



2019 - 2020 HEALTH RESOURCE GUIDE FOR CAREGIVERS

ASSISTANCE FOR SENIORS AND THEIR FAMILIES



United Way
of Tarrant County



TABLE OF CONTENTS

Adult Day Services	4
Community Resources	5
Legal and Financial Services	7
Guardianship and Special Needs Legal Services	9
Elder Law	11
Special Needs Estate Planning	13
Legal Resources for Veterans	14
Nutrition Services	14
Transportation Services	19
Diagnostic Services	21
Intellectual Development Disability Services	23
Memory Care Services and Assisted Living	26
Caregiver Education and Support	33
Glossary	36
Online Resources	37
Organization Index	38

TO LOCATE THE HELP YOU NEED IN TEXAS:

DIAL 2-1-1
(press option one)

Alternate Helpline:
(877) 541 - 7905



FIND THE HELP YOU NEED FOR EMERGENCY MENTAL HEALTH, SUBSTANCE ABUSE DISORDER AND DISABILITY SERVICES INFORMATION:

Call or Text:
(817) 335 - 3022

Toll Free:
(800) 866 - 2465



TARRANT CARES

Tarrant Cares is an online information service for individuals, families, caregivers and agencies that provides countless solutions for issues that you or your family may be facing. Find the services you need 24 hours a day at www.tarrantcares.org.

*Spanish speakers are available upon request.

MEDICALERT® + ALZHEIMER'S ASSOCIATION SAFE RETURN®

MedicAlert® + Alzheimer's Association Safe Return® is a 24-hour nationwide emergency response service for individuals with Alzheimer's or a related dementia who wander or have a medical emergency.

To join, call **(888) 572 - 8566** or visit **www.medicalert.org/safereturn**.



Live 24-hour emergency response for wandering and medical emergencies



safe return®

alzheimer's  association®

TEXAS SILVER ALERT

Wandering impacts families and caregivers statewide, affecting those who suffer with various mental conditions such as Alzheimer's disease and other forms of dementia. In 2007, the state's Silver Alert program was created by Texas legislation to notify the public of missing older adults with a documented mental condition.

Below represents Silver Alert criteria for the state's network:

- Is the missing person 65 years of age or older?
- Does the senior citizen have a diagnosed impaired mental condition, and does the senior citizen's disappearance pose a credible threat to the senior citizen's health and safety? (Law enforcement shall require the family or legal guardian of the missing senior citizen to provide documentation from a medical or mental health professional of the senior citizen's condition).
- Is it confirmed that an investigation has taken place verifying that the senior citizen's disappearance is due to his/her impaired mental condition, and alternative reasons for the senior citizen's disappearance have been ruled out?
- Is the Silver Alert request within 72 hours of the senior citizen's disappearance?
- Is there sufficient information available to broadcast to the public that could assist in locating the senior citizen? (Highway signs will be activated only if accurate vehicle information is available and it is confirmed that the senior citizen was driving the vehicle at the time of the disappearance).

NOTE: A PHYSICIAN'S LETTERHEAD, INDICATING THE IMPAIRED MENTAL CONDITION, DATE OF DIAGNOSIS, PATIENT'S NAME, WITH PHYSICIAN'S SIGNATURE IS RECOMMENDED TO SATISFY THE DOCUMENTATION REQUIREMENT.



ADULT DAY SERVICES

The following Day Centers accept clients with mild Dementia or Alzheimer's. Many centers may need to complete an assessment before providing services. The Day Centers are not locked facilities and will not accept clients who exhibit exit-seeking behaviors.

ARLINGTON ADULT DAY HEALTH CARE CENTER

2117 Roosevelt Drive, Ste. F, Pantego, TX 76013
(817) 795 – 8066
www.aadhc.org

GOLDEN CHOICE ADULT DAY CENTER

5415 E Lancaster Avenue, Fort Worth, TX 76112
(817) 451 – 4411

JAMES L. WEST ALZHEIMER'S CENTER

1111 Summit Avenue, Fort Worth, TX 76102
(817) 877 - 1199
www.jameslwest.org

NORTHSIDE ADULT DAYCARE CENTER, INC.

1401 Clinton Avenue, Fort Worth, TX 76164
(817) 740 - 1611

For a complete list of Adult Day Activity Centers in Tarrant County:
Visit apps.hhs.texas.gov/LTCSearch



COMMUNITY RESOURCES

ALZHEIMER'S ASSOCIATION NORTH CENTRAL TEXAS CHAPTER

2630 W Freeway, Ste. 100, Fort Worth, TX 76102

24/7 Helpline: (800) 272 – 3900

www.alz.org/northcentraltexas

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Locally, we provide the following services to help clients make informed decisions:

- Support Groups
- Care Consultations
- Education
- Community Outreach
- Family Care Services
- Early Stage Programs

AREA AGENCY ON AGING TARRANT COUNTY

1500 N Main Street, Fort Worth, TX 76164
(817) 258 – 8081
www.unitedwaytarrant.org/aaa

The Area Agency on Aging assesses the needs of adults age 60 and older and sets priorities for services. Provides funding for a variety of services/programs for older adults including respite for caregivers, congregate meals, home delivered meals and more through partnerships with many community organizations.

EASTERSEALS NORTH TEXAS

1424 Hemphill Street, Fort Worth, TX 76104
(817) 332 – 7171
Toll Free: (888) 617 – 7171
www.ntx.easterseals.com

Easterseals provides senior services programs which include non-medical, in-home services and caregiver support such as personal care assistance, light housekeeping and respite care.

HELPING RESTORE ABILITY (HRA)

4300 Beltway Place, Ste. 130, Arlington, TX 76018
(817) 469 – 1977
www.hrataxas.org

HRA provides services that enable individuals to stay in their homes, attend school or go to work and remain self-sufficient. Services include Client Managed Personal Attendant Services, Consumer Directed Services, Primary Home Care, MR Services and private pay services.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC)

801 S Highway 161, Ste. 700, Grand Prairie, TX 75051
Administration: (972) 337 – 6100
Adult Protective Services: (800) 252 - 5400
Complaint Hotline: (800) 458 - 9858
Intake Toll Free: (888) 337 - 6377
Ombudsman Program: (800) 252 - 2412
Texas Office of the Attorney General: (800) 252 -8011
hhs.texas.gov

HHSC provides services for seniors and people with disabilities who request assistance in maintaining their independence as well as institutional care for those who require that level

of support. Services provided include adult foster care, adult day care and assistance with tasks such as personal care and house cleaning.

UNT HEALTH SCIENCE CENTER STEP (SAFE TRANSITIONS FOR THE ELDERLY PATIENT)

855 Montgomery Street, Fort Worth, TX 76107

(817) 735 – 2709

www.unthsc.edu

UNT Health Science Center STEP provides high quality transition of care services for Medicaid enrolled for adults 50 years of age and older, regardless of their primary or secondary admitting diagnosis. Individuals must be discharged from five area hospital partners: JPS Hospital, Harris Hospital Downtown Fort Worth, Plaza Medical Center of Fort Worth, Baylor All Saints Medical Center of Fort Worth and Methodist Mansfield Medical Center.

