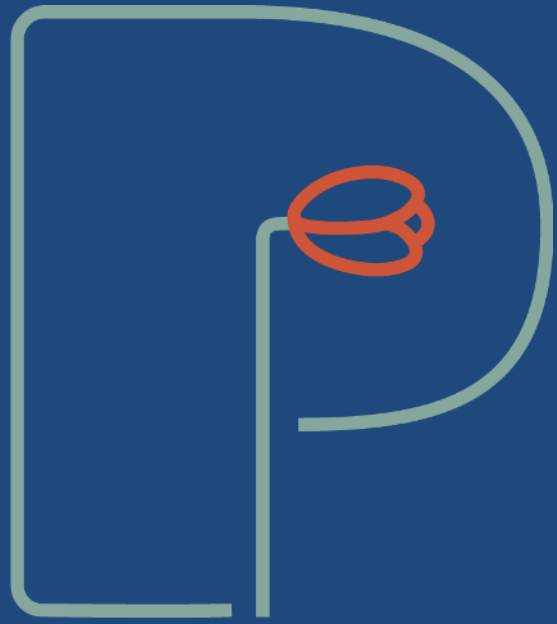


Capital Area Parkinson's Society



Austin Area Parkinson's Resource Guide 2026

This guide is for informational purposes only and all content is subject to change. Please inform C.A.P.S. via info@capitalareaparkinsons.org of inaccurate content, or area resources they should add to the list! Please remember that with all medical services, insurance will need to be verified.

Many thanks to the following individuals who were instrumental in compiling this list. Mary Jane Berry, Executive Director of GAPS, for pieces of the Veterans and PD website pages. Hannah Berry, CAPS Volunteer and Aggie for final additions and editing.

Parkinson's Organizations and Foundations

Michael J. Fox Foundation - The Michael J. Fox Foundation is dedicated to finding a cure for Parkinson's disease through an aggressively funded research agenda and to ensuring the development of improved therapies for those living with Parkinson's today. **Fox Trial Finder-** www.foxtrialfinder.org

Parkinson's Foundation - The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. Online information in multiple languages. 1-800-473-4636

Davis Phinney Foundation - They help people with Parkinson's live well today. They provide essential information, practical tools and inspiration to people living with Parkinson's. They fund early-phase, innovative research that focuses on exercise, speech, movement and other factors that affect quality of life.

Parkinson's & Movement Disorder Alliance - An independent, national non-profit organization that provides opportunities for people impacted by Parkinson's and other movement disorders to learn, live life more fully, and connect with others. PMD Alliance reaches across all communities and partners with many organizations, institutions, and movement disorder specialists. These include experiential opportunities, educational programs, and growth-oriented social interactions.

American Parkinson Disease Association (APDA) - The largest grassroots organization dedicated to fighting Parkinson's disease (PD) and working to help the approximately one million with PD in the United States live life to the fullest in the face of this chronic, neurological disorder.

Parkinson's News Today- A news and information website about Parkinson's Disease

MyParkinsonsTeam- Free social network to get the emotional support you need from others like you and gain practical advice and insights on managing treatment or therapies for Parkinson's disease



Parkinson's Organizations and Foundations

[ParkinsonsDisease.net](#) - Empowers patients and caregivers to take control of Parkinson's disease by providing a platform to learn, educate, and connect with peers and healthcare professionals.

[PD WISE](#) - A hub for sharing personal stories, experiences, and wisdom gained from living with Parkinson's. PD WISE aims to encourage connections and opportunities for learning.

[Parkinsons Lifestyle Management](#) - A site that specializes in providing authoritative, experienced practical ideas and concepts for how to handle the many day to day challenges faced by Parkinson's patients.

[World Parkinson's Coalition](#) - Helps advance understanding of Parkinson's disease by creating the only totally inclusive international platform for the community to share knowledge and spark new research agendas across the Parkinson's field. Save the Date! The 7th World Parkinson Congress will be hosted in Phoenix, AZ on May 24-27, 2026.

[Young Onset Parkinson's Network](#) - A safe space to learn, connect and engage within a supportive community of members who understand what you're experiencing. Education and resources that promote physical AND mental wellness to help you overcome the fear of the unknown.

StDavid's
REHABILITATION

4 convenient
locations

Inpatient rehabilitation services

Comprehensive medical
care and therapy
services for your physical
rehabilitation needs.



To learn more, scan
the QR code or call
512-544-8993.





Movement Disorder Neurologist

Dr. Ahmad A. Shawagfeh (<i>Temple</i>)	254-724-2111
Dr. Elizabeth Peckham (<i>Round Rock</i>)	512-218-1222
Dr. Erik Krause (<i>Central Austin</i>)	512-324-3540
Dr. Faiza Waheed Butt (<i>Round Rock</i>)	512-509-0100
Dr. Jonathan Theo (<i>Kyle</i>)..	512-324-3540
Dr. Mia Ko (<i>East Austin, VA</i>)	800-423-2111
Dr. Michael J Soileau (<i>Georgetown</i>)	512-693-4041
Dr. Robert Izor (<i>Concierge, Austin area</i>)	512-977-7000
Dr. Subhashie Wijemanne (<i>NW Austin</i>)	512-241-1567



