

Community Care Options

for Nursing Home Residents



Are you thinking about going home?

You've spent some time in a nursing home and are thinking about going back to the community—maybe to live on your own, with family, or an assisted living facility. You want to be more independent but will need some help. It can be a little overwhelming, figuring out what community-based services are available and which ones are best for you. Fortunately, there are people who can help.

- **Nursing home social worker:** All nursing homes have a staff or consulting social worker, who can provide information about community services and arrange services as needed. For example, a nursing home social worker may set up home health services, including visits by skilled healthcare professionals and delivery of medical equipment, like hospital beds and wheelchairs.
- **Options counselors:** Through Aging and Disability Resource Centers, you can reach an options counselor who is familiar with in-home programs, funding sources, and quality considerations.

What services may be available?

- Medicare home health
- Home-delivered meals
- Respite care
- Transportation
- Veteran's Aid and Attendance
- Community Care for the Aged and Disabled
- Area agency on aging services

How do I reach an options counselor?

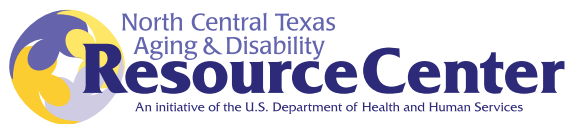
In the North Central Texas area, call **1-877-229-9084** to reach an options counselor.

How much does options counseling cost?

We provide information and advice at no charge to callers, through a grant from the Texas Department of Aging and Disability Services.

Who provides options counseling?

Options counseling services are provided by the North Central Texas Aging and Disability Resource Center, an interagency initiative led by the North Central Texas Council of Governments and funded by the Texas Department of Aging and Disability Services.



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