

## AGING AND DISABILITY RESOURCE CENTERS



**Help for older adults and people with disabilities**

**855-YES-ADRC**  
**(855-937-2372)**

**Call to learn about long-term care services:**

- Personal care such as help with bathing, dressing, grooming and exercising
- Home management such as help with cleaning, laundry and shopping

A trained professional at the aging and disability resource center will let you know what long-term care services are available in your community. For more information, visit [hhs.texas.gov/adrc](https://hhs.texas.gov/adrc).



**TEXAS**  
Health and Human  
Services