

# General Support

Call 221, option 1 for local resources

## Area Agency on Aging

Support for 60+ and caregivers  
[h-gac.com/area-agency-on-aging](http://h-gac.com/area-agency-on-aging)  
713-627-3200

## Care Connection ADRC

Disability and aging resources  
[careconnection.org](http://careconnection.org)  
855-937-2372

## Alzheimer's Association Houston and Southeast Chapter

Support for caregivers, patients, resources, etc.  
[alz.org/help-support](http://alz.org/help-support)  
[Resource Folder](#)  
800-272-3900

## Alexander JFS Senior Services

Support services and programs  
[alexanderjfs.org](http://alexanderjfs.org)  
713-667-9336

## Houston Gerontological Society

[hgsociety.org](http://hgsociety.org)

## The Department of Health and Human Services

SNAP, Medicaid  
[hhs.gov](http://hhs.gov)  
832-395-9100



UTHealth<sup>®</sup> Houston  
Institute on Aging

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