

*Funded in part by
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Are you a family caregiver who needs more than a coffee break to recharge?

Call the
**North Central Texas
Aging and Disability
Resource Center**

855-937-2372

for information on free
services that include:



- Respite care
- Information about in-home programs for your family member
- Short-term case management and help paying for things like wheelchair ramps and medical equipment and supplies
- Counseling and support groups
- More

