

## Who provides options counseling?

Options counseling services are provided by the North Central Texas Aging and Disability Resource Center, a clearinghouse of long-term services and supports, administered by the North Central Texas Council of Governments and funded by Texas Health and Human Services.



P.O. Box 5888 • Arlington, TX 76005-5888  
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However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not assume endorsement by the Federal Government.

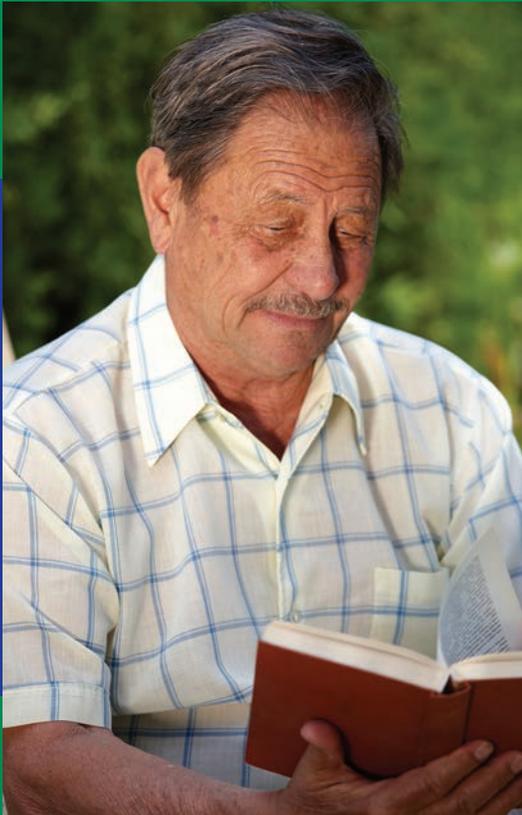
# Community Care Options

## for Non-Medicaid Nursing Home Residents



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for Non-Medicaid Nursing Home Residents



## Are you thinking about going home?

You've spent some time in a nursing home and are thinking about going back to the community—maybe to live on your own, with family, or an assisted living facility. You want to be more independent but will need some help. It can be a little overwhelming, figuring out what community-based services are available and which ones are best for you. Fortunately, there are people who can help.

Through the North Central Texas Aging and Disability Resource Center, you can talk to an Options Counselor who can help you find resources you may need to successfully return to community living. Our Options Counselors are familiar with in-home programs, community-based services and supports, and funding sources. If you are a non-Medicaid nursing home resident and want to explore your options, please give us a call at **1-855-YES-ADRC (1-855-937-2372)** and we will be happy to help.

## What services may be available?

- Medicare home health
- Home-delivered meals
- Respite care
- Transportation
- Veteran's Aid and Attendance
- Community Care for the Aged and Disabled
- Area Agency on Aging services

## How do I reach an options counselor?

In the North Central Texas area, call **1-YES-ADRC (1-855-937-2372)** to reach an options counselor.

## How much does options counseling cost?

We provide information and advice at no charge to callers, through a grant from Texas Health and Human Services.