Area Physician Specialist with Parkinson's Knowledge

Neuro Gastroenterologist

Dr. Mohammad Bashashati (*Central Austin*) 512-324-7831

Neurosurgeon

Dr. Anant Patel 512-730-0000

Dr. Jon T. Willie 1-833-UT-CARES

Neuropsychologist

Allison Myers Fabian, PHD 512-654-1234

Jared F. Bengé, PhD, ABPP 1-833-882-2737

Psychiatry

Erica C. Garcia-Pittman, M.D., FAPA, DFAAGP 512-324-3380

Jaron L. Winston, M.D. 512-476-3556

Optometry/Ophthalmology

[Dr. Stephanie Colorado](#), OD 512-899-2020

[Moe Hein "Harry" Aung](#), MD, PhD 833-882-2737

Urologist

[Dr. Kashyap Shatagopam](#), MD (Urology Austin) 512-248-2200

Dr. Sandeep Mistry, Urology Specialist 512-238-0762



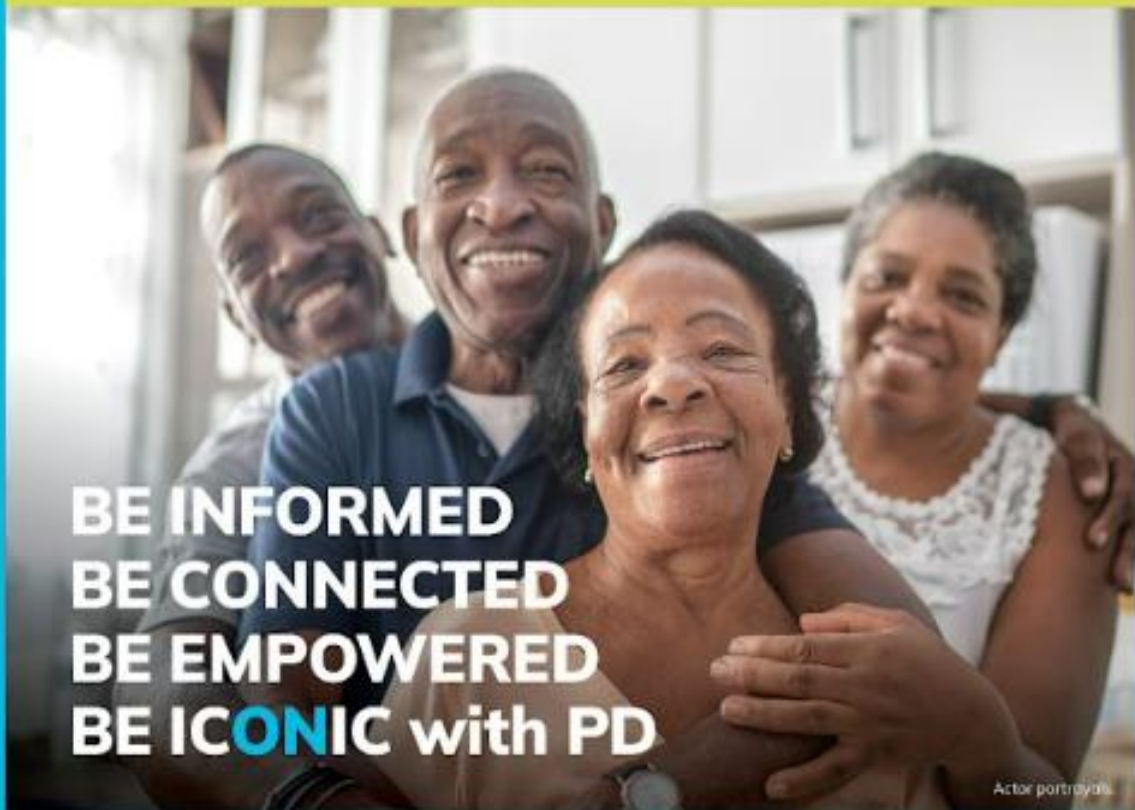
Fitness & Wellness Programs

413 Fitness - in person boxing classes
Power for Parkinson's - in person and online exercise classes
Pedaling for Parkinson's - online cycling classes
Tai Chi at Lamar Senior Center - in person
Tai Chi at South Austin Senior Center - in person
Rock Steady Boxing - in person boxing classes
Dance for PD - online dance classes
Better Balance & Movement - fall prevention workshop
EngAGE Travis County – balance and chronic pain workshops
AGE Memory Connections – proactive memory activities
Yes and Exercise - improv classes
Stronger Than Parkinsons - boxing, balance, agility and dual-task training classes
Yoga Nidra - meditation that relaxes body and mind. Proven to be beneficial for PD patients! Look for it at a yoga studio near you

Speech Therapy/Vocal Exercises for PWP

Capital Area Parkinson's Society..... 512-371-3373
2nd Friday at 12:30 - 1:30pm
Georgetown Area Parkinson Society..... 864-477-0290
2nd and 4th Mondays at 1:00 - 2:00 pm
Parkinson's Voice Project..... 469-375-6500
Loud and Clear 360-207-5842
Free Friday classes and downloadable app
Cecilia Berg, M.A., CCC-SLP..... cecilia.berg18@gmail.com
Life Speech Therapy, Genevieve Richardson, CCC-SLP..... 512-553-4364
Lake Austin Speech Therapy, Yasmin Rios-Schultz, M.A., CCC-SLP.....
info@lakeaustinspeechtherapy.com





BE ICONIC with PD is an online community for those whose lives are touched by Parkinson's disease (PD).

Whether you are a person with PD or a care partner, we offer:

- Tips and resources for your journey with PD
- Definitions of common PD terms
- Information about PD treatment options
- Email updates so you can stay in the know



Visit
BEICONICwithPD.com
to learn more.



"The community helps you get tips and tricks. It is helpful to hear how people manage things differently."
-John, living with PD



Join the discussion on our Facebook page
at Facebook.com/BEICONICwithPD

BE
ICONIC
WITH PD.



CENTRAL TEXAS
PARKINSON'S
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Parkinson's Support Groups

[Parkinson & Movement Disorder Alliance](#)..... *Virtual support group*

[Capital Area Parkinson's Society](#)..... 512-371-3373

- *Northwest Austin - 2nd Monday, 11:30-12:30, Unity Church of the Hills*
- *South Austin - 3rd Monday, 2:30-3:30, Encompass South Rehab Hospital*
- *Pflugerville-3rd Wednesday, 2:30-3:30, Pflugerville Library, Lantana Room*
- *Young Onset - 2nd Tuesday, 6:00-7:30, 5280 Burger and Taphouse*
- *Young Onset-3rd Tuesday, 6:00-7:30-Mandola's William Cannon*

[Georgetown Area Parkinson Society](#)..... 512-658-3658

Care Partner Support Group - 2nd Thursday, 2:00-3:30

Large Group Gathering - 4th Thursday, 3:00-4:30

[Power for Parkinson's](#)..... 512-815-3324

3rd Tuesday in-person and via zoom

[Bell County Area Parkinson's Support Group](#)..... Gayle Shull 254-718-4197

GayleInBelton@gmail.com

[Austin FTD](#) (Frontotemporal Dementia):

- Barbara Loewy..... 518-765-2198 | bmlloewy@gmail.com
- Steph McLain..... 425-686-5708 | Steph.FTD@gmail.com

[Lewy Body Support Group](#)..... Sarah Hyde-Williams at 832-794-8810

2nd Monday @ 2:00pm

[Heart of Texas Parkinson's and Caregivers Support Group](#)..... Waco, TX

[Lone Star Parkinson Society](#) / Comal County Parkinson Support.....

