

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.



TEXAS
Health and Human
Services