For more information on in-home services:

Visit Texas Association of Homecare and Hospice at www.tahch.org

For a complete list of home health agencies in Tarrant County:

Visit apps.hhs.texas.gov/LTCSearch

LEGAL AND FINANCIAL SERVICES

PLEASE NOTE: Attorney listings were obtained through the websites of Tarrant County Probate Courts. These lists were compared and attorneys appearing on both were reviewed to ascertain specialty practice areas of elder law and/or wills, trusts and probate through the State Bar of Texas attorney profiles. Individuals who indicated a practice area of wills, trusts and probate were contacted individually to ascertain the practice of guardianship law; individuals who reported practicing guardianship law were placed on the special-needs listing.

DISABILITY RIGHTS TEXAS

1420 W Mockingbird Lane, Ste. 450, Dallas, TX 75247

(214) 630 – 0916

www.disabilityrightstx.org

Disability Rights Texas is the federally designated legal protection and advocacy agency for people with disabilities in Texas. They help people with disabilities understand and exercise their rights under the law, ensuring their full and equal participation in society.

DISPUTE RESOLUTION SERVICES OF NORTH TEXAS, INC.

4304 Airport Freeway, Ste. 100, Fort Worth, TX 76116
(817) 877 – 4554
www.drsnorthtexas.org

Dispute Resolution Services provides a neutral forum where people can reach satisfactory settlements to disagreements through mediation, in lieu of formal court or legal action. Mediation is confidential and facilitated by a neutral third party to help reach a mutually acceptable resolution.

FINANCIAL EXPLOITATION PREVENTION CENTER (FEPC)

603 W Magnolia Avenue, Ste. 205, Fort Worth, TX 76104
(817) 720 – 6556
www.financialexploitationpreventioncenter.org

The FEPC is a unified network of partners committed to the protecting of aging and disabled adults by preventing and prosecuting their financial exploitation. Families of vulnerable adults, who are aging or have one or more physical, developmental or cognitive disabilities, will be connected to community services, programs and support.

GUARDIANSHIP SERVICES, INC. (GSI)

603 W Magnolia Avenue, Ste. 205, Fort Worth, TX 76104
(817) 921 – 0499
www.guardianshipservices.org

GSI, through its Guardianship Program, serves as surrogate decision maker for individuals who lack capacity as determined by the Tarrant County Probate Court and have no one else able to assist with their care. The Money Management Program is a less-restrictive alternative to guardianship and assists low-income clients who are not capable of managing their finances in their own best interest. Money management programs include: representative payee, financial education and coaching.

LEGAL AID OF NORTHWEST TEXAS

600 E Weatherford Street, Fort Worth, TX 76102
(817) 336 – 3943
Toll Free: (800) 955 – 3959
www.lanwt.org

Legal Aid of North West Texas offers free civil legal assistance to low-income Texans. They provide services by assisting with cases on housing problems, government benefits, health and medical care, utility problems, family law, consumer law and other civil matters.

LEGAL HOTLINE FOR TEXANS

(800) 622 – 2520

The Legal Hotline for Texans gives free, legal advice, self-help publications and referrals to Texans over the age of 60 and Texans who receive Medicare.

For more information on Legal and Financial services in your area:

Visit www.211texas.org

GUARDIANSHIP AND SPECIAL NEEDS LEGAL SERVICES

AARON JAMES SHUTT, PAUP, SHUTT AND ASSOCIATES, PC

5020 Collinwood Avenue, Ste. 200, Fort Worth, TX 76107

(817) 737 - 5020

Practice Areas: Elder Law, Taxation, Wills-Trusts-Probate, Guardianship

CHAMPLIN LAW FIRM

550 Bailey Avenue, Ste. 315, Fort Worth, TX 76107

(817) 348 - 0503

Practice Areas: Business, Real Estate, Wills-Trusts, Guardianship

DUSTIN L. PAYNE, PLLC

101 Summit Avenue, Ste. 400, Fort Worth, TX 76102

(817) 877 – 1969

Practice Areas: Bankruptcy, Business, Consumer, Creditor-Debtor, Elder Law, Real Estate, Taxation, Wills-Trusts-Probate

DYANN MCCULLY AND KORY WILBURN NELSON, THE BLUM FIRM, PC

777 Main Street, Ste. 700, Fort Worth, TX 76102

(817) 334 - 0066

Practice Areas: Wills-Trusts-Probate, Guardianship

JOHN G. BENOIST ATTORNEY AT LAW

P.O. Box 121817, Fort Worth, TX 76121

(817) 696 - 9255

Practice Areas: Elder Law, Labor-Employment, Wills-Trusts-Probate, Juvenile

KAREN HUTCHINSON GORDON, GORDON AND SYKES, LLP

1320 S University Drive, Ste. 806, Fort Worth, TX 76107

(817) 338 - 0724

Practice Areas: Business, Guardianship

KELLY ELIZABETH DEBERRY, GRIFFITH JAY MICHEL, LLP

2200 Forest Park Boulevard, Fort Worth, TX 76110

(817) 926 - 2500

Practice Areas: Family, Wills-Trusts-Probate, Guardianship

LAW OFFICE OF MARTIN A. RECHNITZER, PC

388 SW Johnson Avenue, Burleson, TX 76028

(817) 551 - 1752

Practice Areas: ADR, Business, Elder Law, Wills-Trusts-Probate, Guardianship

LAW OFFICE OF ROBERT J. GIEB

514 E Belknap Street, Ste. 200, Fort Worth, TX 76102

(817) 336 - 5681

Practice Areas: Wills-Trusts-Probate, Guardianship

MONICA ANN BENSON, KATTEN AND BENSON

4763 Barwick Drive, Ste. 100, Fort Worth, TX 76132

(817) 263 - 5190

Practice Areas: Elder Law, Other, Wills-Trusts-Probate, Guardianship

POPE, HARDWICKE, CHRISTIE, SCHELL, KELLY AND TAPLETT, LLP

500 W Seventh Street, Ste. 600, Fort Worth, TX 76102

(817) 877 - 3245

Practice Areas: Litigation: Commercial, Litigation: Personal Injury, Oil and Gas, Real Estate, Wills-Trusts-Probate, Guardianship

PATRICIA B. COLE, DECKER JONES, PC

801 Cherry Street, Ste. 46, Fort Worth, TX 76102

(817) 336 - 2400

Practice Areas: Business, Elder Law, Litigation: Commercial, Taxation, Wills-Trusts-Probate, Guardianship, Estate Planning, Mental Health

SAWYER LAW FIRM, PLLC

500 W Seventh Street, Ste. 750, Fort Worth, TX 76102

(817) 335 - 2208

Practice Areas: Wills-Trusts-Probate, Guardianship

ELDER LAW

AARON JAMES SHUTT, PAUP, SHUTT AND ASSOCIATES, PC

5020 Collinwood Avenue, Ste. 200, Fort Worth, TX 76107

(817) 737 - 5020

Practice Areas: Elder Law, Taxation, Wills-Trusts-Probate, Guardianship

ANGELA HARVEY

4758 Benbrook Boulevard, Benbrook, TX 76116

(817) 560 - 8100

Practice Areas: Elder Law, Wills-Trusts-Probate

BOB LEONARD LAW GROUP, PLLC

101 Summit Avenue, Ste. 300, Fort Worth, TX 76102

(817) 336 - 8500

Practice Areas: Appellate: Civil, Collaborative Law, Elder Law, Family, Wills- Trusts-Probate

