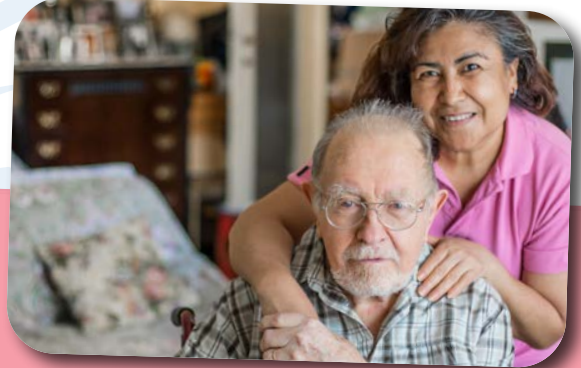


FREE Services for Older Adults and Family Caregivers



Services for older adults:

- home-delivered meals and congregate meals
- counseling
- transportation within the county
- help understanding Medicare benefits, plans, and applying for Medicare Savings Programs and Low-Income Subsidies
- short-term in-home services, equipment, and supplies
- workshops to avoid falls and manage chronic conditions
- help resolving complaints or concerns for people who live in nursing homes or assisted living facilities
- help arranging community-based services for people who want to leave rehabilitation facilities or nursing homes
- help arranging COVID-related services like rides to vaccination sites and in-home vaccinations



Services for caregivers of older adults

- respite care
- workshops on elder care and caregiving
- dementia care education and problem-solving
- short term in-home services, equipment and supplies
- information on how to find and pay for long-term care
- counseling, support groups and small-group workshops



Call 1-800-272-3921

or go to **nctcog.org/aging-services** for more information.

Funded in part by Texas Health and Human Services Commission.

FREE Services for People of All Ages with Disabilities and Family Caregivers



Services for people of all ages with disabilities

- help accessing in-home and other long-term care services
- help arranging COVID-related services like rides to vaccination sites and in-home vaccinations



Services for caregivers of people of all ages

- short-term respite



Aging & Disability

Resource Center

An initiative of the U.S. Department of Health and Human Services

Call 1-800-272-3921

or go to nctcog.org/aging-services for more information.

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