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**HELPFUL NUMBERS**

**Legal Assistance**

1. "Rights and Needs of Senior Citizens in Texas" (512) 463-1463  
Texas Young Lawyers, P.O. Box 12487, Austin, Texas 78711 x 6028  
[www.tlya.org](http://www.tlya.org)
2. Houston Bar Association  
A. Free Legal Line, First and Third Wednesday Evenings 5-9 p.m.  
(Spanish) First Thursday Evenings 5-8 p.m. (713) 759-1133  
B. Elder Law Committee (Elder Law Handbook) (713) 759-1133  
[www.hba.org](http://www.hba.org)
3. Volunteer Lawyers Service, Free legal service if qualified (713) 228-0735
4. Legal Hotline for Older Texans (800) 622-2520  
[www.tlsc.org/hotline.html](http://www.tlsc.org/hotline.html)
5. Harris County Probate Courts (713) 755-6425
6. Gulf Coast Legal Foundation, Free legal service if qualified (713) 652-0077  
[www.lonestarlegal.org](http://www.lonestarlegal.org)

**Government Assistance**

7. Social Security, Arena Tower, 7324 Southwest Freeway #500 (713) 219-5600  
Social Security Office (800) 772-1213
8. Harris County Psychiatric Center (HCPC) (713) 741-5000  
<http://hcpc.uth.tmc.edu/index.htm>
9. Medicare Beneficiary Hotline (800) 725-8315
10. Texas Commission on Human Rights (512) 437-3450
11. Texas State Board of Medical Examiners (800) 201-9353
12. Texas Department of Health (800) 228-1570  
Complaint Line Home Health

13. Texas Department of Human Services  
Main Line (713) 767-2000  
Nursing Home Division (800) 458-9858  
[www.dhs.state.tx.us](http://www.dhs.state.tx.us)

### **Senior Citizen Assistance**

14. AARP Houston Office (832) 325-2228  
AARP Health Insurance Customer Service (800) 523-5800  
[www.aarptexas.org/houston.html](http://www.aarptexas.org/houston.html)
15. Alzheimer's Association (713) 266-6400  
[www.alz.tx.org](http://www.alz.tx.org)
16. Houston Area Parkinson Society (713) 626-7114  
<http://hapsonline.org>
17. Senior Guidance Program, Houston Junior Forum (713) 529-9991
18. Sheltering Arms, Information , referral, in-home assistance (713) 956-1888  
[www.sheltering-arms.org](http://www.sheltering-arms.org)
19. Area Agency on Aging, City of Houston (713) 794-9001  
[www.ci.houston.tx.us/hlt-aging](http://www.ci.houston.tx.us/hlt-aging)
20. H.E.R.O. (Helping Elderly Residents Out) (713) 932-3996
21. Volunteer Interfaith Caregivers (713) 772-8181
22. Better Business Bureau Education Foundation & Silver Sleuths (713) 341-6141
23. Texas Department of Aging  
4900 N. Lamar 4<sup>th</sup> floor, Austin, Texas 78751 (512) 424-6840  
[www.tdoa.state.tx.us/AtoAHistory.htm](http://www.tdoa.state.tx.us/AtoAHistory.htm)
24. Texas Senior Citizen's Association (281) 487-0602

### **Health Assistance**

25. Mental Health Association (Guardianship Handbook) (713) 523-8963  
[www.mhahouston.org](http://www.mhahouston.org)
26. Texas Medical Association, Med POA, Dir to Physician  
401 West 15<sup>th</sup> Street, Austin, Texas 78701 (512) 370-1300  
[www.texmed.org](http://www.texmed.org)
27. Huffington Center on Aging, Baylor College of Medicine (713) 798-5804  
[www.hcoa.org](http://www.hcoa.org)
28. University of Texas Center for Aging @ Houston (713) 500-3788  
<http://uthcoa.org>

29. Aid to Victims of Domestic Abuse (AVDA) (713) 224-9911  
[www.avda-tx.org](http://www.avda-tx.org)
30. Houston Hospice (713) 468-2441
31. American Cancer Society (713) 266-2877
32. Adult Protective Services (800) 252-5400  
Abuse/Protective Services (713) 252-5400  
<http://www.tdprs.state.tx.us/>

### **Geriatric Care Managers**

33. C & S Care Management Inc. (713) 914-8644  
Cindy Hartman
34. Caretemps (713) 263-9440  
Marilyn Drane
35. Andrea Eisenstein, LMSW-ACP (713) 776-2354  
Geriatric Care Management
36. Jackson Care Management (713) 961-1071  
Janet Jackson-McCulloch

### **Internet Resources**

Administration on Aging  
[www.ao.dhhs.gov](http://www.ao.dhhs.gov)

Alzheimer's Association  
[www.alz.org](http://www.alz.org)

American Association of Homes and Services for the Aging  
[www.aahsa.org](http://www.aahsa.org)

American Association of Retired Persons (AARP)  
[www.aarp.org](http://www.aarp.org)

Choice in Dying  
[www.choices.org](http://www.choices.org)

The Gerontological Society of America  
[www.geron.org](http://www.geron.org)

Health Care Financing Administration  
[www.hcfa.gov](http://www.hcfa.gov)

National Committee to Preserve Social Security and Medicare  
[www.ncpssm.org](http://www.ncpssm.org)

National Council on the Aging  
[www.shs.net/ncoa/ncoa.htm](http://www.shs.net/ncoa/ncoa.htm)

National Council on Aging  
[www.ncoa.org](http://www.ncoa.org)

National Guardianship Association  
[www.guardianship.org](http://www.guardianship.org)

National Academy of Elder Law Attorneys  
[www.naela.org](http://www.naela.org)