New Braunfels, TX

[The Lakeway Church](#)..... 512-261-6331

1st Tuesday @ 4:30-6:00

[Central Texas PSP/CBD/MSA Support Group](#)..... 512-964-1236

Every 3rd Saturday via zoom 10:30-12:30



Parkinson's Support Groups

Wimberly Support Group.....512-629-8996 rpenzerro@gmail.com
[Twitchy Women](#) Peer Support Program for Women

Online Support Group Meetings 2026 ([Online Community for PWP and Caregivers](#))

- **Flying Solo** - Are you living alone with Parkinson's? Meet online with a group who wants to talk about the unique issues that living alone with PD creates. Meets the 2nd and 4th Mondays of each month.
- **YOPD Connections** - An online community of others who understand your experience of living with an "old man's disease" in a young person's body. Meets the 2nd and 4th Mondays of each month.

Power For Parkinson's Virtual Support Groups ([Virtual Support Groups Information](#))

- **Parkinson Society British Colombia Support Groups**
- **Parkinson's Community Los Angeles (PCLA) Support Groups**
- **PMD Alliance Support Groups**

Other Services

[Area Agency on Aging](#)..... 512-916-6062
[Athena Mobile Wound Care](#)..... 480-712-8319
[Hebrew Free Loan of Austin](#)..... 512-677-4352
[ReSkin Medical Wound Care](#)..... 800-640-3451
[Methodist Healthcare Ministries](#)..... 210-692-0234
[Vocational Rehabilitation Services](#)..... 512-936-6400
[Mobility or accessibility services for people with disabilities](#)



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Information & Referral

<u>Adult Protective Services</u>	800-252-5400
<u>AGE of Central Texas</u>	512-451-4611
<u>Agency on Aging</u>	512-916-6062
<u>Alz.Org 24-Hour Helpline</u>	800-272-3900
<u>Alzheimer's Association</u>	512-592-0990
<u>Alzheimer's Texas</u>	512-241-0420
<u>American Association of Retired Persons</u>	866-227-7443
<u>American Heart Association</u>	800-242-8721
<u>Austin Resource Center for Independent Living</u>	512-832-6349
<u>Austin Travis Co. Integral Care</u>	512-472-4357
<u>Capital Area Parkinson's Society</u>	512-371-3373
<u>Caritas (homelessness)</u>	512-479-4610
<u>Central TX Aging, Disability, Veteran Resource Center</u>	855-937-2372
<u>Family Eldercare</u>	512-450-0844
<u>Foundation Communities</u>	512-447-2026
<u>Jewish Family Services</u>	512-250-1043
<u>MAP Central Health</u>	512-978-8130
<u>Meals on Wheels & More</u>	512-476-6325
<u>Meals on Wheels - Williamson/Burnett</u>	512-763-1400
<u>Medicare</u>	800-633-4227
<u>People's Community Clinic</u>	512-478-4939
<u>Social Security Office</u>	866-627-6991
<u>TX Health & Human Services</u>	512-424-6500



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



Caregiving Resources

AARP	866-227-7443
Age of Central Texas	512-451-4611
Aging Services Council of Central TX Caregiver Guide	
Alzheimer's Association (24/7 crisis line).....	512-592-0990
Area Agency on Aging	512-916-6062
• Caregiver Support / Care Coordination • Lifespan Respite Care Program	
Caregiver Cafe -resources/support groups.....	ccafemail2@gmail.com
<i>2nd Tuesday in-person @ 10:00-12:00</i>	
<i>2nd Thursday via zoom @ 10:00-12:00</i>	
Caregiver Cafe @ Buda Oaks	830-837-3162
Family Caregiver Alliance	800-445-8106
Family Eldercare	512-450-0844
Georgetown Area Parkinson's Support (GAPS)	512-470-3256
Mary Osborne	Mary@yourdementiatherapist.com
Meals on Wheels	
National Council on Aging (NCOA)	
Samantha Cervantes -author and advisor	

Moving, Relocation, & Downsizing

Austin Home Transitions	512-903-9503
Elderwheels Decluttering Service.....	512-779-8383
Essential Next Step	512-215-0383
Senior Transitions of Austin	512-766-7014
Turnkey Transitions	512-423-6782



Parkinson's Books

A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families by *John M. Vine*

Discerning the Way: Lessons from Parkinson's Disease by *Dr. Allan Cole*

Keepin' On: Living Well with Parkinson's Disease by *Robert J. Silver*

Navigate the Parkinson's Maze by *Bruce D. Wright PHD*

No Time Like the Future: An Optimist Considers Mortality by *Michael J. Fox*

Outlive: The Science and Art of Longevity by *Peter Attia*

Parkinson's Diva by *Dr. Maria De Leon*

Shaken, Not Stirred: Living with Parkinson's Disease by *Larry Linton*

Punch Out Parkinson's by *Victor Becker*

The Parkinson's Plan: A New Path to Prevention and Treatment by *Michael S. Okun and Ray Dorsey*

300 Tips For Making Life Easier; Parkinson's Disease by *Shelly Peterman Schwartz*

Parkinson's Podcasts

When Life Gives You Parkinson's hosted by *Larry Gifford*

On Time: A Parkinson's Podcast hosted by *Brian Grant , Heather Kennedy, Soania Mathur, Larry Gifford*

Substantial Matters: Life & Science of Parkinson's produced by *Parkinson's Foundation*

The Michael J. Fox Foundation Parkinson's Podcast produced by *The Michael J. Fox Foundation*

The Parkinson's Podcast produced by *Davis Phinney Foundation*

More Podcast recommendations can be found at [PD Avengers](#)



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



Counseling

Anne Minor, LCSW.....	512-589-8731
ATX Center for Grief & Loss	512-472-7878
Austin Vitality (virtual)	512-572-9217
Blake Bryant, LCSW.....	737-355-9210
Blue Moon Counseling (virtual)	855-241-7160
Catholic Charities of Central Texas	512-651-6150
Christinia Landeros , LCSW.....	512-537-1198
Diana Goldstein , LCSW.....	512-230-4383
Family Eldercare In Home Counseling	512-483-3580
Jewish Family Services	512-250-1043
Madison Berry , LCSW	512-710-7965
Margaret Hughes , LCSW.....	512-265-5144
Marissa Bortenstein , LCSW.....	512-265-5220
Moonstone Counseling	512-527-3275
Northwest Counseling & Wellness Center	512-250-9355
Shelly Cox.....	512-997-8552
Waterloo Counseling	512-444-9922

