



**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](http://www.dads.texas.gov/care).