BONNY M. LINK, THE LINK LAW FIRM, PLLC

4116 W Vickery Boulevard, Fort Worth, TX 76107

(817) 233 - 0550

Practice Areas: Elder Law, Wills-Trusts-Probate

CARY MICHAEL SCHROEDER, SCHROEDER LAW FIRM

1009 Henderson Street, Fort Worth, TX 76102

(817) 704 - 4004

Practice Areas: Elder Law, Wills-Trusts-Probate

DUSTIN L. PAYNE, PLLC

101 Summit Avenue, Ste. 400, Fort Worth, TX 76102

(817) 877 - 1969

Practice Areas: Bankruptcy, Business, Consumer, Creditor-Debtor, Elder Law, Real Estate, Taxation, Wills-Trusts-Probate

JOHN G. BENOIST ATTORNEY AT LAW

P.O. Box 121817, Fort Worth, TX 76121

(817) 696 - 9255

Practice Areas: Elder Law, Labor-Employment, Wills-Trusts-Probate

KAREN HUTCHINSON GORDON, GORDON AND SYKES, LLP

1320 S University Drive, Ste. 806, Fort Worth, TX 76107

(817) 338 - 0724

Practice Areas: Business, Guardianship, Estate Planning

LAW OFFICE OF LUCY BRANTS

3535 W Seventh Street, Ste. 4, Fort Worth, TX 76107

(817) 732 - 7838

Practice Areas: Elder Law, Wills-Trusts-Probate

LAW OFFICE OF MARTIN A. RECHNITZER, PC

388 SW Johnson Avenue, Burleson, TX 76028

(817) 551 - 1752

Practice Areas: ADR, Business, Elder Law, Wills-Trusts-Probate, Guardianship

LAW OFFICE OF TAWANA H. GRAY, PLLC

400 E Weatherford Street, Ste. 207, Fort Worth, TX 76102

(817) 778 – 9968

Practice Areas: Bankruptcy, Consumer, Creditor-Debtor, Elder Law, Wills-Trusts-Probate, Other

LISA MICHEL MCCULLOUGH, SANDERS LAW GROUP, PLLC

6245 Rufe Snow Drive, Ste. 280, Fort Worth, TX 76148

(817) 642 - 7900

Practice Areas: Administrative and Public, Business, Elder Law, Healthcare, Wills-Trusts-Probate

MONICA ANN BENSON, KATTEN AND BENSON

4763 Barwick Drive, Ste. 100, Fort Worth, TX 76132

(817) 263 - 5190

Practice Areas: Elder Law, Other, Wills-Trusts-Probate, Guardianship

NATALIE SUZANNE BRACKETT AND LISA H. JAMESON, BOURLAND, WALL AND WENZEL, PC

500 W Seventh Street, Ste. 600, Fort Worth, TX 76102

(817) 877 – 1088

Practice Areas: Litigation: Commercial, Litigation: Personal Injury, Oil and Gas, Real Estate, Wills-Trusts-Probate, Guardianship

PATRICIA B. COLE, DECKER JONES, PC

801 Cherry Street, Ste. 46, Fort Worth, TX 76102

(817) 336 – 2400

Practice Areas: Business, Elder Law, Litigation: Commercial, Taxation, Wills-Trusts-Probate, Guardianship, Estate Planning, Mental Health

WILLIAM T. FITZGERALD, BROUDE, SMITH AND JENNINGS, PC

309 W Seventh Street, Ste. 1100, Fort Worth, TX 76102

(817) 335 – 1615

Practice Areas: ADR, Business, Construction, Elder Law, Healthcare, Litigation: Commercial, Wills-Trusts-Probate

SPECIAL NEEDS ESTATE PLANNING

LAURA COORPENDER RAMIREZ, COORPENDER AND RAMIREZ, PLLC

4305 Windsor Centre Trail, Ste. 200, Flower Mound, TX 75028

(972) 539 - 2112

LIVENS AND REED, PLLC

2516 Harwood Road, Bedford, TX 76021

(817) 545 - 3425

Toll Free: (800) 569 - 2663

RICHARD O'CONNOR, BLANKENSHIP, WILAND AND O'CONNOR

8111 Preston Road, Ste. 550, Dallas, TX 75225

(214) 691 - 3400

STEPHEN E. DUBNER, DUBNER LAW

2785 Rockbrook Drive, Ste. 205, Lewisville, TX 75067

(214) 257 - 8818

STEVENS FINANCIAL GROUP

777 Main Street, Ste. 2100, Fort Worth, TX 76102

(817) 900 - 5700

THOMAS P. KROEHLE, JR., AIF

3939 Belt Line Road, Ste. 310, Addison, TX 75001

(972) 964 - 3444

LEGAL RESOURCES FOR VETERANS

LEGAL AID OF NORTHWEST TEXAS

(800) 394 - 9734

www.lanwt.org

TARRANT COUNTY VETERAN'S COURT

(817) 884 - 3225

www.tarrantcounty.com

TEXAS A&M FAMILY AND VETERANS ADVOCACY CLINIC

(817) 212 - 4123

www.law.tamu.edu

TEXAS LAWYERS FOR TEXAS VETERANS FORT WORTH CHAPTER

(817) 546 - 4460

www.texaslawhelp.org

Tarrant County Chapter: www.txltxv.org

NUTRITION SERVICES

MEALS ON WHEELS, INC. OF TARRANT COUNTY

5740 Airport Freeway, Haltom City, TX 76117

(817) 336 – 0912

www.mealsonwheels.org

Meals On Wheels provides freshly prepared noon meals, cold breakfast meals and occasional frozen weekend meals to homebound elderly and disabled individuals. Nutritional supplements may be provided for those at nutritional risk based on the recommendations of a physician or a registered dietitian. A comprehensive case management program is also offered. Case managers review each individual's living circumstance and make referrals as needed.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

1501 Circle Drive, Fort Worth, TX 76119

(817) 321 – 8000

www.fns.usda.gov/snap

The SNAP program is a federally regulated food assistance program. SNAP helps

individuals get the nutrition and healthy food necessary. In a household, SNAP benefits are awarded to a single person or family who meets the program's requirements, which focus mainly on income and household size.

TARRANT AREA FOOD BANK

2600 Cullen Street, Fort Worth, TX 76107
(817) 857 – 7100
www.tafb.org

Tarrant Area Food Bank distributes food to a network of hunger-relief charities that provide emergency groceries, meals and snacks to Texans in need. They do not distribute food at their location but can assist seniors find a food bank location nearby where they can receive food. Their social services outreach staff can also help families and individuals apply for food assistance, financial assistance and healthcare.

The following senior centers offer lunch and accept clients with mild Dementia or Alzheimer's. Clients must be independent or attend with a caregiver and cannot exhibit exit-seeking behaviors. Senior centers may have a membership fee.

