



Planning for the Future

IDD and Dementia Fact Sheet #4

You've been planning for your family member's future his or her entire life—but may not have anything written down or may need to change your plan if your family member has been diagnosed with dementia. Having an up-to-date written plan helps friends, family, and any paid providers understand what your family member wants and needs, now and in the future.

A good plan includes information about your family member's needs, relationships, daily routine, health, values, accomplishments, and goals. If you're not sure how to get started on a plan, you can find a form (and an example of a completed plan) at: [Person-Centered Plan Template](#).

Getting Help

If your family member gets STAR+PLUS Medicaid benefits, he or she might qualify for help through the health plan that manages those Medicaid benefits. These health plans include Molina, Superior, Wellpoint, and United. Call the health plan service coordinator and ask about Primary Home Care, Community First Choice, and STAR+PLUS Waiver benefits. If your family member is already getting Medicaid Waiver benefits (e.g., STAR+PLUS Waiver, Home and Community Services, Texas Home Living, or Community Living Assistance and Support Services), call the Waiver case manager to see if those benefits can be increased.

If your family member doesn't get Medicaid, call the Aging and Disability Resource Center at 855-937-2372 to see what services are available in the home. The Aging and Disability Resource Center can also explain housing options, like group homes and assisted living facilities, that Medicaid Waiver programs can help pay for.

The Community for Permanent Supported Housing has a lot of good information on other housing options, including neighborhood homes. Go to www.txcps.org or call 972-439-5015.

Legal Considerations

Planning ahead and getting simple legal documents in place can avoid the need for guardianship—which is expensive and takes away a lot of rights. If your family member can make decisions and understand the consequences of those decisions, consider getting one or more of the following documents in place. Do not wait until there's a problem with your family member's ability to make decisions since the medical forms require that people who sign them be of "sound mind."



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A lawyer can help you understand and complete these legal documents; but you can fill them out on your own.

- Medical Power of Attorney: lets your family member choose someone to make medical decisions for him/her. You can the form at: [Medical Power of Attorney](#)
- Directive to Physicians: lets health care providers know what kind of care your family member does and does not want in the event of a terminal, incurable condition. You can get the form at: [Directive to Physicians](#)
- Out of Hospital Do Not Resuscitate: lets medical providers know that your family member doesn't want medical care if he or she stops breathing or his or her heart stops beating. You can get the form at: [Do Not Resuscitate](#)
- Advance Designation of Representative Payee: names people who can manage your family member's Social Security benefits. You can get more information by calling Social Security at 800-772-1213.
- Supported Decision-Making Agreement: lets your family member choose someone to help make important decisions. You can find the form at: [Supported Decision-Making Agreement](#)

The Legal Hotline for Older Texans provides free advice on advance directives, powers of attorney and guardianship to people who are at least 60 years old or receiving Medicare benefits. You can reach the Legal Hotline at 800-622-2520.

Financial Considerations

In order to qualify for Texas Medicaid benefits, single people can have no more than \$2,000 in resources, including cash, stocks, bonds. However, there is a legal way that you can save more money for your family member's future care without losing Medicaid benefits.

ABLE accounts let your family member save up to \$18,000 per year for expenses related to his or her disability (like transportation, health care, housing, and more). To qualify, your family member must have a disability that occurred before the age of 26. People who meet the age requirement and get Supplemental Security Income (SSI) or Social Security Disability Income (SSDI) are automatically eligible. For more information on the ABLE account, call 844-489-2253.

These fact sheets were created by Dementia Friendly North Central/East Texas. For more information, go to: [Dementia Friendly](#)



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Resources for people with memory loss and their family caregivers are available at: [Resources](#)

Resources include the following fact sheets on IDD and dementia:

1. *Health and Healthcare*
2. *Dementia Risks, Signs, and Symptoms*
3. *Stages of Dementia*
4. *Planning for the Future*
5. *Getting Help*
6. *Making Home Age- and Dementia Friendly*
7. *Failure-Free Activities*
8. *Responding to Behaviors*

You can get resource information mailed to you by calling 682-433-0375.

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