Health Closets

AGE of Central TX Health Closet	512-600-9288
Ascension Lutheran Church.....	512-345-4030
Baylor S&W Taylor.....	512-600-9288
Hired Texas/United Way.....	512-973-9203
Project MEND	210-223-6363
Senior Access Round Rock Ollie's Closet	512-310-1060



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Home Health

<u>Accent Care Home Health</u>	512-343-9690
<u>Ascension at Home</u>	512-863-3842
<u>CAPABLE</u> program with Meals on Wheels Central Texas.....	888-352-9062
<u>Capitol Home Health</u>	512-467-6900
<u>Enhabit</u> Home Health North.....	512-339-1023
<u>Enhabit</u> Home Health South.....	512-326-4191
<u>Halcyon Home</u>	512-815-9009

Outpatient Rehabilitation with PD Trained Therapists

<u>Ascension Sports and Neuro Rehab</u>	512-324-1875
<u>Baylor Scott & White Neurologic Rehabilitation</u>	888-722-9567
<u>Baylor Scott & White Outpatient at Home</u>	945-758-1931
<u>Collage Rehab</u>	1-855-744-5377x6
<u>Direct Orthopedic Care</u> (John Longoria, PT)	512-277-6643
<u>Lakeway Aquatic Physical Therapy</u>	512-261-0620
<u>Performance & Recovery Physical Therapy</u> (<i>mobile PT/OT</i>)	512-348-6544
<u>Solace & Sage</u>	512-651-0341
<u>Spero Rehabilitation Central</u>	737-204-0089
<u>Spero Rehabilitation South</u>	512-852-8134
<u>Spero Rehabilitation Oak Hill</u>	512-899-8508
<u>St. David's Adaptive Driving Program</u>	512-544-8140
<u>St. David's Rehabilitation</u>	512-544-5116
Unity Wellness, Dr. Laura Glover.....	251-382-3424

Outpatient Rehabilitation: Baylor Scott & White

Baylor Scott & White



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



Austin Northcross.....	512-458-1183
Austin Bee Caves Rd / Westlake.....	512-327-5100
Austin - Slaughter Lane.....	512-520-4242
Austin - William Cannon.....	512-651-0301
Lakeway.....	737-237-0016
Cedar Park - East.....	737-273-0031
Georgetown - Northwest.....	512-713-0521
Hutto.....	512-846-6550
Leander.....	737-757-7004
Pflugerville.....	737-237-0001
Round Rock University.....	737-237-0046

Home Repair & Modifications

<u>101 Mobility</u>	512-543-2569
<u>ABC Handyman</u>	512-837-9500
<u>AmRamp</u>	866-692-6494
<u>An Inside Job</u>	512-517-6045
<u>Austin Urban League</u>	512-478-7176
<u>Bath Grabs Austin</u>	512-786-4517
<u>Buildspective</u>	512-887-4040
<u>CasaCrew</u>	512-413-4287
<u>C.O.A. Home Repair</u>	512-974-3100
<u>Golden Home Management</u>	512-535-7135
<u>Meals on Wheels & More</u>	737-218-4262
<u>Texas Ramp Project</u>	214-558-0339
<u>USDA Rural Development</u>	512-863-6502



Oxygen & Medical Equipment

<u>A&P Quality Care Medical</u>	512-452-5111
<u>American Home Patient</u>	512-451-4519
<u>Apria Healthcare</u>	512-451-5599
<u>Kerring Group</u>	512-451-8853
<u>Lincare</u>	512-836-1703
<u>Medical Express PSI</u>	512-371-1700
ProvidaCare.....	512-326-9898
<u>Rehab Medical</u>	512-738-8818
<u>Travis Medical</u>	512-458-4589
Universal Med Supply.....	972-228-1820

Inpatient Rehabilitation Hospitals

Baylor S&W Institute for Rehab Lakeway.....	512-263-4500
Bluebonnet Medical Rehab.....	800-252-5151
Central Texas Rehabilitation Hospital.....	512-407-2111
Encompass Health Austin.....	512-730-4800
Encompass Health Round Rock.....	512-244-4770
PAM Rehab Round Rock.....	737-708-9800
PAM Rehab Kyle	512-262-0821
St. David's Rehab Main	512-544-5100
St. David's Rehab North Austin.....	512-901-1000
St. David's Rehab Georgetown.....	512-942-4736
St. David's Rehab Round Rock.....	512-341-1000
Texas Neuro Rehab.....	800-252-5151



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Personal Attendant Services

Accent Care Personal Care	512-380-9339
Assisting Hands Home Care	512-999-7379
Bluewater Homecare	512-872-2995
Bubbie Care	512-334-9545
First Light Homecare	737-404-4100
Halcyon Home	512-815-9009
Heavenly Care	512-432-5503
Girling Personal Care (Medicaid).....	512-454-3581
Meals on Wheels in Home (Medicaid).....	512-477-2273
Practical Care Continuum	512-400-4331

Insurance, Medicaid, & Medicare Resources

Amneal Patient Assistance Program	1-877-764-9021
Area Agency on Aging	512-916-6062
Foundation Communities Prosper Health	512-381-4520
Fours Oaks	800-419-8757
Howard Polanski	512-608-1020
MAP 1st Step	512-978-8130
Medicare Dana	512-666-7785
Senior Resource Center	512-835-0963
• Medicare	
• Medicaid	
• VA Benefits	
Texas Assurance Care, Inc	512-343-5400
Vanessa Lazar	512-999-7347



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Syn-One Test®

Nerve fibers in your skin can tell a deeper story about your health.

The Syn-One Test uses a simple biopsy to help diagnose Parkinson's and related disorders.

Ask your doctor if the Syn-One Test is right for you.

www.cndlifesciences.com

Not a real patient
SOT-2025-07-0001

Transportation

Capital Area Parkinson's Society	512-371-3373
<i>Free transportation to neurologist and CAPS events</i>	
Chariot , South/West Austin.....	512-445-3552
Drive a Senior ATX	512-472-6339
Elderwheels	512-850-6335
<i>Concierge (private pay) assisted, accessible transportation</i>	
Enabled Living.....	512-270-9094
Drive a Senior NW North/Northwest Austin, Cedar Park.....	512-250-5022
Lakeway Mobility.....	512-770-1020
ModivCare	866-400-2350



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



[Shalom Austin Mobility](#)..... 512-735-8000

Transportation for adults over 60, with mobility challenges

Senior Access

[Aging Services Council of Central Texas](#) - Transportation guide

House Call Physicians

[Austin Geriatric Specialist](#)..... 512-477-4088

[Austin Podiatry House Calls](#) (Dr. Joshel Brown) 737-231-1087

[Be Well MD](#)..... 512-553-1921

[Central Texas Hearing Center](#)..... 512-879-3993

[Curana Health](#)..... 877-279-5960

[Dr. Dennis Robinson](#) (podiatrist) 512-930-3753

Dr. Gary Payne (podiatrist) 512-249-2253

[Dr. Marla Pennell](#) (audiologist) 830-240-2826

Elite Patient Care..... 737-226-6750

[Harmony](#) (Visiting Physicians) 512-407-8880

[Hears to Your Audiology](#)..... 512-956-4327

[Total Care 2U](#)..... 877-868-2528

[Urgent Care 2Go](#)..... 817-508-8169

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If you are living with Parkinson's Disease, medication isn't your only option. Take a short quiz to see if Deep Brain Stimulation is right for you.

