TEXAS
Department of Aging
and Disability Services

# 855-937-2372

## HELP FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

**ONE FREE CALL**

**TALK TO A TRAINED PROFESSIONAL**

### CALL TO CONNECT TO LONG-TERM CARE SERVICES LIKE:

- Personal hygiene, bathing, and dressing
- Preparing meals, grocery shopping, and light housework
- Installing ramps and safety rails
- Nursing care at home or at a facility

A trained professional will guide you through the process. Call 855-937-2372. Serviced by Aging and Disability Resource Centers in Texas. For more information, visit www.dads.texas.gov/care.