ARLINGTON ADULT DAY HEALTH CARE (ROOSEVELT CENTER)

2117 Roosevelt Drive, Ste. F, Pantego, TX 76013
(817) 795 – 8066
www.aadhc.org

ARLINGTON - NEW YORK

2015 Craig Hanking Drive, Arlington, TX 76010
(817) 460 – 5009
www.naturallyfun.org

AZLE SENIOR LIVING

601 SE Parkway, Azle, TX 76020
(817) 444 - 0070
www.legacyoaksazle.com

BARNABAS SENIOR CENTER

4409 Sycamore School Road, Fort Worth, TX 76133
(817) 370 – 6242
www.christfortworth.com

CASA SENIOR CENTER

3201 Sondra Drive, Fort Worth, TX 76107
(817) 332 - 7276

COMO SENIOR CENTER

4900 Horne Street, Fort Worth, TX 76107
(817) 392 - 2256
(817) 392 - 5300

CROWLEY COMMUNITY CENTER

900 E Glendale Street, Crowley, TX 76036
(817) 297 - 9131

DIAMOND HILL SENIOR CENTER

1701 NE 36th Street, Fort Worth, TX 76106
(817) 392 - 2260

FELLOWSHIP CORNER

1601 New York Avenue, Fort Worth, TX 76104
(817) 332 - 7276

FOREST HILL SENIOR CENTER

7004 Forest Hill Drive, Fort Worth, TX 76140
(817) 293 - 8319

GRAPEVINE SENIOR CENTER

1175 Municipal Way, Grapevine, TX 76051
(817) 410 – 3465
www.grapevintexas.gov

HALTOM CITY SENIOR CENTER

5000 Bernice Street, Haltom City, TX 76117
(817) 834 - 8021
www.haltomcitytx.com

HANDLEY MEADOWBROOK SENIOR CENTER

6201 Beaty Street, Fort Worth, TX 76112
(817) 496 – 3986

HOMETOWNE AT MATADOR RANCH SENIOR CENTER

8500 Crowley Road, Fort Worth, TX 76134
(817) 568 -9595
www.hometowneatmatadorranch.com

HURST SENIOR CITIZENS ACTIVITIES CENTER

700 Heritage Circle, Hurst, TX 76053

(817) 788 – 7710

www.hursttx.gov

JEWISH FAMILY SERVICES SENIOR CENTER

4900 Briarhaven Road, Fort Worth, TX 76109

(817) 296 – 3709

KENNEDALE SENIOR CENTER

420 Corry A. Edwards Drive, Kennedale, TX 76060

(817) 985 – 2131

www.cityofkennedale.com

MANSFIELD SENIOR CENTER

106 S Wisteria Street, Mansfield, TX 76063

(817) 728 – 3680

www.mansfieldtexas.gov

NORTH RICHLAND HILLS SENIOR CENTER

6000 Hawk Avenue, North Richland Hills, TX 76180

(817) 656 – 9525

www.nrhcentre.com

NORTHSIDE SENIOR CENTER

1100 NW 18th Street, Fort Worth, TX 76164

(817) 392 - 2257

NORTH TRI ETHNIC COMMUNITY CENTER

2950 Roosevelt Avenue, Fort Worth, TX 76106

(817) 392 - 2258

(817) 392 - 5200

RIVER OAKS SENIOR CENTER

5300 Blackstone Drive, Fort Worth, TX 76114

(817) 732 – 5885

www.riveroakscommunitycenter.com

THE MAGNOLIA

709 Magnolia Street, Arlington, TX 76012

(817) 261 - 0608

GUIDE FOR CAREGIVERS

WATAUGA SENIOR CENTER

7901 Indian Springs Road, Watauga, TX 76148

(817) 514 – 5892

www.cowtx.org

WHITE SETTLEMENT SENIOR CENTER

8211 White Settlement Road, White Settlement, TX 76108

(817) 246 – 6619

www.wstx.us

WORTH HEIGHTS SENIOR CENTER

3551 New York Avenue, Fort Worth, TX 76110

(817) 392 - 2259

(817) 392 - 8722

For a complete list of senior centers in your area:

Call Sixty and Better at (817) 413 – 4949 or visit www.sixtyandbetter.org

For a complete list of food pantries available in your area:

Visit www.211texas.org

TRANSPORTATION

CALL A RIDE SOUTHLAKE

P.O. Box 92683, Southlake, TX 76092

(817) 798 - 4022

www.callaridesouthlake.org

Call a Ride of Southlake (CARS) provides free, non-emergency transportation to Southlake seniors and disabled adults. CARS will transport within a 25-mile radius of Southlake, including Arlington, Fort Worth and Dallas for most medical purposes. CARS will transport within a 7-mile radius of Southlake for non-medical purposes. The program is offered Monday through Friday from 8 A.M. to 5 P.M. and only serves Southlake Residents.

CATHOLIC CHARITIES TRANSPORTATION PROGRAM

249 W Thornhill Drive, Fort Worth, TX 76115

(817) 336 - 8714

www.catholiccharitiesfortworth.org

Catholic Charities Transportation Program provides transportation services for Catholic Charities Fort Worth. Catholic Charities works closely with each client to identify appropriate transportation solutions and look for available options that meet each client's needs, whether they are elderly, disabled or looking for ways to reach their employment destinations.

GRAND CONNECTION TRANSIT

1821 W Freeway Street, Grand Prairie, TX 75051

(972) 237 - 8546

www.gptx.org

Grand Connection Transit provides transportation to seniors that are at least 60 years of age or older and have a physical or mental disability. Must be a resident of Grand Prairie to qualify. Hours of operation are Monday, Wednesday and Friday from 4 A.M. to 5 P.M. and Tuesday and Thursday from 7 A.M. to 5 P.M.

HANDITRAN - CITY OF ARLINGTON

1101 W Main Street, Arlington, TX 76013

(817) 459 - 5390

www.arlington-tx.gov

Handitran provides safe, friendly and reliable transportation for disabled citizens and adults 65 years of age and older in the Arlington area. Service hours are Monday through Friday from 7 A.M. to 10 P.M. and Saturdays from 8 A.M. to 9 P.M.

MEDICAID TRANSPORTATION

801 S State Highway 161, Grand Prairie, TX 75051
(877) 633 – 8747
www.hhsc.state.tx.us

Medicaid Transportation provides non-emergency transportation services for eligible customers (Medicaid) to authorized medical and dental appointments.

MY RIDE TARRANT / DALLAS / NORTH TEXAS

3840 Hulen Street, North Tower, Fort Worth, TX 76107
(682) 587 – 7009
www.mhmrtarrant.org

My Ride Tarrant provides transportation for disadvantaged, specifically older adults and persons with disabilities, that need help navigating transportation options throughout Tarrant County.

NORTHEAST TRANSPORTATION SERVICES

249 W Thornhill Drive, Fort Worth, TX 76115
(817) 336 - 8714

Northeast Transportation Services is a door-to-door, demand responsive para-transit service that is available to any resident of a participating city who is disabled or meets the eligibility requirements.

TRINITY METRO

1600 E Lancaster Avenue, Fort Worth, TX 76102
Main: (817) 215 – 8600
(817) 336 – 7433
www.ridettrinitymetro.org

The T provides public transportation services such as fixed route bus service for the cities of Fort Worth, Richland Hills and Blue Mound. Trained drivers are available to assist passengers in boarding and alighting vehicles specially designed to accommodate the mobility impaired.