Visit DBSandme.com

For safety indications visit: bostonscientific.com/Genius-Indications.
Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.
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Put Your Genius Here



Hospice Agencies	
Bluewater Homecare	512-647-2341
Christopher House, Hospice Austin (<i>in-patient</i>)	512-322-0747
Compassus	512-598-6963
Halcyon Home	512-815-9009
Hospice Austin	512-342-4700



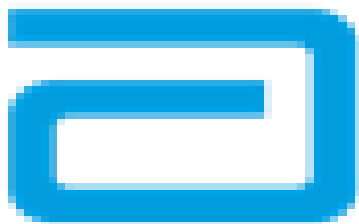
Legal Aid and Planning

<u>Barnett & Leuty</u>	512-336-1529
<u>Brough & Resendez</u>	512-792-9510
<u>Carolyn Collins Ostrom</u>	512-617-1560
<u>Clyde Farrell, C.E.L.A.</u>	512-323-2977
<u>Dispute Resolution Center</u>	512-371-0033
<u>Thompson & Tiemann Attorneys</u>	512-335-6800
Douglas Paul.....	512-495-6170
<u>Heritage Law (G Town)</u>	512-930-0529
Ladyman Law Office for Senior Planning Services.....	512-441-2825
<u>Legal Services for Texans</u>	800-622-2520
<u>Liz Nielsen</u>	512-552-2890
<u>Marilyn G. Miller, C.E.L.A.</u>	512-894-0319
<u>Robbins Estate Law</u>	512-599-9856
<u>Seniors Financial Solutions</u>	512-260-5110
<u>Senior Resource Center</u>	512-835-0963
<u>Slaton and Schauer</u>	512-258-9455
<u>The Garret Law Firm</u>	800-295-3449
<u>Virginia Sampson</u>	512-980-4610
<u>Willi Law Firm</u>	512-288-3200

Adult Daycare Programs

<u>Age of Central Texas</u> ; Austin & Round Rock.....	512-458-6305
<u>Town Square NW Austin</u>	512-375-4328





Abbott



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**HALCYON HOME**
Home Care | Home Health | Hospice

• Austin
• San Marcos
• Waco



"OUR PURPOSE IS PEOPLE"
When you need help, sometimes
you don't know where to start

CALL US FOR ALL!
Home Health • Home Care/Caregiver Services •
Palliative Care • Hospice

 **512-815-9009**
 halcyonhome.com

WOMEN OWNED | 



Care Management

Accountable Aging	512-342-9800
Arrange Care / Leah Cohen.....	512-814-3228
CareFor	512-338-4533
Heidi Spock	512-940-4322
Joan Hagelin	512-264-3789
Shalom Austin	512-250-1043
Mir Care Consultants	512-615-6116
Senior Services of Austin	512-574-1722
Special Needs Consultant	512-996-0553

Caregiver Respite Day Programs

A Gift of Time (Georgetown)	512-489-0160
CAPS - Shake Shack Social - Austin/South Austin.....	512-371-3373
Emmaus Catholic Church - Bright Horizons	512-261-8500
Kith and Kin Elderhouse (Overnight Respite)	kithandkinelderhouse@gmail.com
The Gathering at Westlake Hills Presbyterian	512-327-1116
Lighthouse at Riverbend	512-327-3540
House of Friends, Dementia Respite at Bethany UMC	512-310-9451

Dental Services

Affordable Dentures	512-400-0631
Austin Dental Cares (In-Home)	512-535-5530
Enable Dental (Mobile Care)	855-324-2916
Manos de Cristo	512-477-2319



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



Personal Emergency Response Systems	
ADT Austin	512-861-0857
Apple Watch-Fall detection	
Medical Guardian	1-800-668-9200
Lifeline	855-681-5351
Unaliwear Fall Detection Watch	888-343-1513

Facility Placement Services	
Care Patrol Central/South	512-574-0910
Care Patrol North	512-643-2727
Oasis Senior Advisors	512-800-1469
Senior Living Advisors	832-794-8810
Texas Family Services	512-400-4174

Mental Health	
Ascension Seton Behavioral Health	512-324-2039
Austin Oaks Hospital	512-798-4880
Integral: Austin Travis County 24-hr Helpline	512-472-4357
Bastrop County Family Crisis Center Hotline.....	888-311-7755
Cross Creek	844-587-0195
Georgetown Behavioral Hospital	877-500-9151
Hill Country 24-hr Crisis Hotline	877-466-0660
National Suicide Prevention Hotline.....	988
Rise Recovery Services	888-360-0909
Rock Springs Changes	737-808-1700
Summit Mental Health Clinic	512-732-2122
Williamson County Bluebonnet Trails 24-hr Crisis Hotline.....	800-841-1255





THE MISSION OF THE CAPITAL AREA PARKINSON'S SOCIETY IS TO PROVIDE EDUCATION, CURRENT INFORMATION REGARDING RESEARCH AND RESOURCES, SOCIAL INTERACTION, AND EMOTIONAL SUPPORT TO PERSONS WITH PARKINSON'S DISEASE, THEIR CAREPARTNERS, AND THE PUBLIC.

Medtronic



Central Texas Veteran's Administration Information

Curious if you are eligible for Veteran's Benefits? The first step is to call the Eligibility ACD Line:
1-254-743-2420/ 1-800-432-2111 Ext# 42420.

VA offers a wide range of benefits to Veterans and their families however determining eligibility can be a cumbersome and frustrating process. It is strongly recommended that Veterans and/or Veteran family members work with a Veterans Service Officer (VSO). A VSO can help you understand and apply for VA benefits that you are entitled to no cost to you. Veterans Service Officers can be found at Veterans Service Organizations such as VFW, American Legion, as well as for local government offices. Travis and Williamson County has VSOs! The Veterans Services Benefit can also be helpful in navigating the VA and applying for benefits. Find out more about VSOs..... <https://www.va.gov/get-help-from-accredited-representative/>.

