **ClinicalTrials.gov**

Searchable database provided by the U.S. National Library of Medicine for publicly and privately funded clinical studies.

[clinicaltrials.gov](http://clinicaltrials.gov)

### **Ability Connection**

Programs for North Texas include CLASS (Community Living Assistance and Support Services), home and community based services, IMPACT Day Habilitation, Assistive Technology Center, and more.

8802 Harry Hines Blvd. Dallas, Texas 75235

(800) 999-1898

[abilityconnection.org](http://abilityconnection.org)

### **ALS Association of Texas**

Support for those living with Amyotrophic Lateral Sclerosis and their caregivers. Consultations, referrals, equipment loans, nutritional programs, support groups.

(877) 714-0088

[alstexas.org](http://alstexas.org)

### **Alzheimer's & Neurodegenerative Brain Change: Positive Approach to Care®**

#### **Dementia Caregivers Guide by Teepa Snow**

Easy to read guidebook explains the fundamentals of the Positive Approach to Care® techniques and the ways they may be applied to improve the lives of those living with brain change.

[teepasnow.com/product/dementia-caregiver-guide/](http://teepasnow.com/product/dementia-caregiver-guide/)

#### **Care Partner Support Series**

Online series of five 90-minute weekly sessions led by Positive Approach to Care team members to educate and connect caregivers of a person living with dementia

[teepasnow.com/services/consulting/care-partner-support-series/](http://teepasnow.com/services/consulting/care-partner-support-series/)

#### **The GEMS® Brain Change Model**

[teepasnow.com/about/about-teepa-snow/the-gems-brain-change-model/](http://teepasnow.com/about/about-teepa-snow/the-gems-brain-change-model/)

#### **Positive Approach to Care Consultations**

Free 30-minute phone consultations with a Certified Consultant.

[teepasnow.com/services/consulting/phone-consultations](http://teepasnow.com/services/consulting/phone-consultations)

[teepasnow.com](http://teepasnow.com) (more resources for family and friends)



# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **Alzheimer's Association North Central Texas**

Comprehensive support, education and resources for people affected by Alzheimer's and other forms of dementia.

(800) 272-3900

[alz.org/northcentraltexas](http://alz.org/northcentraltexas)

## **American Cancer Society**

Provides referrals/access to community programs, visits by cancer survivors, and rides to cancer treatment. Supplies as available. Smoking cessation and support groups.

800-227-2345

[cancer.org](http://cancer.org)

## **American Diabetes Association**

Information, community, advocacy, resources and more to help improve quality of life with diabetes.

[diabetes.org](http://diabetes.org)

## **American Heart Association**

Support, education and resources for individuals and caregivers affected by heart disease, including CPR classes.

105 Decker Court Suite 200 Irving, TX 75062

(214) 441-4200

[heart.org](http://heart.org)

## **American Lung Association**

Support, education and resources for individuals and caregivers affected by lung disease.

8140 Walnut Hill Ln #410, Dallas, TX 75231

(214) 631-5864

[lung.org](http://lung.org)

## **American Muslim Senior Society**

Support and resources for caregivers and to empower older adults.

[amssmd.org](http://amssmd.org)

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS for more)

## **The Arc of North Texas**

Advocacy, support, and resources for Texans with intellectual and developmental disabilities and their families.

12700 Hillcrest Road, Ste. 200, Dallas TX 75230

(214) 634 – 9810

[thearcoftexas.org](http://thearcoftexas.org)

## **Arthritis Foundation**

Support, education and resources for individuals and caregivers affected by arthritic conditions.

1349 Empire Central Dr. Dallas, TX 75247

(214) 826-4361

[arthritis.org](http://arthritis.org)

## **Assistance Dogs by Canine Companions for Independence**

7754 Las Colinas Ridge, Irving, TX, 75063

(800) 572-2275

[cci.org](http://cci.org)

## **Autoimmune Community Institute**

Inclusive and culturally-aware support for communities and research for individuals living with rheumatoid arthritis, Lyme disease, Graves', Crohn's, Type 1 Diabetes, Multiple Sclerosis, Lupus, Sjogren's, and many more conditions.

