What Services are Available to My Loved One?

The North Central Texas Area Agency on Aging offers the following services:*

- Home-delivered meals
- Congregate meals
- Transportation
- Benefits counseling
- Legal assistance
- Homemaker and personal assistance services
- Care coordination
- Information, referral and assistance
- Nursing home resident advocacy
- Nursing home relocation
- Health classes

* *Please note that not all services are available in all counties.*

For more information, call 1-800-272-3921.
nctcog.org/aging-services

Area Agency on Aging
OF NORTH CENTRAL TEXAS

A program of the North Central Texas Council of Governments

Funded in part by Texas Health and Human Services Commission

Who is Eligible for Services?

The North Central Texas Area Agency on Aging assists people age 60 and over and their family caregivers of any age who live in its service area. It also serves people who are at least 55 years of age who have primary custody of grandchildren under the age of 16, or care for adult children with severe disabilities.

This service area includes: Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise counties.

We do not discriminate on the basis of race, color, national origin, sex, or disability. However, we do give priority to persons with low incomes.

How Much Do Services Cost:

We do not charge for services, but we do accept contributions of any amount.

How Can I Get More Information?

To learn more about services for your loved one or yourself, please call the North Central Texas Area Agency on Aging at **1-800-272-3921**. Office hours are Monday - Friday, from 8:00 a.m. - 5:00 p.m.

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Caregiver Resources:

Supporting Family Members Who Care



Area Agency on Aging
OF NORTH CENTRAL TEXAS

Caregiver Resources:
Supporting Family Members Who Care



When older adults need help, they turn to family members — people like you.

And you are there, sacrificing time and money. It's not always easy caring for an older adult, but we can make it a little easier.

The North Central Texas Area Agency on Aging supports family caregivers. We have information and direct services to help you sort through your options, give you tips on caring for an older person, arrange for services to assist your loved one when you can't be there, and plan ahead for uncertain times.

We are able to provide this support through funding from the Texas Health and Human Services Commission.

What Services Are Available to Me?

The North Central Texas Area Agency on Aging offers the following services to family caregivers:*

- Information, Referral and Assistance: We'll let you know about health and social service programs that can assist you and your loved one.
- Caregiver Support Coordination: Our social workers can help you set up and monitor services such as in-home care, minor home repairs, and emergency response services that support independent living.
- Education and Training: We'll invite you to classes at convenient locations and share printed material to help you care for your loved one and yourself. We'll tell you about housing options, paying for long-term care, dealing with a family member's increased difficulty with daily activities, and more. For your convenience, you can access our training program on-line at: www.familycaregiversonline.net.
- Respite Care: We can provide respite vouchers to eligible families. These vouchers can be used to purchase temporary in-home or institutional care from a person you trust, when and where you need it.
- Support Groups and Counseling: We'll get you in touch with professionals and other caregivers who can help you deal with the stress of juggling multiple roles.

* *Please note that not all services are available in all counties.*