

# ASSISTANCE FOR THE AGING AND DISABLED



Aging & Disability Resource Center of Tarrant County	<a href="https://www.tarrantcountyadrc.org">https://www.tarrantcountyadrc.org</a>	<b>855-937-2372</b>
Area Agency on Aging of Tarrant County	<a href="http://www.unitedwaytarrant.org/aaa">www.unitedwaytarrant.org/aaa</a>	<b>817-258-8081</b>
Helping Restore Ability	<a href="http://www.hratexas.org">www.hratexas.org</a>	<b>817-469-1977</b>
Texas Health and Human Services Commission	<a href="http://hhs.texas.gov">hhs.texas.gov</a>	<b>888-337-6377</b>
Tarrant Cares	<a href="http://www.tarrantcares.org">http://www.tarrantcares.org</a>	
United Way of Tarrant County / 2-1-1	<a href="https://www.unitedwaytarrant.org/2-1-1">https://www.unitedwaytarrant.org/2-1-1</a>	<b>2-1-1</b>