[acicommunity.org](http://acicommunity.org)

## **Cancer Support Community North Texas**

Free support program for anyone impacted by cancer.

[cancersupporttexas.org](http://cancersupporttexas.org)

## **Caregiver Action Network**

Instructional videos, tips, technology and more for caregivers.

[caregiveraction.org](http://caregiveraction.org)

## **Caregivers Homefront**

Assistance includes financial and legal plans, navigating benefits, health and wellbeing and more.

[caregivers-homefront.org](http://caregivers-homefront.org)

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS for more)

## **Caring Across Generations**

Support organization advocating for universal family care, sharing stories, and more.

[caringacross.org](http://caringacross.org)

## **Cowboy Capital Mental Health Connection**

Resources, programs, and support to promote and address mental health needs in Erath county, including the TFID (Texans Reducing Food Insecurity and Depression) program for 55+ in zipcodes 76401 and 76402.

Ph: (254) 413-0883

Email: [TexansFID@gmail.com](mailto:TexansFID@gmail.com)

[cowboycapitalmhc.org/projects](http://cowboycapitalmhc.org/projects)

## **Crohn's & Colitis Foundations North Texas/Oklahoma Chapter**

Support, education and resources for individuals and caregivers affected by Crohn's disease and/or colitis.

12801 N Central Expy #530, Dallas, TX 75243

(972) 386-0607

[crohnscolitisfoundation.org](http://crohnscolitisfoundation.org)

## **Dallas Area Parkinsonism Society (DAPS)**

Offering many services at no (or reduced) cost to those affected by Parkinson's disease living in the Dallas area.

[daps.us](http://daps.us)

## **Diverse Elders**

Advocates for policies and programs that improve aging in our communities as racially and ethnically diverse people; American Indians and Alaska Natives; and lesbian, gay, bisexual and/or transgender (LGBT) people.

[diverseelders.org](http://diverseelders.org)

## **Diverse Health Hub**

Health equity focused programs to provide insights from a large network of medical experts, patient opinion leaders, community based organizations, and healthcare industry contributors.

[diversehealthhub.com](http://diversehealthhub.com)

## **Epilepsy Foundation (Southeast chapter)**

Education, support, camps, and other services for individuals and caregivers affected by epilepsy.

[eflx.org](http://eflx.org)

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **Erath County Diabetic Support Group**

160 River North Stephenville, TX 76401  
254-918-1222

## **Family Caregiver Alliance**

National support organization with information, tips, and support resources for family caregivers.

[caregiver.org](http://caregiver.org)

## **Family Voices**

Family-led organization of families and friends of children and youth with special health care needs (CYSHCN) and disabilities. Promotes partnership with families at all levels of health care to improve health care services and policies for children.

[familyvoices.org](http://familyvoices.org)

## **Generations United**

Resources for Grand & Multigenerational Families

[gu.org](http://gu.org)

## **Good Days**

Assistance with medication copays, travel, premium, and diagnostic testing for a variety of chronic diseases. Listing and link to apply:

(972) 608-7141

[mygooddays.org/patients/diseases-covered](http://mygooddays.org/patients/diseases-covered)

## **Here for Texas**

Information on mental health topics, North Texas resources, and providers.

[herefortexas.com/index.html](http://herefortexas.com/index.html)

## **Huntington's Disease Society**

(800) 910-6111

[hdsatexas.org](http://hdsatexas.org)

## **Leukemia & Lymphoma Society**

Financial support for medical purposes (transportation, labs, radiation and medication). Support groups in Dallas, Ft. Worth, Duncanville and McKinney.

8111 LBJ Freeway Suite 425 Dallas, TX 75251

(972) 996-5900

[lls.org/north-texas](http://lls.org/north-texas)

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **LULAC (League of United Latin American Citizens)**

Nation's Oldest & Largest Latino Civil Rights Organization providing legal, financial, health, education, and many other vital resources.

