

Statewide Needs Assessment for Unpaid Caregivers in Texas: **Unmet Needs of Unpaid Dementia Caregivers in Texas**

Across Texas, caregivers of people living with Alzheimer's Disease and related dementias (ADRD) often feel overwhelmed, burned out, and unsure where to turn for help.

Many caregivers cannot access the services they need, such as respite care, wellness programs, transportation, or caregiving technologies. Even when services exist, they are often difficult to reach, especially in rural areas.

Organizations that serve ADRD caregivers agree with concerns expressed by caregivers. They also identified system-level challenges like long waitlists, not enough trained workers, and difficulties reaching rural communities.

Community discussions revealed that caregivers often don't use services because they are too busy or exhausted, many families struggle with cultural or language barriers, and internet/technology challenges make it harder to connect with help. Workforce shortages and long wait times worsen the situation.

Caregivers and organizations agreed that action priorities should:

- Raise awareness about resources
- Make services easier to access
- Train healthcare providers to support caregivers and their families

