



Guide to Senior Care Resources



Brought to you by
At Your Side Home Care
(832) 220-5025

Guide to Houston Area Senior Care and Resources

Alzheimer's Resources in Houston

Currently, more than 380,000 Texans living with Alzheimer's disease, and over 1,380,000 family and friends are providing care.

Serving the Greater Houston Metro Area and Southeast Texas, including Galveston and the Bay Area, Beaumont, Lufkin, Nacogdoches, and the Brazos Valley, the Alzheimer's Association Houston and Southeast Texas is here to help.

Houston & Southeast Texas Chapter Headquarters

6055 South Loop East, Houston, TX 77087-1005
800.272.3900 | 713.314.1313

The Alzheimer's Association Houston & Southeast Texas Chapter has been serving the Greater Houston area for over thirty years.

Our Vision: A world without Alzheimer's disease.

Our Mission: To eliminate Alzheimer's disease through the advancement of research to provide and enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health.

The Houston & Southeast Texas Chapter began in 1980 as a grassroots organization meeting at a local church. Caregivers Harry Walker and Al Malyn created the Chapter while caring for their wives with Alzheimer's disease. The Chapter was incorporated in 1982. From our humble beginnings as a volunteer-driven organization that primarily served Southwest Houston, we have expanded into an organization with 28 staff members and hundreds of volunteers who serve 37 counties.

Providing Care and Support:

The Alzheimer's Association provides services to the Greater Houston Metro Area and Southeast Texas community. Our support groups are led by volunteer support group facilitators and are offered regularly. Our education programs for the

general public, both online and in person, feature information on topics such as diagnosis, warning signs, communication, living with Alzheimer's disease and caregiving techniques. [Find a support group or educational program near you ►](#)

Houston Area Agency on Aging

The Harris County Area Agency on Aging is a part of the City of Houston Health Department. The Agency was established in January, 1977 to provide federally funded social services for the elderly, as authorized by the Grants for Community Programs on Aging, Title III, Older Americans Act of 1965.

Under the overall goal of a comprehensive community based services delivery system, the Harris County Area Agency on Aging has the following federally mandated responsibilities:

- Determine the need for social and nutrition services with special attention given to those elderly in greatest economic or social need.
- Advocate for the elderly by increasing the awareness of service providers, elected officials, civic groups, and the corporate and voluntary sectors regarding the needs of the elderly.
- Utilize federal funds to fill identified service gaps.
- Provide technical assistance and training to service providers and private sector organizations relating to aging programs and services.

The "Aging Network"

The Older Americans Act of 1965 and its subsequent amendments authorized the establishment of state units on aging and "Area Agencies on Aging" to plan and fund services at the state and local levels. Currently, there are more than 650 area agencies nationwide.

Houston Health Department (HHD)
8000 N Stadium Drive 3rd floor
Houston TX 77054
Phone: 832.393.4301

Meals on Wheels Houston

Interfaith Ministries' Meals on Wheels for Greater Houston and Galveston County program provides home-delivered meals to disabled adults and homebound clients over 60. The program also delivers weekend meals and a week's worth of breakfast to over 1,100 of our most frail and isolated clients. This nutritional support helps people stay independent and in their own homes. Sign up by contacting us at 713-533-4978.

Meals on Wheels for Greater Houston and Galveston County is able to serve clients with the help of partners like Harris County Area Agency on Aging, Texas Health and Human Services Commission and Managed Care Organizations serving Southeast Texas. In conjunction with the Harris County Community Services Department, IM reaches out to the remote areas of Harris County, serving elders across the county. IM also partners with organizations in Liberty and Montgomery Counties to deliver meals.

Additionally, the aniMeals on Wheels program, founded in 2007, delivers pet food to IM's Meals on Wheels clients so they not feel compelled to share their limited food and resources with their furry friends. IM collects donated pet food that volunteers deliver each month to clients. Learn more about aniMeals on Wheels.

Interfaith Ministries' Meals on Wheels for Greater Houston

3303 Main Street
Houston, TX 77002
Ph: 713-533-4900
Fax: 713-520-4663

Transportation for Seniors in Houston

HARRIS COUNTY COMMUNITY SERVICES
9418 Jensen Drive Houston, TX 77093

713-695-2395 TDD

713-696-7900 Main

NON-EMERGENCY MEDICAL TRANSPORTATION

DESCRIPTION:

Provides non-emergency medical transportation services.