DIAGNOSTIC SERVICES

JPS HEALTH NETWORK

1500 S Main Street, Fort Worth, TX 76104

(817) 702 – 1100

www.jpshealthnet.org

JPS Health Network provides emergency services and trauma care as the only Level 1 Trauma Center in the county. JPS is equipped with inpatient care, emergency and impatent psychiatric care and a full range of outpatient services. JPS is focused on providing care across the continuum, including the emergency department, hospital, clinic and partnering with agencies across the community to provide care for patients.

MY HEALTH MY RESOURCES (MHMR) OF TARRANT COUNTY

3840 Hulen Street, North Tower, Fort Worth, TX 76107

(817) 335 – 3022

www.mhmrtarrant.org

MHMR Tarrant provides an integrated array of services and referrals for children, adolescents and adults with behavioral health, substance use, intellectual and developmental disabilities.

TEXAS HEALTH RESOURCE SENIOR HEALTH AND WELLNESS CENTER

1275 W Terrell Avenue, Fort Worth, TX 76104

(817) 250 – 5716

www.texashealth.org

Texas Health Resource Senior Health and Wellness Center provides a single venue for coordinated care with specific attention to most common problems within the senior population. Services include Direct Geriatric Assessments as well as support services and educational classes. Hours are Monday through Friday from 7 A.M. to 3:30 P.M.

UNT HEALTH SCIENCE CENTER GERIATRIC ASSESSMENT AND PLANNING PROGRAM (GAPP CLINIC)

855 Montgomery Street, Fort Worth, TX 76107

(817) 735 – 2200

www.unthsc.edu

The GAPP Clinic provides assessment which may include a review of medical history and physical health, medications, functional and nutritional status, cognitive, emotional and psychological wellness. The GAPP Clinic also provides social service needs such as care and safety in the home, social network support, access to resources and planning for long term needs. The GAPP Clinic accepts private insurance, Medicare, Medicaid, Medicare assignment and managed care contracts.

For a complete list of hospitals in Tarrant County:

Visit www.txcip.org

For a list of health and medical services in your area:

Visit www.211texas.org



INTELLECTUAL DEVELOPMENT DISABILITY SERVICES (IDD)

CATHOLIC CHARITIES

249 W Thornhill Drive, Fort Worth, TX 76115

(817) 534 – 0814

(817) 289 – 3802

www.catholiccharitiesfortworth.org

Catholic Charities provides services including financial assistance, counseling, refugee services, abuse and neglect intervention and family preservation through case management services.

EASTERSEALS NORTH TEXAS

1424 Hemphill Street, Fort Worth, TX 76104
(817) 332 – 7171
Toll Free: (888) 671 – 7171
www.ntx.easterseals.com

Easterseals provides senior services programs which include non-medical in-home services and caregiver support such as personal care assistance, light housekeeping and respite care.

THE ARC OF GREATER MID-CITIES

1806 Haltom Road, Haltom City, TX 76117
(817) 834 – 7700
www.thearc.org

The Arc of Greater Mid-Cities is a nonprofit organization whose mission is to improve the quality of life for people with intellectual and related developmental disabilities. The Arc represents, supports and acts on behalf of individuals and their families regardless of level of disability or membership in The Arc.

THE ARC OF NORTH TEXAS

12700 Hillcrest Road, Ste. 200, Dallas TX 75230
(214) 634 – 9810
www.arcnorthtexas.org

The Arc of North Texas covers Collin County, Dallas County, Rockwall County and Tarrant County.

THE IDD COUNCIL OF TARRANT COUNTY

1300 Circle Drive, Ste. 106, Fort Worth, TX 76119
(817) 569 – 4852
www.iddcouncil.org

The IDD Council is a community coalition of providers, public officials, families and self-advocates who have come together to increase opportunities for people with intellectual and developmental disabilities in the community.

MY HEALTH MY RESOURCES (MHMR) OF TARRANT COUNTY

3840 Hulen Street, North Tower, Fort Worth, TX 76107

(817) 335 – 3022

www.mhmrtarrant.org

MHMR Tarrant provides an integrated array of services and referrals for children, adolescents and adults with behavioral health, substance use, intellectual and developmental disabilities.

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC)

801 S Highway 161, Ste. 700, Grand Prairie, TX 75051

Administration: (972) 337 – 6100

Adult Protective Services: (800) 252 - 5400

Complaint Hotline: (800) 458 - 9858

Intake Toll Free: (888) 337 - 6377

Ombudsman Program: (800) 252 - 2412

Texas Office of the Attorney General: (800) 252 -8011

hhs.texas.gov

HHSC provides services for seniors and people with disabilities who request assistance in maintaining their independence as well as institutional care for those who require that level of support. Services provided include adult foster care, adult day care and assistance with tasks such as personal care and house cleaning.

TEXAS WORKFORCE COMMISSION

2400 Circle Drive, Fort Worth, TX 76119

Toll Free: (800) 628 – 5115

www.twc.state.tx.us

TWC provides programs to ensure that people with disabilities live independent and productive lives.

For more information on Intellectual and Developmental Disability Services in your area:

Visit www.211texas.org



MEMORY CARE SERVICES AND ASSISTED LIVING

ATRIA GRAPEVINE

3975 William D. Tate Avenue, Grapevine, TX 76051

(817) 984 – 5559

www.atriaseniorliving.com

Care Types: Alzheimer's Memory Care, Assisted Living, Independent Living

ATRIA LAKE ARLINGTON

2500 Woodside Drive, Arlington, TX 76016

(817) 382 – 5566

www.atriaseniorliving.com

Care Types: Alzheimer's memory Care, Assisted Living, Independent Living

AUTUMN LEAVES OF ARLINGTON

514 Central Park Drive, Arlington, TX 76014

(817) 419 – 6700

www.autumnleaves.com

Care Types: Alzheimer's Memory Care, Assisted Living

AUTUMN LEAVES OF CITYVIEW

7100 Dutch Branch Road, Fort Worth, TX 76132

(817) 769 – 3800

www.autumnleaves.com

Care Types: Alzheimer's Memory Care, Assisted Living

AVALON MEMORY CARE ARLINGTON

7200 Highway 287, Arlington, TX 76001

(888) 445 – 2590

www.avalonmemorycare.com

Care Types: Alzheimer's Memory Care, Assisted Living

AVALON MEMORY CARE FORT WORTH

4551 Boat Club Road, Fort Worth, TX 76135

(800) 696 – 6536

www.avalonmemorycare.com

Care Types: Alzheimer's Memory Care, Assisted Living

BETHESDA GARDENS FORT WORTH

5417 Altamesa Boulevard, Fort Worth, TX 76123

(817) 776 – 4162

www.bethesdagardensftworth.com

Care Types: Alzheimer's Memory Care, Assisted Living, Hospice Care, Respite Care

BROOKDALE OAK HOLLOW

2016 L. Don Dodson Parkway, Bedford, TX 76021

(817) 385 – 1629

www.brookdale.com

Care Types: Alzheimer's Memory Care

BROOKDALE PECAN PARK

915 N Fielder Road, Arlington, TX 76012

(817) 422 – 0624

www.brookdale.com

Care Types: Alzheimer's Memory Care, Assisted Living

BROOKDALE RICHLAND HILLS

7520 B Glenview Drive, Richland Hills, TX 76180

(817) 369 – 8558

www.brookdale.com

Care Types: Assisted Living

BROOKDALE TANGLEWOOD OAKS

2698 S Hulen Street, Fort Worth, TX 76109

(817) 381 – 2339

www.brookdale.com

Care Types: Alzheimer's Memory Care, Assisted Living

BROOKDALE WESTOVER HILLS

6201 Plaza Parkway, Fort Worth, TX 76116

(817) 476 – 2326

www.brookdale.com

Care Types: Assisted Living, Alzheimer's Memory Care

COLONIAL GARDENS FORT WORTH

6931 River Park Circle, Fort Worth, TX 76116

(817) 731 – 7611

www.swltc.com

Care Types: Alzheimer's Memory Care, End of Life Care, Respite Care, 24 Hour Care