[lulac.org](http://lulac.org)

## **Mesothelioma and Asbestos Awareness Center**

(866) 823-4517

[mesotheliomadiagnosis.com](http://mesotheliomadiagnosis.com)

## **Multiple Sclerosis Society - Texas Chapter**

Advocacy, peer/professional counseling, information/educational programs and referrals. Emergency financial assistance, and equipment assistance/loan program. Newly diagnosed programs, therapeutic recreation programs, social activities, and multiple sclerosis research support.

713) 526-8967

Email: [txh@nmss.org](mailto:txh@nmss.org)

[nationalmssociety.org](http://nationalmssociety.org)

## **Muscular Dystrophy Association - Greater Dallas Chapter**

Diagnostic and follow-up care including physical, occupational and respiratory therapy evaluation. Assistance is provided for the purchase of wheelchairs (manual and electric) leg braces and communicative aids. Ongoing support groups include ALS (Lou Gehrig's disease), myasthenia gravis, Charcot-Marie-Tooth (CMT) disease, and parent groups.

(972) 480-0011

Email: [738.office@mdausa.org](mailto:738.office@mdausa.org)

[mdausa.org](http://mdausa.org)

## **National Alliance on Mental Illness (NAMI) North Texas**

2812 Swiss Ave, Dallas, TX 75204

(214) 341-7133

[naminorthtexas.org](http://naminorthtexas.org)

## **National Hispanic Council on Aging**

Support, resources, and community to help improve the lives of Hispanic older adults, their families, and caregivers.

[nhcoa.org](http://nhcoa.org)

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **National Indian Council on Aging (NICOA)**

Programs and advocacy for improved comprehensive health, social services and economic wellbeing for American Indian and Alaska Native elders.

[nicoa.org](http://nicoa.org)

## **National Kidney Foundation**

Information and support for individuals and families affected by kidney disease, including organ donation and transplantation programs.

5429 Lyndon B Johnson Fwy, Dallas, TX 75240  
(214) 351-2393

[kidney.org](http://kidney.org)

## **National Resource Center on LGBT Aging**

[lgbtagingcenter.org](http://lgbtagingcenter.org)

## **National Rural Health Association**

Provides leadership on rural health issues through advocacy, communications, education and research.

[ruralhealthweb.org](http://ruralhealthweb.org)

## **Navigate Life Texas**

Resources, financial help, and information for families raising children with disabilities.

[navigatelifetexas.org/en](http://navigatelifetexas.org/en)

## **NORD (National Organization of Rare Diseases)**

a patient advocacy organization for individuals with rare diseases and the organizations that serve them. Help with identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and patient services, including links to patient assistance programs.

Find assistance programs by disease state: [rarediseases.org/for-patients-and-families/help-access-medications/patient-assistance-programs-2/](http://rarediseases.org/for-patients-and-families/help-access-medications/patient-assistance-programs-2/)  
[rarediseases.org](http://rarediseases.org)

## **North Texas SNAP (Special Needs Assistance Partners)**

Membership based support, events, and resources serving individuals 17 and older with intellectual and developmental disabilities.

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **PACER ((Parent Advocacy Coalition for Educational Rights) Center**

Learning center, resources, events and more for parents of children and young adults with disabilities.

[pacer.org](http://pacer.org)

## **Patient Advocate Foundation**

A national 501(c)3 organization providing direct case management services and financial assistance to patients and caregivers, including helping people navigate the health care system, working with health care providers, payers and employers to assure that patients have access to affordable care, financial and co-pay assistance and teaching self-advocacy to patients and caregivers. The COVID Care Resource center offers information and resources 24/7 and for those who need direct intervention, COVID Care and COVID Care Recovery Fund are both available to provide one on one support.

COVID Care

(800) 532-5274 Option "0"

[patientadvocate.org/covidcare/help/](http://patientadvocate.org/covidcare/help/)

## **SAGE Advocacy & Services for LGBT Elders**

Advocacy, resources, your rights, and tips for LGBT-specific needs.

[sageusa.org](http://sageusa.org)

## **Sickle Cell Association**

Education, information and resources to help better understand SCD risk factors, signs, symptoms, treatment options and more.