512-854-9340/512-646-9291: Travis County VA Benefits Officer Clarence Payne

512-943-1900: Williamson County

Veteran Benefits can include:

- Movement Disorder Neurologist-Dr. Mia Ko (offices in Austin, TX)
- Outpatient Physical or Occupational Therapy (Temple and Austin)
- Home Based rehabilitation
- Emergency Response "buttons"
- Equipment-hospital beds, walkers, U-step walkers, wheelchairs, braces and more
- Blind therapy-for patients who experience low vision due to Parkinson's Disease
- Caregiver Support Monthly Stipend
- Aid and Attendant Benefit
- Home Health Aid Benefit

Support & Education Group: online Zoom call-4th Tuesday of the month

Central Texas VA Healthcare Parkinson's Specialist: Andrew Smith Michael.Smith5@va.gov

512-508-0538 (may take up to 72 hours to respond)

Sarah Scarberry, SLP

<https://www.parkinsons.va.gov/Houston/> | <https://www.parkinsons.va.gov/care.asp> | <https://www.parkinsons.va.gov/patients.asp>

Austin VA Outpatient Clinic
7901 Metropolis Dr.



Phone 512-823-4495 Ext. 54495

Austin, TX 78744

The following list are just some of compensation and health care benefits that VA provides:

- **VA healthcare** - You may be eligible for VA healthcare, especially if you have Parkinson's disease as a result of military service - [Eligibility for VA Health Care | Veterans Affairs](#)
- **VA disability compensation** - VA disability compensation (pay) offers a monthly tax-free payment to Veterans who got sick or injured while serving in the military (including Parkinson's disease as a result of toxic exposure). [VA Disability Compensation | Veterans Affairs](#)
- **VA benefits for spouses, dependents, survivors, and family caregivers** - As the spouse or dependent child of a Veteran or service member, you may qualify for certain benefits, like health care, life insurance, or money to help pay for school or training. As the survivor of a Veteran or service member, you may qualify for added benefits, including help with burial costs and survivor compensation. [VA Benefits for Spouses, Dependents, Survivors, And Family Caregivers | Veterans Affairs](#)

Agent Orange

Agent Orange is an herbicide and defoliant chemical. It is widely known for its use by the U.S. military as part of its herbicidal warfare program during the Vietnam War era. Long-term exposure to herbicides increases your risk of Parkinson's disease.

The US Department of Veterans Affairs (VA) has recognized that certain cancers, diseases, and other health problems can be related to a Veteran's qualifying military service. These are called "presumptive diseases." Parkinson's disease is considered a presumptive disease for exposure to Agent Orange.

If you have Parkinson's disease and were stationed at the following locations you are presumed to have been exposed to Agent Orange. Between January 9, 1962, and May 7, 1975, you must have served for any length of time in at least one of these locations:

- In the Republic of Vietnam, or
- Aboard a U.S. military vessel that operated in the inland waterways of Vietnam, or
- On a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia



Pact Act

The Honoring our Promise to Address Comprehensive Toxics (PACT) Act passed in Aug 2022 as Public Law No: 117-168 expanded and extended eligibility for VA health care or benefits for veterans exposed to certain toxic substances.

If you have Parkinson's disease and were stationed at the following locations added by the PACT Act, you are presumed to have been exposed to Agent Orange.

- Any U.S. or Royal Thai military base in Thailand from January 9, 1962, through June 30, 1976, or
- Laos from December 1, 1965, through September 30, 1969, or
- Cambodia at Mimot or Krek, Kampong Cham Province from April 16, 1969, through April 30, 1969, or
- Guam or American Samoa or in the territorial waters off Guam or American Samoa from January 9, 1962, through July 31, 1980, or
- Johnston Atoll or on a ship that called at Johnston Atoll from January 1, 1972, through September 30, 1977

Or at least one of these must be true for you:

- You served in or near the Korean DMZ for any length of time between September 1, 1967, and August 31, 1971, or
- You served on active duty in a regular Air Force unit location where a C-123 aircraft with traces of Agent Orange was assigned, and had repeated contact with this aircraft due to your flight, ground, or medical duties, or
- You were involved in transporting, testing, storing, or other uses of Agent Orange during your military service, or
- You were assigned as a Reservist to certain flight, ground, or medical crew duties at one of the locations listed here

Eligible Reserve locations, time periods, and units include:

- Lockbourne/Rickenbacker Air Force Base in Ohio, 1969 to 1986 (906th and 907th Tactical Air Groups or 355th and 356th Tactical Airlift Squadrons)
- Westover Air Force Base in Massachusetts, 1972 to 1982 (731st Tactical Air Squadron and 74th Aeromedical Evacuation Squadron, or 901st Organizational Maintenance Squadron)
- Pittsburgh International Airport in Pennsylvania, 1972 to 1982 (758th Airlift Squadron)



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NOTE: There are a lot of scammers out there. Additionally, laws, funding, and other factors may change eligibility and benefits authorizations. Always verify information at the Veterans Affairs website at <https://www.va.gov> or with an accredited Veterans Service Officer.



Capital Area Parkinson's Society

Guide to Applying for Social Security and Other Benefits

Eligibility

We all pay into the Social Security trust fund with every paycheck. While we may think of this as a retirement fund, if we become disabled before reaching full retirement age (67 for most of us), we can, in effect, take our retirement early by qualifying for Social Security Disability Insurance ("SSDI"). We typically need fewer than the 40 quarters needed to qualify for Medicare at age 65.

Quarters Needed to Qualify for SSDI by Age

<28	1.5 quarters	44	5.5 quarters	52	7.5 quarters
30	2 quarters	46	6 quarters	54	8 quarters
38	4 quarters	48	6.5 quarters	55	8.5 quarters
42	5 quarters	50	7 quarters	58	9 quarters
				60	9.5 quarters

If we have paid into Social Security for 40 quarters by age 65, we then qualify for Medicare. If we become disabled before then and receive SSDI, we will not qualify for Medicare until we have been receiving SSDI for 24 months.

Some of us may rely on COBRA for the first 18 months, paying both the employee's and the employer's portion of the health insurance premium.

All of us will have to rely on Medicaid.

