



A FREE GUIDE FROM ALTURA REALTY GROUP

Houston Aging-in-Place Resource Guide

Real, local programs for home safety, transportation, meals, caregiver support, and legal guidance — for Houston-area families navigating this next chapter.



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Houston-Area Resources

A curated list of real, active Houston-area programs. This guide is a free resource — whether or not you ever become a client of ours. Please verify current phone numbers and eligibility before relying on any listing, as program details can change.

Houston Health Department — Aging & Disability Resource Center

Free information and referral hub for adults 60+: benefits counseling (Medicare/Medicaid), caregiver support network, case management, and long-term care advocacy.

832-393-4301 • houstonhealth.org/services/aging

2-1-1 Texas / United Way Helpline

Statewide, 24/7 information line that can connect a caller to nearly any local social service — meals, utility assistance, legal aid, and more. Also the fastest way to locate your nearest Area Agency on Aging.

Dial 2-1-1 • 877-541-7905

Houston Food Bank — Senior Box Program

Monthly boxes of shelf-stable food and fresh produce (USDA Commodity Supplemental Food Program) delivered to income-eligible seniors 60+.

houstonfoodbank.org/our-programs/senior-box-program

BakerRipley — Senior Health & Wellness

Free weekday lunches, fresh produce, and emergency meal supplies at neighborhood centers across Houston.

bakerripley.org/programs-and-services/seniorhealthandwellness

Catholic Charities — Senior Services

Free in-home assessments, mental health support, and welfare monitoring for seniors 60 and over, regardless of faith background.

catholiccharities.org

METROLift (Houston METRO)

ADA paratransit — curb-to-curb shared-ride transportation for residents who can't use fixed-route buses or rail. Useful for medical appointments and errands.

713-225-0119

Senior Rides and More

Free, volunteer-driven transportation to medical appointments, grocery stores, and pharmacies in select Houston areas.

seniorridesandmore.org

City of Houston Parks & Recreation — Senior Programs

Free recreation, fitness classes, and leisure activities at select community centers for adults 55 and older.

houstontx.gov/parks/seniorsports-recreation.html

Houston Housing Authority — Older Adult Home Modification Program (OAHMP)

Low-cost, high-impact modifications guided by a licensed occupational therapist — temporary ramps, furniture risers, non-slip strips for tubs/showers/stairs, raised toilet seats, and shower transfer benches.

houstonhousing.org

Houston Habitat for Humanity — Senior Repair Program

Uses a “Housing Plus” and aging-in-place approach to help low-income senior homeowners repair and adapt their homes so they can stay safely in place.

houstonhabitat.org

Rebuilding Together Houston

Free home repairs and accessibility modifications — grab bars, wheelchair ramps, roofing, plumbing — for qualifying homeowners 62+, veterans, or disabled residents. Directly supports aging in place.

713-659-2511 • rebuildingtogetherhouston.org

Alzheimer's Association, Houston & Southeast Texas Chapter

24/7 helpline staffed by clinicians, plus caregiver support groups and early-stage programs for families navigating a dementia diagnosis.

800-272-3900 • alz.org/texas

Houston Lawyer Referral Service

Connects residents with vetted local attorneys, including elder law, and screens for free or low-cost legal aid eligibility.

713-237-9429 • hlrs.org

Sources: Houston Health Department, 2-1-1 Texas, Houston Food Bank, BakerRipley, Catholic Charities, METRO, Senior Rides and More, City of Houston Parks & Recreation, Houston Housing Authority, Houston Habitat for Humanity, Rebuilding Together Houston, Alzheimer's Association Houston & Southeast Texas Chapter, Houston Lawyer Referral Service. Confirm current details before relying on any listing.

Home Safety Checklist: A Room-by-Room Guide

Practical, room-by-room steps — simple changes to make now, and where to turn for extra help.

Entryways & Exterior

Simple changes: add or improve outdoor lighting at entry points; keep walkways even and clutter-free.

Where to get help: Rebuilding Together Houston and the Houston Housing Authority's OAHMP both provide ramps at no or low cost for qualifying homeowners.

Bathrooms

Simple changes: add non-slip mats or strips in the tub/shower; move frequently used items to easy-reach height.

Where to get help: grab bars, raised toilet seats, and shower transfer benches are available through OAHMP, Rebuilding Together Houston, and Houston Habitat's Senior Repair Program.

Stairs & Hallways

Simple changes: secure handrails on both sides of stairways; clear cords and clutter from walking paths; add nightlights for hallways and bathrooms.

Where to get help: Rebuilding Together Houston can address structural handrail or stair repairs for qualifying homeowners.

General Home Safety

Simple changes: test smoke and carbon monoxide detectors; keep a fire extinguisher accessible; remove or tape down loose rugs; keep pathways clear.

Where to get help: the Houston Health Department's Aging & Disability Resource Center can point families toward minor home-modification assistance and safety resources.

Kitchen

Simple changes: reorganize cabinets so daily-use items are within easy reach; consider lever-style faucet handles, which are easier to grip than knobs.

Communication & Emergency Planning

Simple changes: post emergency contacts somewhere visible; set up a regular check-in call schedule; look into a medical alert device or service; organize medications with a weekly pill organizer or ask about pharmacy delivery.

Where to get help: the Houston Health Department offers caregiver support; the Alzheimer's Association helpline is available 24/7 if memory concerns are part of the picture.

Financial & Legal Preparation

Simple changes: confirm a power of attorney and updated will are in place; gather account and insurance information in one place.

Where to get help: Houston Lawyer Referral Service can connect the family with an elder law attorney; Lori (CPA) can walk through how any of this intersects with a future home sale.

Want a second set of eyes on your family's situation?

We offer a free, no-obligation Senior Transition consultation — no pressure, no timeline required.



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