[sicklecelldisease.org](http://sicklecelldisease.org)

## **Sisters Network**

National African American Breast Cancer Survivorship organization.

[sistersnetworkinc.org](http://sistersnetworkinc.org)

## **STAR Council**

Provides substance abuse education and treatment to individuals, families, and communities. Sliding scale treatment fees and payment assistance programs available at most centers.

(800) 375-1395

[starcouncil.org](http://starcouncil.org)

# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

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## **TBI Warrior Foundation**

A 501(c)(3) nonprofit organization for veterans, civilians, and caregivers impacted by traumatic brain injury.

Founded by US Army Retired Sergeant First Class Victor L. Medina, a combat wounded veteran and Purple Heart Recipient, and his greatest advocate, caregiver, and wife Dr. Roxana Delgado, TBI Warrior Foundation provides community education and support, rehabilitation counseling, clinical counseling, and more.

### **The Caregivers Companion**

A free e-book for military caregivers by TBI Warrior Foundation.  
[tbiwarriorfoundation.org/caregiving](http://tbiwarriorfoundation.org/caregiving)

[tbiwarriorfoundation.org](http://tbiwarriorfoundation.org)



## **Starlight Children's Foundation**

Provides entertaining fun and more for seriously ill children, including virtual reality experiences, gaming, and colorful hospital wear.

[starlight.org](http://starlight.org)

## **United Cerebral Palsy of Metropolitan Dallas, Inc.**

Services include a licensed preschool and children's therapy, assistive technology, adult day, group homes, other community based programs.

8802 Harry Hines Blvd. Dallas, TX 75235

(214) 351-2500

[ucpdallas.org](http://ucpdallas.org)



# ERATH COUNTY

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(con't) **SUPPORT ORGANIZATIONS** (see CAREGIVER WELLNESS, SENIOR CENTER DIRECTORY for more)

## **A Wish with Wings**

Charity organization helping Texas children fighting life threatening medical conditions by granting their wishes.

[awww.org](http://awww.org)

## **Healthfinder.gov**

Information about a variety of health conditions

## **Medlineplus.gov/olderadulthealth.html**

Information about a variety of health conditions affecting senior adults

# ERATH COUNTY

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**“What happens to a person is less significant  
than what happens within him.”**

~Louis L. Mann

# ERATH COUNTY

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## CAREGIVING NAVIGATION

Rated **4.98/5**

by North Texas  
Family Caregivers

Funded by Area Agency  
on Aging  
OF NORTH CENTRAL TEXAS

when caring for an older adult  
family member or friend.

### FALL 2020 REGISTRATION OPEN

~~~~~  
Reserve your seat (FREE):

[FAMILYCARE20](https://www.familycare20.com)

~~~~~

### ONE HOUR WORTH YOUR TIME.

- How to Navigate the **6 Stages of Caregiving** for an **Older Adult**
- A Care Plan for **You and Your Family Member**
- Option to enroll in Care Coaching Program (free for eligible participants)
- **COVID-19** Caregiving Resources

Multiple class dates/times in September 2020 are available (October dates TBA).

More program details [HERE](#).

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### IF YOU'RE a HEALTH/SENIOR CARE PROFESSIONALS, PROVIDERS, or COMMUNITY ORGANIZATION:

How can we better help older adults through the 6 Stages of Caregiving?

Join us for **CAREGIVING NAVIGATION for Care Providers & Professionals**.

Sign up to receive notice for our next virtual class [HERE](#).

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### IMPORTANT NOTICE

This program is **funded by the North Central Texas Area Agency on Aging** (NCT-AAA) serving older adults 60 & older and their caregivers in the following counties: **Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise**.

Participants outside of the NCT-AAA service area are welcome to join us! Due to funding capacity, registrants in the North Central Texas counties listed above will be prioritized in the event a class reaches maximum capacity.

# ERATH COUNTY

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## **TRANSPORTATION** (see **COMMUNITY, SENIOR CENTER DIRECTORY, SUPPORT ORGANIZATIONS** for more)

**IMPORTANT NOTE:** Contact your local [Senior Center](#) or [Support Organization](#) about changes to transportation services for seniors and/or disabled residents due to COVID-19.