In May 2025 the average SSDI monthly benefit was \$1,737. For those of us whose SSDI monthly benefit is less than the Supplemental Security Income ("SSI") benefit of \$967 (2025), the SSDI monthly benefit will be "topped up" by SSI to equal that amount. In Texas, even one dollar of SSI automatically confers eligibility for Medicaid. For those of use whose SSDI monthly benefit exceeds this amount, Medicaid is still available.



Applying

(1) The first step is to make sure that the record of earnings which the Social Security Administration has is correct and up-to-date. To receive SSDI, we must apply within five years of departing the work force. A record of earnings can only be corrected within three years of year of employment. Go to

<https://www.ssa.gov/prepare/review-record-earnings>

An official website of the United States government [Here's how you know](#) ▾

 **Social Security** [Benefits](#) ▾ [Medicare](#) ▾ [Card & record](#) ▾ [Español](#) | [Sign in](#)

[Home](#) > [Prepare](#) > Review record of earnings

Prepare

- Check eligibility for benefits
- Get a benefits estimate
- Plan for retirement
- Review record of earnings**
- Apply
- Manage benefits

Review record of earnings

Make sure our record of your yearly income is up to date.

Every year your employer tells us how much money you earned so we can update your Social Security record. If you're self-employed, you tell us directly.

We calculate your monthly retirement and disability benefit by looking at how much you've earned, so it's important to make sure your record is accurate. Check it in August to make sure last year's amount is correct.



Sign in to your account

Make sure last year's amount is accurate.

[Sign in](#) [Create account](#)

You can create a MySocialSecurity account online or download, print, complete and mail a Request for Social Security Statements.

If necessary, correct your Social Security Statement, submitting W-2s from your employer or 1099s if you worked as an independent contractor.



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



(2) The second step is to get an estimate of the benefits you can expect to receive after your application is approved. If the benefits are less than \$943/month (2024), you can expect to receive SSI to bring the total up to \$943/month. In most states, including Texas, even \$1 of SSI automatically comes with Medicaid.

<https://www.ssa.gov/prepare/get-benefits-estimate>

An official website of the United States government [Here's how you know](#) ▾

Social Security [Benefits](#) ▾ [Medicare](#) ▾ [Card & record](#) ▾ [Español](#) | [Sign in](#)

[Home](#) > [Prepare](#) > Get a benefits estimate

Prepare

- Check eligibility for benefits
- Get a benefits estimate**
- Plan for retirement
- Review record of earnings
- Apply
- Manage benefits

Get a benefits estimate

Check your account to see how much you or your family might get in benefits payments.

Sign in to your account

See estimates for various benefits based on your earnings and when you apply. You can also adjust expected future income to see how that impacts your retirement estimate.

[Sign in](#) [Create account](#)



(3) The third step is to make sure that you are eligible for benefits by answering some yes/no questions at

<https://www.ssa.gov/prepare/check-eligibility-for-benefits>

The screenshot shows the Social Security Administration's website. The top navigation bar includes the Social Security logo, links for Benefits, Medicare, and Card & record, a search bar, and links for Español and Sign in. Below the navigation bar, the breadcrumb trail reads: Home > Prepare > Check eligibility for benefits. On the left, a 'Prepare' sidebar lists options: Check eligibility for benefits (selected), Get a benefits estimate, Plan for retirement, Review record of earnings, Apply, and Manage benefits. The main content area is titled 'Check eligibility for Social Security benefits' and instructs users to 'Answer a few questions to see if you qualify for benefits right now.' It includes a clock icon indicating 'How long it'll take: 10 minutes or less' and a list of eligibility criteria: 'Our benefits are there for you when you:' followed by bullet points: 'Age and retire', 'Can't work because of a disability', 'Lose a spouse (or a young child loses a parent)', and 'Have difficulty paying for essentials like food, clothing, and a home'. A note states: 'We'll tell you which ones you may be eligible for. The answers you share today help us understand what's going on in your life right now. We can't determine if you'll become eligible in the future.' A blue 'Start' button is at the bottom.

Note that in certain, limited, circumstances you may be eligible for benefits based not on your own work record but on that of your spouse.



(4) Now comes the actual application. It is important to look for and document the earliest possible onset, the date on which you had symptoms. You may have had symptoms long before you were diagnosed. You may have received work accommodations, which will be taken into account even if you were earning more than the amount which the Social Security Administration ordinarily finds is enough to show that you were not disabled. This amount, called “Substantial Gainful Activity” increases yearly to reflect the cost of living. In 2024 it is \$1,550/month.

The most important parts of the application are the doctors’ records and your report of your “Residual Functional Ability,” what you are still able to do. It may take some time to gather all the records. Your Residual Functional Ability may change. If it does, you must report this to the Social Security Administration within 10 days after the month in which the change occurs.

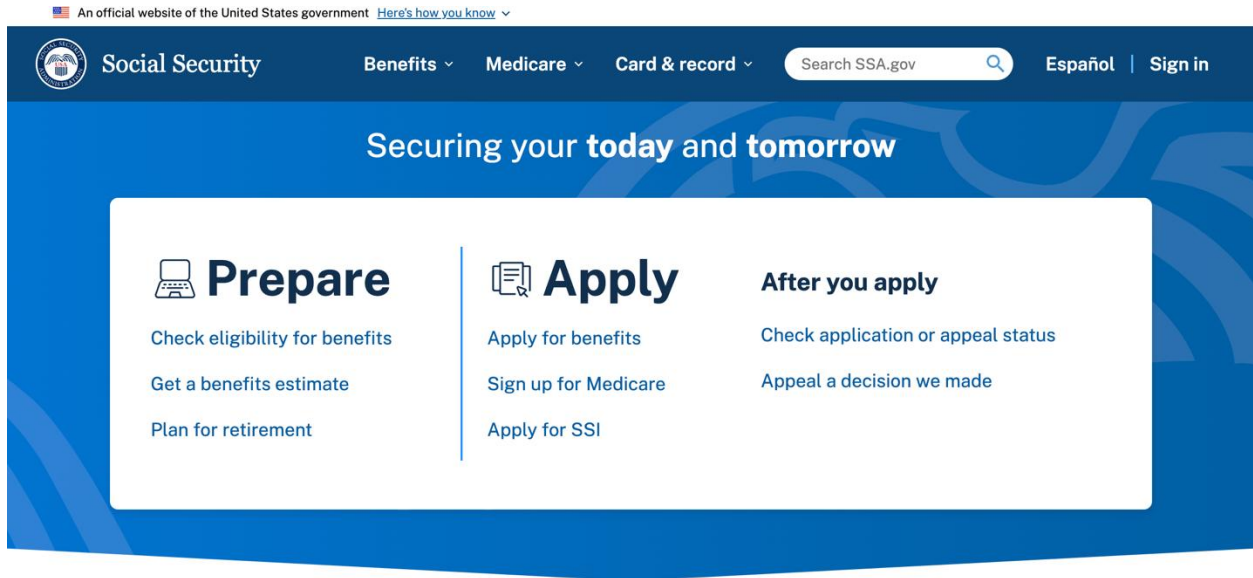
While you do not need a lawyer to help you apply, it can be helpful to have someone who is familiar with Social Security disability applications review your application to make sure that you have crossed all the “t”s, dotted all the “i”s and that it fully and fairly documents your challenges.

