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.

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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.