INTAKE PROCEDURE:

Call for application 713-696-1991 or visit www.harriscountytransit.com

FEES: None

DOCUMENTS REQUIRED: Valid identification ; Proof of address ; Proof of income

ELIGIBILITY: Patients unable to access Metro Services; Must live outside the cities of Houston, Baytown and Pasadena or live in unincorporated Harris County and the 15 cooperative cities that makeup Harris County

HOURS: Mon - Fri 8:00am - 5:00pm

LANGUAGES: English

AREA SERVED: Unincorporated parts of Harris County, Harris County but not in the cities of Houston, Baytown, or Pasadena

SERVICES:

Non-Emergency Medical Transportation

LANGUAGES: English

SITE HOURS: Mon - Fri 8:00 am - 5:00 pm

Medicaid for long-term care in Houston

What it offers

All Medicaid benefits, including:

- Doctor's visits
- Drugs ordered by a doctor
- Lab and X-ray charges
- Hospital care
- Vision and hearing care
- Dental care

Medicaid also might pay for health care the person got 3 months before applying for help.

Depending on the person's case, they might get long-term services such as:

- Community programs while the person is living at home.
- Home care.
- Nursing home care.
- A hospital for mental illnesses.
- A place of care for people with intellectual disabilities.

Who is it for?

A person who:

- Either: (1) is age 65 or older, or (2) has a disability that is expected to last a year or longer.
- Needs 30 or more days of non-stop, long-term care.
- Has little or no money.
- Doesn't own or is not paying for items over a certain value. (Items that aren't counted are homes, vehicles, limited amount of burial funds, personal belongings, and some types of life insurance.)

Cost

A person who gets Medicaid for long-term care must pay part of the cost by first using all of his or her own money, except for a small monthly amount for personal needs and costs like health insurance premiums.

To find out if your money and items you own are within the limits for this program, you can fill out a short form at YourTexasBenefits.com. Click on “Should I apply?”

Drivers Age 79 or Older in Houston

In addition to the regular driver license renewal requirements, if you are 79 years of age or older you will be required to renew your driver license in-person at your local driver license office. During your renewal:

1. You will be required to successfully pass a vision test, and
2. A driver license office representative (CSR) will evaluate your responses provided at the time of your renewal regarding your medical history to determine if any additional testing is required*.

The Department does not have different licensing standards due to age, however it is our responsibility to ensure all licensed drivers are in good physical and medical condition, have the ability to operate a motor vehicle safely, and can follow all Texas traffic laws and rules. You will only be required to take a driving test or obtain additional information from your physician if, after being evaluated, it is determined that you may not be able to safely operate a motor vehicle. You can read more about this process on the Texas Medical Evaluation Process for Driver Licensing page.

You may want to practice your driving skills by taking a driver course developed for older drivers. Several organizations provide free seminars and other assessment tools to help you evaluate your driving skills, including:

1. National Safety Council
2. AARP
3. Texas Department of State Health Services

*This information is collected and reviewed during the renewal process in accordance to Texas Transportation Code §§521.1425(a), 521.142(e).

Renewals

The following requirements only apply to driver licenses and commercial driver licenses. (Motorcycle fees do not change.)

Age Group	Special Instructions	Expiration	Renewal Fee
79 – 84	Must always renew in person	6 Years	Applicable fee
85 or older	Must always renew in person	On the individual's second birthday after the previous expiration date.	Reduced fee for driver license or CDL only

Statutory Authority

You may find more information on laws that apply to drivers 79 years of age and older in the Texas Transportation Code, Sections 521.274 and 521.2711.

Ombudsman Program

Authorized by state and federal laws, the long-term care Ombudsman is a specially trained and certified volunteer who advocates for quality care in Texas nursing facilities. An Ombudsman has the resources of the Texas Department of Aging and Disability Services and other agencies to help resolve complaints and concerns that cannot be resolved by residents and staff.

Objectives of the program are to:

- Intervene on behalf of the elderly in long-term-care facilities to assure quality of care.
- Support nursing home standards so that residents are provided a dependable and acceptable level of care.
- Serve as a link with the community to advocate for quality-of-life issues.
- Investigate, negotiate, mediate or initiate the resolution of complaints and difficulties.
- Improve communication between residents and facility staff.

Anyone admitting a relative or loved one to a long-term-care facility should make sure the admission packet includes "Resident's Rights," a statement of minimum standards to which any facility should adhere.

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