### **Central Texas Rural Transit (CARR)**

Rural public transit service operated by Central Texas Rural Transit District, available to the general public in our service area. CARR can be used for various reasons including shopping, work, beauty shop visits, visiting family or friends, and doctor visits.

2900 W Washington, Stephenville TX, 76401

1-800-710-2277

[cityandruralrides.com](http://cityandruralrides.com)

### **Stephenville Senior Citizens**

Transportation, meals both on site and meals on wheels. Recreation and exercise, including dominos, forty-two, bridge, ceramics, bowling, dancing, and swimming.

164 East College St. Stephenville, Texas 76401

254-918-1288

### **Erath County Senior Citizens, Inc.**

Provides home delivered meals, transportation for seniors and disabled, and homemaker services for seniors.

1603 E. Washington Street, Suite M Stephenville, Texas 76401

Susan Sowell

254-965-3510

### **Texas Health and Human Services Medical Transportation Program**

Non-emergency medical transportation services for people without transportation to covered health care services.

(855) 687-3255

[hhs.texas.gov/services/health/medicaid-chip/programs/medical-transportation-program](https://hhs.texas.gov/services/health/medicaid-chip/programs/medical-transportation-program)

### **Texas Medicaid Medical Transportation Program (via Logisticare)**

Non-emergency medical transportation to medical, dental appointments or pharmacy. Must contact via phone or online at least 2 business days before appointment (5 business days if appointment is outside your residential county).

(855) 687-3255

[txmedicaidride.net](http://txmedicaidride.net)

# ERATH COUNTY

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(con't) **TRANSPORTATION** (see **COMMUNITY, SENIOR CENTER DIRECTORY, SUPPORT ORGANIZATIONS** for more)

## **VA North Texas Health Care System**

Includes travel benefits based on eligibility criteria.

**Dallas VA Medical Center:** (214) 857-1350

**Sam Rayburn Memorial Veterans Center:** (903) 583-6317

**Fort Worth VA Clinic:** (817) 730-0000

[northtexas.va.gov/patients/travel\\_benefits.asp](http://northtexas.va.gov/patients/travel_benefits.asp)

## **Disabled Parking & Plates**

Eligibility, application, veteran Information and more. Find your local office:

[txdmv.gov/motorists/disabled-parking-placards-plates](http://txdmv.gov/motorists/disabled-parking-placards-plates)

## **Transportation options guide by SeniorLiving.org**

[seniorliving.org/research/transportation-guide](http://seniorliving.org/research/transportation-guide)

# ERATH COUNTY

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## **VETERANS SERVICES** (see **BENEFITS, HEALTH CARE CLINICS, LEGAL** for more)

**IMPORTANT NOTE:** Services, programs, and/or operational locations may be affected by COVID-19. We strongly advise calling ahead due to operational changes and/or requirements for any listing or link included in this guide (see [COVID-19 RELATED RESOURCES](#) for more).

Veterans and their families have earned and are likely eligible for many benefits to help pay for long term care and provide support. Consider speaking with a veterans benefits counselor to learn about available programs.

### **Aid and Attendance Benefit**

Many veterans qualify for Aid and Attendance, a monetary benefit for eligible veterans and their surviving spouses that helps pay for daily care.

Learn more:

[inhomecare.com/benefits-for-senior-veterans-in-home-care/](http://inhomecare.com/benefits-for-senior-veterans-in-home-care/)

### **TexVet**

Resources, events, providers, financial assistance, social groups and more.

[texvet.org](http://texvet.org)

### **Vet Call Center**

Around the clock confidential call center  
877-927-8387

### **Erath County Veterans Office (Donald R. Jones Justice Ctr.)**

112 West College Room #107 Stephenville, TX 76401  
254-965-1443

[co.erath.tx.us/veteran.html](http://co.erath.tx.us/veteran.html)

### **Military Caregiver Support and Counseling**

No-cost, weekly counseling to people who care for service members or veterans who deal with medical, physical, and/or psychological issues. For Texas residents, applies to all branches of services.