DANCING RIVER ASSISTED LIVING

3735 Ira E. Woods Avenue, Grapevine, TX 76051

(817) 442 – 0505

www.dancingriver-al.com

Care Types: Alzheimer's Memory Care, Assisted Living, 24/7 Care

GARDEN TERRACE ALZHEIMER'S CENTER OF EXCELLENCE

7500 Oakmont Boulevard, Fort Worth, TX 76132

(817) 346 – 8080

www.gardenterraceoffortworth.com

Care Types: Alzheimer's Memory Care, Hospice Care, Nursing Center

GLENVIEW WELLNESS AND REHABILITATION

7625 Glenview Drive, North Richland Hills, TX 76180

(817) 284 – 1427

www.glenviewwellnessandrehab.com

Care Types: Alzheimer's Memory Care, Nursing Center, Rehabilitation

GOOD LIFE SENIOR LIVING AND MEMORY CARE

812 W Morphy Street, Fort Worth, TX 76104

(817) 921 – 5400

www.goodlifeseniorliving.com

Care Types: Alzheimer's Memory Care, Assisted Living

HERITAGE PLACE ASSISTED LIVING AND MEMORY CARE

621 Old Highway 1187, Burleson, TX 76028

(817) 293 – 2300

www.sagora.com/heritage-place

Care Types: Alzheimer's Memory Care, Assisted Living, Independent Living

ISLE AT WATERCREST AT MANSFIELD

200 E Debbie Lane, Mansfield, TX 76063

(877) 385 – 4263

www.watercrestmansfield.com

Care Types: Alzheimer's Memory Care, Assisted Living, Extended Care

ISLE AT WATERMERE

101 Watermere Drive, Southlake, TX 76092

(817) 524 – 0872

www.isleatwatermeresouthlake.com

Care Types: Alzheimer's Memory Care, Assisted Living

JAMES L. WEST ALZHEIMER'S CENTER

1111 Summit Avenue, Fort Worth, TX 76102

(817) 877 – 1199

www.jameslwest.org

Care Types: Alzheimer's Memory Care, Nursing Center, Residential Care, Respite Care

LEGACY AT BEAR CREEK

200 S Keller Smithfield Road, Keller, TX 76248

(817) 993 – 0757

www.thrivesl.com/bearcreek

Care Types: Alzheimer's Memory Care, Assisted Living, Hospice Care, Independent Living, Nursing Care

LEGACY LIVING

1501 NE Green Oaks Boulevard, Arlington, TX 76006

(817) 795 – 1700

Care Types: Alzheimer's Memory Care

LEGEND ASSISTED LIVING AND MEMORY CARE

8600 Old Denton Road, Fort Worth, TX 76244

(817) 885 – 8800

Care Types: Alzheimer's Memory Care, Assisted Living

MEADOWBROOK MEMORY CARE

2300 Little Road, Arlington, TX 76016

(817) 900 – 3861

www.koelschseniorcommunities.com

Care Types: Alzheimer's Memory Care, Hourly Care, Respite Care

MEADOWOOD ASSISTED LIVING AND MEMORY CARE

4545 Merlot Avenue, Grapevine, TX 76051

(817) 275 – 6100

Care Types: Alzheimer's Memory Care, Assisted Living

MUSTANG CREEK ESTATES KELLER

675 Rapp Road, Keller, TX 76248

(817) 337 – 6800

www.mustangcreekestates.com

Care Types: Alzheimer's Memory Care, Assisted Living

OXFORD GLEN AT GRAND PRAIRIE

2424 Grand Peninsula Drive, Grand Prairie, TX 75054

(214) 504 – 2014

www.oxfordseniorliving.com

Care Types: Alzheimer's Memory Care, Assisted Living

RIVERSIDE INN AT FOSSIL CREEK

6621 N Riverside Drive, Fort Worth, TX 76137

(817) 776 – 8074

www.koelschseniorcommunities.com

Care Types: Alzheimer's Memory Care, Assisted Living, Hourly Care, Respite Care

SILVERADO FORT WORTH MEMORY CARE COMMUNITY

7001 Bryant Irvin Road, Fort Worth, TX 76132

(817) 292 – 2662

www.silverado.com

Care Types: Alzheimer's Memory Care

SILVERADO SOUTHLAKE MEMORY CARE COMMUNITY

2001 E Kirkwood Boulevard, Southlake, TX 76092

(817) 756 – 8600

www.silverado.com

Care Types: Alzheimer's Memory Care, 24 Hour Nurse

STONEBROOK MEMORY CARE OF GRAPEVINE

2501 Heritage Avenue, Grapevine, TX 76051

(817) 329 – 8500

www.grandbrook.com

Care Types: Alzheimer's Memory Care, Assisted Living

SUNRISE OF FORT WORTH

6151 Bryan Irvin Road, Fort Worth, TX 76132

(817) 292 – 2288

www.sunriseseniorliving.com

Care Types: Alzheimer's Memory Care, Assisted Living, Hospice Care, Nursing, Short-term Stays

THE COURTYARDS AT RIVER PARK

3201 River Park Drive, Fort Worth, TX 76116

(817) 732 – 4436

www.blueharborseniorliving.com

Care Types: Alzheimer's Memory Care, Assisted Living, Independent Living

THE STAYTON AT MUSEUM WAY

2501 Museum Way, Fort Worth, TX 76107

(817) 349 – 7140

www.thestayton.com

Care Types: Alzheimer's Memory Care, Assisted Living, Nursing, Rehabilitation

THE VANTAGE AT CITYVIEW

6301 Overton Ridge Boulevard, Fort Worth, TX 76132

(817) 292 – 5600

www.arborcompany.com

Care Types: Alzheimer's Memory Care, Assisted Living, Dementia Care, Independent Living

THE VILLAGE AT SILVER SAGE

4501 Silver Sage Drive, Haltom City, TX 76137

(817) 849 – 8000

www.villageatsilversage.com

Care Types: Assisted Living, Alzheimer's Memory Care, Respite Care

THE WATERFORD ON COOPER

1860 N Cooper Street, Arlington, TX 76011

(866) 775 – 0116

www.capitalsenior.com/thewaterfordoncooper

Care Types: Alzheimer's Memory Care, Assisted Living, Respite Care

THE WESTMORE SENIOR LIVING COMMUNITY

25 Leonard Trail, Westworth Village, TX 76114

(866) 731 – 7600

www.sagora.com/westmore

Care Types: Alzheimer's Memory Care, Assisted Living, Occupational Therapy, Physical Therapy, Rehabilitation, Speech Therapy

WALNUT CREEK ASSISTED LIVING AND MEMORY CARE COMMUNITY

2281 County Club Drive, Mansfield, TX 76063

(866) 775 – 0116

www.capitalsenior.com/walnutcreek

Care Types: Alzheimer's Memory Care, Assisted Living, Respite Care

WHITLEY PLACE

800 Whitley Road, Keller, TX 76248

(877) 931 – 4562

www.capitalsenior.com/whitleyplace

Care Types: Alzheimer's Memory Care, Assisted Living, Respite Care

For a complete list of licensed assisted living facilities:

Visit apps.hhs.texas.gov/lcsearch



CAREGIVER EDUCATION AND SUPPORT

ALZHEIMER'S ASSOCIATION NORTH CENTRAL TEXAS CHAPTER

2630 W Freeway, Ste. 100, Fort Worth, TX 76102

24/7 Helpline: (800) 272 – 3900

www.alz.org/northcentraltexas

Support groups offer a way caregivers to meet each other, share information and talk about emotions and problems related to caregiving.

