

Recommendations for Progress

Practical and actionable opportunities to improve ADRD-related service availability, access, and use in Texas.

1

Enhance outreach and awareness



- Launch statewide and local awareness campaigns (explain services, eligibility, how to access)
- Collaborate with trusted, local leaders and entities
- Implement targeted and tailored outreach in rural and underserved areas
- Provide informational kits to share with caregivers at the time of ADRD diagnosis (local resources, contacts, planning tools)
- Offer workshops about future care planning (e.g., legal, financial, housing, treatment) to help families prepare
- Bridge the disconnect between caregiver and organizational perspectives on service availability, accessibility, and adequacy

2

Simplify service access and increase care navigation



- Hire and station care navigators in priority locations with high ADRD burden
- Station navigators in priority locations
- Streamline eligibility/application, service delivery, and referral processes
- Simplify materials and information delivery
- Create caregiver feedback mechanisms to improve clinical and community processes
- Create centralized, co-located service hubs to reduce travel and time costs
- Expand transportation supports (vouchers, ride programs, volunteer-driven)

3

Expand support for caregiver self-care, health, and well-being



- Reinforce that caregivers must protect themselves to be effective caregivers
- Innovate caregiver respite programs
- Promote the use of peer-led caregiver support groups
- Introduce and pilot new wellness programs, offered in-person and/or virtually
- Integrate mental health services and resources into caregiving programs
- Integrate screenings into primary care visits to identify risk factors (stress, depression, social disconnection) and refer high risk individuals to support services
- Promote subsidies, stipends, and tax credits for unpaid caregivers
- Expand financial/legal counseling and planning services statewide
- Support low-cost/subsidized respite and wellness programs

4

Increase the availability of geriatric specialists and the ADRD service providers



- Incentivize practitioners and service providers in rural and underserved areas (e.g., loan repayment, stipends, housing support)
- Recruit and train more respite care providers, aides, and dementia specialists
- Expand telehealth services, while implementing additional measures to account for digital literacy and the “digital divide”
- Develop training programs on ADRD for community health workers and promotoras
- Innovate community-clinical referral pathways and/or training programs for healthcare providers to make early referrals to services when ADRD is first diagnosed
- Implement ADRD training and placement programs for medical students and volunteers, with additional incentives for placement in high-need areas)
- Develop and deliver group-based interventions for caregivers to alleviate strain on limited staff while meeting need

5

Address cultural and language barriers



- Build partnerships with trusted community leaders and organizations to facilitate outreach and service access
- Incorporate culturally appropriate context into materials and services
- Provide multicultural materials and services (incorporating bilingual staff and volunteers)
- Normalize the utilization of caregiving services and supports
- Engage community health workers and promotoras

6

Enhance telehealth and virtual support



- Expand broadband access in rural and underserved areas
- Expand telehealth programs for caregiver support
- Provide caregiver training about technology and digital literacy
- Increase awareness of and access to technology for caregiving support
- Expand online support networks (and/or hybrid models to accommodate what works best for caregivers)
- Harmonize cross-sectoral online systems for service delivery, referrals, etc., to reduce redundancy and improve engagement timeliness