210-450-8673

Email: [telehealth@uthscsa.edu](mailto:telehealth@uthscsa.edu)

[texvet.org/resources/military-caregiver-telehealth-initiative-uthsa](http://texvet.org/resources/military-caregiver-telehealth-initiative-uthsa)

# ERATH COUNTY

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(con't) **VETERANS SERVICES** (see **BENEFITS, HEALTH CARE CLINICS, LEGAL** for more)

## **Veteran Spouse Resiliency Group (V-SRG)**

In person or online groups for veteran spouses and partners of veterans to come together, listen, share their stories, and lean on one another for support and guidance.

[sites.utexas.edu/vsn/programs](https://sites.utexas.edu/vsn/programs)

## **Caregivers Homefront**

Assistance includes financial and legal plans, navigating benefits, health and wellbeing and more.

[caregivers-homefront.org](https://caregivers-homefront.org)

## **VA North Texas Health Care System**

Includes acute and rehabilitation services, occupational therapy and vocational counseling. Outpatient services for veterans with PTSD, including individual and group psychotherapy.

### **Locations:**

#### **Ft. Worth VA Clinic**

2201 Southeast Loop 820 Fort Worth, TX 76119-5863  
(817) 730-0000

#### **Dallas VA Medical Center**

4500 South Lancaster Road Dallas, TX 75216-7167  
(214) 742-8387

#### **Sam Rayburn Memorial Veterans Center**

1201 E 9th St. Bonham, TX 75418  
(800) 924-8387

**Find more locations:** [northtexas.va.gov/locations](https://northtexas.va.gov/locations)

[northtexas.va.gov](https://northtexas.va.gov)

## **Texas Veterans Commission**

[tvc.texas.gov](https://tvc.texas.gov)

## **Veterans Affairs (formerly Veterans Administration)**

800-827-1000

[va.gov](https://va.gov)

# ERATH COUNTY

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(con't) **VETERANS SERVICES** (see **BENEFITS, HEALTH CARE CLINICS, LEGAL** for more)

## **Disabled American Veterans**

Emergency PTSD program for area veterans.

### **Divine Counseling Services: Melissa Schniers**

845 South Lillian Street, Ste. A Stephenville, TX 76401

(254) 979-2233

[therapywithmelissa.com](http://therapywithmelissa.com)

## **Disabled American Veterans Chapter 234**

408 East Road

Stephenville, TX 76401

254-918-5660

[membersportaldav.org/TX/chapters/234](http://membersportaldav.org/TX/chapters/234)

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## **TBI Warrior Foundation**

A 501(c)(3) nonprofit organization for veterans, civilians, and caregivers impacted by traumatic brain injury.

Founded by US Army Retired Sergeant First Class Victor L. Medina, a combat wounded veteran and Purple Heart Recipient, and his greatest advocate, caregiver, and wife Dr. Roxana Delgado, TBI Warrior Foundation provides community education and support, rehabilitation counseling, clinical counseling, and more.

### **The Caregivers Companion**

A free e-book for military caregivers by TBI Warrior Foundation.

[tbiwarriorfoundation.org/caregiving](http://tbiwarriorfoundation.org/caregiving)

[tbiwarriorfoundation.org](http://tbiwarriorfoundation.org)





# ERATH COUNTY

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(con't) **VETERANS SERVICES** (see **BENEFITS, HEALTH CARE CLINICS, LEGAL** for more)

**Turnbow-Higgs American Legion Post 240**

801 East Washington Stephenville, TX 76401  
254-965-0806

**Stay the Course: A Program of 22KILL**

Low to no cost counseling from mental health professionals for veterans, first responders and their families.

**Dallas office:**

13625 Neutron Rd, Farmers Branch, TX 75244  
(214) 462-7229

**Ft. Worth office:**

855 Texas St #105, Fort Worth, TX 76102  
(682) 990-6242

[22kill.com](http://22kill.com)

**Warrior Mentorship Program by Allies in Service**

Provides professional support, referrals, mentorship, career coaching, and other help for veterans, military spouses, and service members in the DFW area. Founded by Vietnam Veteran and former Dallas Cowboys quarterback, Roger Staubach.