SUPPORT GROUPS: Family members and caregivers gather monthly in a confidential environment giving and receiving emotional support. Led by trained facilitators, these groups meet at a variety of locations and times. For more information, call (800) 272 – 3900.

TELEPHONE SUPPORT GROUP: The Alzheimer's Association offers a telephone support group for individuals providing care for persons with Alzheimer's or related dementia. The telephone support group is designed to provide dementia caregivers the opportunity to share, educate and support.

GUIDE FOR CAREGIVERS

FOR MORE INFORMATION, PLEASE CALL OUR 24/7 HELPLINE: (800) 272 – 3900.

Our toll-free helpline is staffed by knowledgeable and helpful professionals. It provides families and healthcare professionals with essential information and a connection to local services.

CARE CONSULTATION: Our professional staff can provide individualized assistance with referrals, planning and problem solving throughout the duration of the disease. Caregivers may benefit from other personalized services that could include short-term caregiver support and counseling.

EARLY-STAGE PROGRAMS: Specialized programs provide support, socialization and advocacy opportunities for people with dementia to stay engaged and involved.

CONNECT WITH OTHERS ONLINE: The Alzheimer's Association message boards and chat rooms provide a virtual online community for people with Alzheimer's, caregivers and care providers. Message boards have thousands of members from around the country and thousands more who refer to the stories and information that is available 24 hours a day. Register at www.alzconnected.org.

CAREGIVER EDUCATION

AGING AND DISABILITY RESOURCE CENTER OF TARRANT COUNTY (ADRC)

1300 Circle Drive, Fort Worth, TX 76119
(888) 730 – 2372
www.tarrantcountyadrc.org

Serves people with disabilities of all ages, caregivers and families who require multiple services. Screening and access to respite programs, caregiver support and education programs, attendant care services and in-home care. Options counselors and benefit assistance are also available.

AREA AGENCY ON AGING TARRANT COUNTY

1500 N Main Street, Fort Worth, TX 76164
(817) 258 – 8081
www.unitedwaytarrant.org/aaa

The Area Agency on Aging assesses the needs of adults age 60 and older and sets priorities for services. Provides funding for a variety of services and programs for older adults, including respite for caregivers, congregate meals, home delivered meals, medical transportation and more through partnerships with many community organizations.

FAMILY EDUCATION: Specialized workshops and seminars are designed to support caregivers with relevant information to confront any type of dementia diagnosis. These programs are held regularly at no or minimal charge to families. Our online workshops are available on demand through our website.

PROFESSIONAL TRAINING: Professional development programs offer healthcare providers and medical professionals with opportunities to enhance their ability to care for people with dementia. Programs cover a wide range of dementia-related topics and offer continuing education credits. Training is also available online.

FAMILY CARE SERVICES: A personalized approach to connecting families to resources and support. Our Case Management program provides education to help families obtain resources and services to meet their unique needs. Our dementia care specialists in the REACH program focus on addressing issues that seriously impact caregivers' health, while promoting social networks and selfcare.

BENEFITS COUNSELING: Benefits counselors offer free and neutral information about Medicare, Medicaid, Social Security and other benefits for older adults and people with disabilities.

JAMES L. WEST ALZHEIMER'S CENTER

1111 Summit Avenue, Fort Worth, TX 76102
(817) 877 - 1199
www.jameslwest.org

ALZHEIMER'S AND DEMENTIA CAREGIVING TRAINING: This six-session training is designed to give families the skills and tools needed to care for someone with dementia in order to live happily, healthily and together for as long as possible. The individual sessions cover in detail: What to Expect; Communication; Managing Behaviors; Daily Care Management and Home Safety; Planning for the Future and Reducing Stress and Coping Skills.

STRESS BUSTING PROGRAM FOR CAREGIVERS: This nine-week program teaches caregivers how to deal with stress through relaxation techniques and problem solving and how to care for themselves while caring for a person with dementia.

VIRTUAL DEMENTIA TOUR: The Virtual Dementia Tour is a scientifically proven, hands-on experience that builds a greater understanding of dementia and sensitivity in individuals caring for those with dementia through the use of sensory tools and instruction.

GLOSSARY

ASSISTED LIVING: Assisted living facilities provide personal care assistance in a homelike setting with an emphasis on personal dignity, autonomy, independence and privacy. Texas licenses assisted living facilities based on residents' physical and mental ability to evacuate the facility in an emergency and whether night time attendance is necessary.

CARE HOMES: Care homes offer licensed care usually in a residential setting aiding with medication, dressing or other needs the patient may need.

DAY CARE: Licensed day activity and health service facilities provide daytime services, up to ten hours a day, Monday through Friday, nursing care or therapy.

DEVELOPMENTAL DISABILITIES: diverse group of severe, chronic conditions due to mental and/or physical impairments. People with developmental disabilities have problems with major life activities such as language, mobility, learning, self-help and independent living. Frequently, people with cerebral palsy, autism spectrum disorders, Fetal Alcohol Spectrum Disorder and various genetic and chromosomal disorders such as Down Syndrome and Fragile X Syndrome are described as having developmental disabilities.

HOME HEALTH CARE: Home Health agencies provide a wide range of skilled services such as nursing, social services, therapeutic treatments and social services delivered at home to people recovering from an illness or injury or people who are elderly, disabled, and/or chronically ill.

INTELLECTUAL DISABILITY: Characterized both by a significantly below-average score on a test of mental ability or intelligence and by limitations in the ability to function in areas of daily life, such as communication, self-care, socialization and school activities.

MEMORY CARE: Communities offering specialized programs for residents suffering from Alzheimer's Disease or other forms of memory loss. These programs can be offered by residential, assisted living or nursing centers.

NURSING CENTERS AND REHABILITATION: Nursing homes are residential facilities that provide care for people whose medical condition regularly require the skills of licensed nurses. Nursing homes assisted with the medical, social and psychological needs of each resident, including room and board, social services, over-the-counter medications, medical supplies and equipment, rehabilitative services and personal needs items.

RESPIRE CARE: Respite programs provide planned short-term breaks for families and other unpaid caregivers.

SITTER SERVICES AND HOME CARE: Provides non-technical, non-skilled, in-home attendant services in the home, hospital or residential center. Service may include personal care assistance, grooming, medication supervision, light housekeeping or transportation.

