Help for seniors around Houston: who to call.

For older adults and the people who care for them. Free and low-cost help is nearby.

Meals

- **Meals on Wheels (IM Houston):** daily meals and wellness checks, **no cost** to seniors who qualify. For people 60+, homebound, who need help with meals, in a ZIP code they serve in Harris or Galveston County. Free pet food too.
- **Area Agency on Aging:** hot meals 5 days a week at senior centers (60+), and home-delivered meals.

Area Agency on Aging

For adults 60+ and caregivers: benefits counseling, caregiver support and respite (a break), information and referral, meals, and a long-term care ombudsman for nursing home concerns. Grandparents 60+ raising grandchildren can get help too.

Rides

- **METRO:** ages 65–69 ride half price; 70+ ride free with a RideMETRO Discount Fare Card. METRO must confirm your age first.
- **METROLift:** door-to-door shared rides for people with a disability (any age). Apply by phone, then an interview; decision within 21 days. $1.25 one way ($2.50 extended area).

Medicare

HICAP gives free, trained counseling on Medicare options, enrollment, and appeals. Open enrollment: **October 15 to December 7**. We don't recommend plans.

Phone numbers

Harris County Area Agency on Aging
832-393-4301

Care Connection ADRC (free referrals)
(855) 937-2372

IM Houston Meals on Wheels
(713) 533-4978

METROLift eligibility
713-225-0119 · TTY 713-652-8969
Mon–Fri, 10 a.m.–5 p.m.

METRO Travel Training (free)
713-750-4234

Texas HICAP (Medicare help)
800-252-9240

2-1-1 Texas
Dial 2-1-1 or (877) 541-7905

Abuse, neglect, or exploitation

If an older adult or adult with a disability is being hurt, neglected, or taken advantage of, call the **Texas Abuse Hotline**:

1-800-252-5400

24 hours a day, 7 days a week. Or report online at TxAbuseHotline.org. Can't use a phone? Relay Texas: 7-1-1.

Danger right now? Call 9-1-1.

Full guide, with every source: whatwouldjesusprompt.org/senior-help

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