(214) 438-6358

[alliesinservice.org](http://alliesinservice.org)

**Assistance Dogs by Canine Companions for Independence**

7754 Las Colinas Ridge Irving, TX, 75063

(800) 572-2275

[cci.org](http://cci.org)

**Veterans Healing Initiative (VHI)**

Support and resources dedicated to helping veterans access treatment for substance abuse and trauma.

(855) 247-8500

[vetshealing.org](http://vetshealing.org)

# ERATH COUNTY

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(con't) **VETERANS SERVICES** (see **BENEFITS, HEALTH CARE CLINICS, LEGAL** for more)

## **Respite Relief for Military and Veteran Caregivers**

Program from the Elizabeth Dole Foundation and U.S. Department of Veterans Affairs offering vulnerable family caregivers of veterans access to no-cost, short-term relief with the help of CareLinx in-home care professionals.

[hiddenheroes.org/respite/](https://hiddenheroes.org/respite/)

## **North Texas Qi-Gong with Martha Fiddes**

Specializing in help for caregivers and veterans with PTSD to improve health and well-being through the practice of QiGong. Learn exercises including breathing techniques, postures, meditation and focused intention to allow natural energy in the body to flow correctly.

2106 W. Pioneer Parkway #124 Pantego, Texas (Arlington area)

214-532-6810

Email: [ntxqigong@gmail.com](mailto:ntxqigong@gmail.com)

[northtexasqigong.com](https://northtexasqigong.com)

## **Veteran and Dependent Burial in VA National Cemeteries**

The National Cemetery Administration honors eligible Veterans and their families with final resting places and lasting memorials commemorating their service to our nation.

2000 Mountain Creek Parkway, Dallas, TX, 75211

(800) 535-1117

[cem.va.gov/burial\\_benefits/need.asp](https://cem.va.gov/burial_benefits/need.asp)

[northtexasqigong.com](https://northtexasqigong.com)

## **National Resource Directory**

An online partnership of resources for wounded, ill, and injured service members and veterans, as well as the family members who support them.

[nrd.gov](https://nrd.gov)

# ERATH COUNTY

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## WORKPLACE CONCERNS & CAREER TRANSITIONS

For details about workplace concerns while caregiving, see [CAREGIVER WELLNESS & SUPPORT: Workplace.](#)

**Employee Assistance Program (EAP)** is a confidential service that may be offered in your workplace for employees and their families. An EAP assists in dealing with work-life stressors, family issues, financial concerns, and more.

More here: [shrm.org/resourcesandtools/tools-and-samples/hr-qa/pages/whatisaneap.aspx](http://shrm.org/resourcesandtools/tools-and-samples/hr-qa/pages/whatisaneap.aspx)

### **Family and Medical Leave Act**

[caregiver.org/family-and-medical-leave](http://caregiver.org/family-and-medical-leave)

**Advocate for yourself and co-workers who provide care for a family member** (1 in 5 employees is a family caregiver).

### **Caregiving Support Benefit from CareYearsAcademy\***

Support for Individual Family Caregivers, Teams, and Managers. Details and online form to request a Corporate Caregiving Solution here:

[careyearsacademy.com/co](http://careyearsacademy.com/co)

\*CareGiver Transitions is an affiliate partner

### **Senior Job Bank**

[seniorjobbank.org](http://seniorjobbank.org)

### **Stephenville Workforce Center**

Job referral and placement services to all applicants. Employment counseling, state-wide computerized job-matching system. Accepts and administers claims for unemployment insurance benefits. Refers individuals to state/federal job training programs and TANF.

2165 W South Loop #1, Stephenville, TX 76401  
(254) 965-5100

[dfwjobs.com/workforce-centers/stephenville-workforce-center](http://dfwjobs.com/workforce-centers/stephenville-workforce-center)

### **Texas Rehabilitation Commission**

Assists individuals with disabilities prepare for, find, and keep a job.