ONLINE RESOURCES

AARP

www.aarp.org

AGING AND DISABILITY RESOURCE CENTER

www.tarrantcountyadrc.org

AGING WITH DIGNITY

www.agingwithdignity.org

ALZHEIMER'S ASSOCIATION

www.alz.org/northcentraltexas

ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER

www.nia.nih.gov/alzheimers

AMERICAN ACADEMY OF DEVELOPMENTAL MEDICINE AND DENTISTRY

www.aadmd.org

AREA AGENCY ON AGING

www.unitedwaytarrant.org/aaa

CAREGIVER.COM

www.caregiver.com

CARING CONNECTIONS

www.caringinfo.org

CAREGIVER SOS

www.caregiversos.org

CENTERS FOR DISEASE CONTROL AND PREVENTION

www.cdc.gov/aging/aginginfo

CHILDREN OF AGING PARENTS (CAPS)

www.caps4caregivers.org

DEMENTIA FRIENDLY AMERICA

www.dfamerica.org

ELDERCARE LOCATOR

www.eldercare.org

HHS ADMINISTRATION FOR COMMUNITY LIVING

www.acl.gov

LEADINGAGE TEXAS

www.leadingagetexas.org

MEALS ON WHEELS, INC. OF TARRANT COUNTY

www.mealsonwheels.org

MHMR OF TARRANT COUNTY

www.mhmrtarrant.org

NATIONAL ALLIANCE FOR CAREGIVING

www.caregiving.org

NATIONAL ALZHEIMER'S AND DEMENTIA RESOURCE CENTER

www.nadrc.acl.gov

GUIDE FOR CAREGIVERS

NATIONAL RESPITE LOCATOR SERVICE

www.respitelocator.org

NEW LIFESTYLES

www.newlifestyles.com

STRENGTH FOR CARING

www.strengthforcaring.com

TEXAS ASSOCIATION OF HOMECARE AND HOSPICE

www.tahch.org

TEXAS HEALTH AND HUMAN SERVICES

hhs.state.tx.us

U.S. ADMINISTRATION ON AGING (AOA)

www.aoa.gov

VISITING NURSE ASSOCIATIONS OF AMERICA (VNA)

www.vnaa.org

WELL SPOUSE ASSOCIATION

www.wellspouse.org

211 TEXAS

www.211texas.org

ORGANIZATION INDEX

Aging and Disability Resource Center of Tarrant County (ADRC)	34
Alzheimer's Association	
North Central Texas Chapter	5,33
Area Agency on Aging Tarrant County ...	6,15,34
Arlington Adult Day Health Care Center (Roosevelt Center)	5,15
Arlington - New York	15
Atria Grapevine	26
Atria Lake Arlington	26
Autumn Leaves of Arlington	26
Autumn Leaves of Cityview	26
Avalon Memory Care Arlington	27
Avalon Memory Care Fort Worth	27
Azle Senior Living	15
Barnabas Senior Center	15
Bethesda Gardens Fort Worth	27
Brookdale Oak Hollow	27
Brookdale Pecan Park	27
Brookdale Richland Hills	27
Brookdale Tanglewood Oaks	27
Brookdale Westover Hills	28
Call A Ride Southlake	19

Casa Senior Center	15
Catholic Charities	23
Catholic Charities Transportation Program..	19
Colonial Gardens Fort Worth	28
Como Senior Center	16
Crowley Community Center	16
Dancing River Assisted Living	28
Diamond Hill Senior Center	16
Disability Rights Texas	7
Dispute Resolution Services of North Texas, Inc.	8
Easterseals North Texas	6,24
Fellowship Corner	16
Financial Exploitation Prevention Center (FEPC)	8
Forest Hill Senior Center	16
Garden Terrace Alzheimer's Center of Excellence	28
Glenview Wellness and Rehabilitation	28
Golden Choice Adult Day Center	4
Grand Connection Transit	19
Good Life Senior Living and Memory Care ...	28
Grapevine Senior Center	16

Guardianship Services, Inc. (GSI)	8	Silverado Southlake	
Haltom City Senior Center	16	Memory Care Community	30
Handitran - City of Arlington	19	Stoneybrook Memory Care of Grapevine	30
Handley Meadowbrook Senior Center	16	Sunrise of Fort Worth	31
Helping Restore Ability (HRA)	6	Supplemental Nutrition Assistance	
Heritage Place Assisted Living		Program (SNAP)	14
and Memory Care	28	Tarrant Area Food Bank	15
HomeTowne at Matador Ranch		Tarrant County Veteran's Court	14
Senior Center	16	Texas A&M Family and Veterans	
Hurst Senior Citizens Activities Center	17	Advocacy Clinic	14
Isle at Watercrest at Mansfield	29	Texas Health and Human Services	
Isle at Watermere	29	Commission (HHSC)	6,25
James L. West Alzheimer's Center	4,29,35	Texas Health Resource Senior Health	
Jewish Family Services Senior Center	17	and Wellness Center	22
JPS Health Network	21	Texas Lawyers for Texas Veterans	
Kennedale Senior Center	17	Fort Worth Chapter	14
Legacy at Bear Creek	29	Texas Workforce Commission	25
Legacy Living	29	The Arc of Greater Mid-Cities	24
Legal Aid of Northwest Texas	8,14	The Arc of North Texas	24
Legal Hotline for Texans	9	The Courtyards at River Park	31
Legend Assisted Living		The IDD Council of Tarrant County	24
and Memory Care	29	The Magnolia	17
Mansfield Senior Center	17	The Stayton at Museum Way	31
Meadowbrook Memory Care	29	The Vantage at Cityview	31
Meadowood Assisted Living		The Village at Silver Sage	31
and Memory Care	30	The Waterford on Cooper	31
Meals On Wheels, Inc. of Tarrant County	14	The Westmore Senior Living	
Medicaid Transportation	20	Community	32
Mustang Creek Estates Keller	30	Trinity Metro	20
My Health My Resources		UNT Health Science Center Geriatric	
(MHMR) of Tarrant County	22,25	Assessment and Planning Program	
My Ride Tarrant / Dallas / North Texas	20	(GAPP Clinic)	22
North Richland Hills Senior Center	17	UNT Health Science Center STEP (Safe	
Northeast Transportation Services	20	Transitions for the Elderly Patient)	7
Northside Adult Daycare Center, Inc.	4	Walnut Creek Assisted Living and	
Northside Senior Center	17	Memory Care Community	32
North Tri Ethnic Community Center	17	Watauga Senior Center	18
Oxford Glen at Grand Prairie	30	White Settlement Senior Center	18
River Oaks Senior Center	17	Whitley Place	32
Riverside Inn at Fossil Creek	30	Worth Heights Senior Center	18
Silverado Fort Worth			
Memory Care Community	30		



ANNUAL SENIOR SYNERGY EXPO

A FREE HEALTH AND LIFESTYLE EXPO EVENT FOR
BOOMERS, SENIORS AND CAREGIVERS



SENIOR SYNERGY
EXPO



Knowledge is power. Come learn about services available for
you to live a healthy and independent lifestyle.

Free Admission • Workshops • Health Screenings • Parking • Lunch

www.seniorsynergyexpo.com | (817) 884 - 1234