

Statewide Needs Assessment for Unpaid Caregivers in Texas:

Take-Aways and Priorities

Two statewide surveys and four community discussion groups were conducted to better understand the needs of AD RD caregivers and the organizations that support them.

Caregivers and organizations agree that:

- Awareness is too low among caregivers
- Service and resource availability is insufficient in many communities
- Services are not universally easy to access

Service Gaps:

Under-provided services and unmet caregiver needs surrounded technology for caregiving, respite care, transportation, financial/ legal planning, and dementia research access.

Urban vs. Rural

Burden:

Rural caregivers reported less service availability across nearly all services.

Awareness:

Both caregivers and organizations reported that caregivers have low awareness about available and needed resources, which highlights the need for navigation support.

Barriers:

Caregivers reported awareness gaps, financial challenges, mental and social health needs, and appointment delays. Organizations reported more systemic barriers limiting caregiver support, such as service waitlists, workforce shortages, gaps in internet access, and geospatial and cultural obstacles.

Caregivers need support that is easy to find, culturally appropriate, affordable, and available early in the dementia journey. Organizations and policymakers can act by:

- Making services visible and simple to navigate
- Expanding respite care, health/wellness services, and transportation supports
- Training providers to support caregivers from diagnosis onward
- Investing in the workforce and infrastructure that sustain caregiving in Texas