You can apply online at

<https://www.ssa.gov>



CENTRAL TEXAS PARKINSON'S RESOURCE GUIDE



You can also call for a telephone or in person appointment (1-800-772-1213).

Keep a journal of all your contacts with the Social Security Administration. Write down the name of the person with whom you spoke, their telephone number, the date and time. Summarize the conversation.

If you mail anything it, send it by certified mail, return receipt requested. Keep a copy.

If you hand deliver anything, get a signed receipt.

While the Social Security Administration is one of the better federal government agencies, it serves millions and millions of people. Perhaps as a consequence, it is notorious for losing files.

It can take six to nine months to receive a decision on your application. If it is denied, you can ask for a redetermination. Submit any additional documents which may help support your application. If the redetermination finds that the denial was correct, you can ask for a reconsideration by doctors contracting with but not employed by the Social Security Administration. Again, review your application and submit any additional documentation. As your



situation changes, so will your eligibility. If these doctors, too, find that you are not disabled, you can appeal to an administrative law judge.

It is only at this point that you may need a lawyer. Absent another arrangement approved by the Social Security Administration, the lawyer can only charge you \$7,200 and must take those funds from the up to one year of back benefits which the Social Security Administration can award you. If the administrative law judge also denies your application, the lawyer gets nothing. You can find lawyers who specialize in Social Security at the National Organization of Social Security Claimants' Representatives:

www.nosscr.org

The key to working with the Social Security Administration is to be prepared, polite, and persistent.



Medicare, Medicaid, and More

When we have received SSDI for 24 months and become eligible for Medicare, Medicaid may pay for the Medicare premium and part or all of the deductible and co-pays, depending on our monthly income, through what is called the Medicare Savings Program. Help applying is offered by the Capitol Area Aging and Disability Resource Center (1-855-937-2372; adrc@capcog.org)

2025 Medicare Savings Program Income Limits

<u>Medicare Savings Program</u>	<u>Single Person Limit</u>	<u>Married Couple Limit</u>
QMB (Parts A&B, co-pays)	\$1,325	\$1,783
SLMB (Part B)	\$1,585	\$2,135
QLI (Part B)	\$1,781	\$2,400

We may also receive “Medicare Extra Help”, limiting prescription costs to \$4.90 for generic and \$12.15 for name brand drugs if our income is no more than \$ 23,475 (\$31,725 for a married couple) while our assets are no more than \$ 17,600 (\$35,130 for a married couple).

Medicaid Waiver Programs

Whether we receive SSDI or SSI or both or even while we are waiting for a decision by the Social Security Administration, we may qualify for a Texas Medicaid Waiver. Link to [Texas Medicaid Assistance](#).

Community Attendant Services 1-855-937-2372

12-20 hours/week

income under \$2,901; financial assets no more than \$2,000

Star Plus (Interest List with a few months' wait)

30-50 hours/week homemaker and home health care income over \$2,901/month may be diverted to spouse as, in some circumstances, may financial assets over \$2,000

Most Central Texas Counties	1-888-337-6377
Bastrop	1-855-839-3237
Bexar	1-888-902-9990



Veterans' Benefits

Veterans who have served on active duty for at least 90 days, one of which was during a time of war, and whose discharge was other than dishonorable, may also receive VA benefits.

[VA Aid and Attendance aka Improved Pension](#)

[VA Program of General Caregiver Support](#)

[VA Geriatric and Extended Care Aid Program](#)

Care Planning Institute 877-487-8166

Other

Medicare, Medicaid and the VA do not pay for everything. Some additional sources of help are listed below.

Vision, Hearing and Dental

<https://www.aoafoundation.org/>

<http://www.eyecareamerica.org/>

<https://helpamericahear.org>

<http://www.ada.org/>

<http://betterhearing.org/>

Medical Care

www.medicalaccessprogram.net

<https://lonestarcare.org>

www.needymeds.com

www.panfoundation.org

(202) 334-5364 scrips for indigent patient pgrms, US Senate Cttee on Aging

www.hhs.texas.gov

Preparing for a Public Emergency

<https://stear.texas.gov/>

www.ready.gov

<https://www.austintexas.gov/readycentraltexas/stay-informed#>



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Rental Help

<https://resources.hud.gov/>

www.foundcom.org

www.texashousingcounselor.org

<https://www.sharedhousing.org/>

www.hacanet.org/residents/senior-disabled.php

<https://texaslawhelp.org/directory/austin-tenants-council>

Tiny Homes

www.MEDcottage.com

<https://tinyhouseblog.com/>

Home Adaptations

<https://homemods.org/resources/library>

www.accesshomeamerica.com

www.easterseals.com

LIHEAP

<https://www.traviscountytexas.gov/health-human-services/weatherization>

www.AustinTexas.gov/empower

swright@capcog.org

CAPABLE

Food

SNAP

food pantries

Meals on Wheels/Capable

Fresh for Less home delivery, mobile markets 512-730-1807

Technology

<https://disabilitystudies.utexas.edu/>

Bill Payment

www.familyeldercare.org

www.needhelppayingbills.com

Nat'l Assn of Claims Assistance Professionals

Silver Bills

www.claims.org



[Esther Diaz](#). Esther Diaz is a translator and interpreter trainer in Austin. Her main languages are English and Spanish, but she trains interpreters in multiple languages, including those commonly spoken by refugees and asylum seekers.

Disability Videos

[Social Security: Disability Programs and Compassionate Allowances](#)

[You, Your Employer and Disability Laws](#)

[Navigating Social Security Disability Insurance with Mary Jane Berry](#)

[Ask the Expert: Navigating Employment, Federal Benefits and Mobility Support](#)

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THANK YOU to our Partners!