800-628-5115 (Vocational Rehabilitation Services)

[twc.texas.gov](http://twc.texas.gov)

# ERATH COUNTY

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## (con't) **WORKPLACE CONCERNS & CAREER TRANSITIONS**

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### **Certified Family Care Manager Training\***

Transform your informal personal caregiving experience. This curriculum empowers you with the skills, techniques and strategies to help you care for a family member. Our instructors either cared or care for a family member so they understand what it's like.

[careyearsacademy.com](http://careyearsacademy.com)

\*a CareGiver Transitions partner and affiliate



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### **Experience Works**

Work & training program for those 55 years of age and older

900 Austin Ave. Suite 303/304 Waco, TX 76701

254-400-2770 or (866) 412-0978

[experienceworks.org](http://experienceworks.org)

### **Workplace Tips:**

[caregiverstress.com/stress-management/daughters-in-the-workplace/ways-family-caregivers-can-feel-empowered-at-work/](http://caregiverstress.com/stress-management/daughters-in-the-workplace/ways-family-caregivers-can-feel-empowered-at-work/)

### **AARP Senior Community Service Employment Program (SCSEP)**

Help for qualified low-income, unemployed individuals aged 55+ to find work.

1625 W Mockingbird Ln # 108, Dallas, TX 75235

(214) 741-0200

[aarp.org/aarp-foundation/our-work/income/scsep](http://aarp.org/aarp-foundation/our-work/income/scsep)

### **Senior Service America**

Job training and placement programs.

[seniorserviceamerica.org/for-job-seekers](http://seniorserviceamerica.org/for-job-seekers)

# ERATH COUNTY

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## (con't) **WORKPLACE CONCERNS & CAREER TRANSITIONS**

### **We Are Capable**

Flexible jobs for the chronically ill.

[wearecapable.org](http://wearecapable.org)

### **Adult Basic Education**

Offers GED & ESL classes at Stephenville HS, Vocational Building Tuesday & Thursday 6-8:30 PM

2850 W Overhill, Stephenville TX, 76401

254-968-5613

[shs.sville.us](http://shs.sville.us)

### **First United Methodist Church**

Offers English as a Second Language (ESL) classes Monday evenings at 6:30pm and Wednesday mornings at 9:00am.

422 W Washington, Stephenville TX, 76401

254-965-5046

[fumcstephenville.org](http://fumcstephenville.org)

### **Tips and resources for veterans entering civilian workforce**

[moneygeek.com/careers/resources/veterans-job-search-guide/](http://moneygeek.com/careers/resources/veterans-job-search-guide/)

### **Veteran Women's Enterprise Center**

Resources, tools, and connections for women veteran owned businesses in North Texas.

4900 S Lancaster Rd, Dallas, TX 75216

(214) 489-7984

[veteranwomensec.org](http://veteranwomensec.org)

### **Warrior Mentorship Program by Allies in Service**

Provides professional support, referrals, mentorship, career coaching, and other help for veterans, military spouses, and service members in the DFW area.

Founded by Vietnam Veteran and former Dallas Cowboys quarterback, Roger Staubach.

(214) 438-6358

[alliesinservice.org](http://alliesinservice.org)

# ERATH COUNTY

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## (con't) **WORKPLACE CONCERNS & CAREER TRANSITIONS**

### **Virtual/Flexible Job Sites:**

[Arise.com](https://www.arise.com)

[Elance.com](https://www.elance.com)

[ODesk.com](https://www.odesk.com)

[FlexJobs.com](https://www.flexjobs.com)

**“It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.”**

~ Ralph Waldo Emerson

# ERATH COUNTY



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We all deserve care.



## CAREGIVING COMMUNITY GUIDE

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# ERATH COUNTY

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## REFERENCES

Working with Older Adults: Society of Certified Senior Advisors

Medicare.gov

CaregiversLibrary.org

CareYearsAcademy.com

National Alliance for Caregiving

CareGiverTransitions.com

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from CareGiver Transitions: [SUBSCRIBE](#)



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