

RESOURCES FOR SENIORS

(Please note: We don't make recommendations or promises or claims about any of the information below.)

Tarrant County Transportation

Catholic Charities: (817) 336-8714

Mision Arlington: (817) 277-6620 (medical appointments only; contact – Marny)

Serving Our Seniors: (817) 282-0531

NETS: (817) 336-8714 (\$3.25 per one-way trip)

Go Go Grandparent: (855) 464-6872

Misc. Local and National Assistance

A Place for Mom: (866) 745-4289 Simplifies the process of finding senior living and home care.

Alzheimer's Association: 24/7 Helpline (800) 272-3900 Provides care, support, and support groups.

Area Agency on Aging (AAA) of Tarrant County: (817) 258-8000 Provides mental health, affordable services, military support, caregiver program, emergency assistance.

Jack's Caregiver Coalition: <https://www.jackscaregiverco.org/> Support for male caregivers.

Caregiver Breathing Room – podcast for caregivers

Meals on Wheels: (817) 336-5761 Cost is based on a sliding scale.

Parkinson's Foundation: (800) 473-4636 <https://www.parkinson.org/>

Placing Russell: (817) 560-4344 Free services that advises seniors regarding living options and available resources and support.

Senior Living Specialist: (817) 692-5049 (Lisa Perkins – free placement service for transitioning to senior living, residential care homes, memory care, etc.)



Tarrant Cares: <https://aging.networkofcare.org/Tarrant-tx>

Text “FIND” to 67629 to receive localized health and human services.

Skilled Nursing/Nursing Home Care

For providers you can go to www.Medicare.gov and search under “Provider Type” for nursing homes in our area. You’ll be asked for your location and distance you’re willing to travel. The site will give you a list of all of the providers in our area and see the rating for each facility. You can also search directly on the website to learn about facilities you have interest in. For example, search Parkwood Healthcare Community, Trinity Terrace, Al Dora Nursing Rehab or Stanton Museum Way.

The list will tell you how far away each facility is. You can drop by unannounced for a visit at the ones you’re interested in to get an idea of how friendly they are, how their staff interacts, what it smells like, how organized are they, etc. All of the facilities take Medicare but be sure to check whether they take your HMO, PPO, etc.

In-Home Care

Visiting Angels – (800) 365-4189

Brightstar Care – (817) 479-9226

Comfort Keepers – (866) 959-2969

Lucent Home Health – (972) 664-0975

Full-Service Caregiving Agency

The Borrowed Sister – www.theborrowedsister.com

