



assisthers

ADDITIONAL RESOURCE GUIDE

This is a list of some of the outside resources available in the Greater Houston area that may be of benefit to clients or others. AssistHers is not endorsing any of these resources but merely providing information. Use these at your own discretion.

CASE MANAGEMENT AND MENTAL HEALTH

MONTROSE COUNSELING CENTER (MCC)

Variety of services including case management

Contact: 713-529-0037 or www.montrosecounselingcenter.org

SPRY (Seniors Preparing for Rainbow Years)

Serves the Senior GLBT community (must be 60 years or older). Services provided: licensed psychotherapist; case management for navigating the social service system.

Cost: No cost

Contact: 713-529-0037 or www.spryhouston.org or SPRY1@montrosecounselingcenter.org

DIRECTORIES

BLUE BOOK

Houston Resource Guide of multiple agencies providing services to persons living with HIV/AIDS as well as other persons. Directory is available online or print at no cost.

Contact: www.rwpchouston.org/Blue_Book/10-11/10-11_blue_book_MAIN.htm

SENIOR GUIDANCE DIRECTORY

Listing of multiple agencies in the Greater Houston Area providing services to Seniors. Directory is available online or print at no cost.

Contact: 713-529-9991 or www.srguidance.org

FOOD/MEAL HELP

ANGEL FOOD MINISTRIES

Food buying discount program

Contact: 1-877-366-3646 or www.angelfoodministries.com

LONESTAR CARD

Food stamp program

Contact: 713-767-2000

MEALS ON WHEELS HOUSTON

Contact: www.mealcall.org/meals-on-wheels/tx/houston.htm

HOUSING (also see Services Organization)

AGE IN PLACE

Assistance to help seniors stay in their homes, includes money to make home handicap accessible and other programs as well.

Contact: www.ageinplace.org

MEDICAL/DRUG COST HELP

CITY OF HOUSTON

Free discount prescription cards, find a pharmacy, drug pricing or print a free discount card

Contact: www.coast2coastrx.com or 1-800-931-887

CARD BENEFITS

Save 50% on lab and imaging tests.

Contact: 800-903-3921 or www.coast2coast.prepaidlab.com

LESBIAN HEALTH INITIATIVE (LHI)

Provides free mammograms, well-woman exams, pap tests, flu shots, support groups, etc.

Contact: www.lhihouston.org or leave a voicemail at 713-426-3356

LEGACY COMMUNITY HEALTH SERVICE

Full-service, Community Health Center that provides comprehensive, primary healthcare services to all Houstonians in a culturally sensitive, judgment-free and confidential environment. Legacy also specializes in HIV/AIDS testing, education, treatment and social services.

Cost: Low or no cost

Contact: www.legacycommunityhealth.org or 713-830-3000

NEEDY MEDS

Contact: www.needymeds.org

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Contact: 888-477-2669 or www.pparx.org

MISCELLANEOUS

ASSISTHERS TOOL TEAM (Endorsed by AssistHers)

Tool Team provides general home repairs for AssistHers clients. Client with home repair needs or safety needs (shower bars, ramps, etc.) should contact their AssistHers team to arrange for needed repairs.
Contact: AssistHers Team Lead and/or assistherstoolteam@gmail.com

VOLUNTEER STAFF CLERGY RESURRECTION METROPOLITAN COMMUNITY CHURCH

Reverend Mona Lopez, 2025 West 11th Street Houston, Texas 77008
Contact: 713-861-9149 x106 or www.resurrectionmcc.org

WHEEL CHAIR RAMPS

Will build wheelchair ramps
Contact: www.texasramps.org

PET HELP

ANIMAL MEALS ON WHEELS

For seniors in Meals on Wheels program who need to feed their pets.
Contact: 713-533-4978 or www.imgh.org/meals-on-wheels/animeals-on-wheels

PET PATROL

Assists limited income elderly and those affected by chronic or life threatening illness in the Houston area to keep and care for their existing pets (possibly help with pets when owner goes to hospital)
Contact: www.thepetpatrol.org 281-733-7696 or email petpatrolpartners@sbcglobal.net

SERVICES ORGANIZATIONS (FOOD, HOUSING, DRUGS, UTILITY, ETC.)

CITY OF HOUSTON SENIORS

Variety of services
Contact: 832-393-430 or www.houstontx.gov/health/index.html

FEDERAL BENEFIT SEARCH

Helps older adults with limited income and resources find assistance with the cost of health care, prescription drugs, housing, utility bills and more.
Contact: www.benefitscheckup.org

HOUSTON-GALVESTON AREA COUNCIL AGENCY ON AGING

Supports independence and dignity of seniors along with nutritional support, transportation, residential repair, etc.

Contact: 713-627-3200 or www.h-gac.com/human-services/aging/default.aspx

NATIONAL CENTER FOR BENEFITS OUTREACH AND ENROLLMENT

NCOBE has a link to website that helps organizations enroll seniors and younger adults with disabilities and limited means enroll into benefits programs for which they are eligible.

Contact: www.centerforbenefits.org

UNITED WAY

Assistance with food, utilities, health care, rental assistance and finding shelter

Contact: 713-685-2300; 211 answered 24/7 or www.unitedwayhouston.org

SOCIAL ORGANIZATIONS

LOAF (Lesbians Over The Age of Fifty)

Social networking and support group for lesbians over age 50 and their partners, whatever their age. Potluck social meetings the third Sunday of each month.

Contact: 281-467-2578 or to subscribe to LOAF's newsletter www.loafhouston.org

SOCIAL NOTES

Calendar of events for GLBT

Contact: www.socialnoteshouston.com

SUPPORT/SERVICES ORGANIZATIONS

ALZHEIMER SUPPORT

Contact: www.alz.org or call 24/7 helpline 800-272-3900

AMERICAN CANCER SOCIETY

Some funds are available for providing transportation to and from treatment.

Contact: 713-266-2877 or www.cancer.org

CHEMO PATIENTS

Provides some housecleaning services to women undergoing chemo, etc.

Contact: www.cleaningforareason.org

877-337-3348

TRANSPORTATION

AMERICAN RED CROSS

Non-emergency transportation offices.

Contact: 713-313-1631 or www.houstonredcross.org

CITY OF HOUSTON

Evacuation transportation assistance in the event of a hurricane or other disaster.

Registration by phone or online.

Contact: 311 or 713-837-0311 or www.houstonoem.net

METRO LIFT

Everyday transportation assistance for those in wheelchairs, etc.

Contact: 713-225-0119 or www.ridemetro.org/services/lift.aspx

YELLOW CAB

Everyday transportation assistance.

Contact: 713-236-1111 or www.yellowcabhouston.com

WHEELCHAIR FOUNDATION

3820 Blackhawk Road

Danville, California 94506, USA

(877) 378-3839

<http://www.wheelchairfoundation.org>

Senior

ESPN (ELDER SERVICE PROVIDERS' NETWORK) United Way program

This is a networking service for the elderly. There is a bi-monthly meeting open to the public with various topics for elderly care.

For more information, please call Patricia Hall, Manager-Community Programs, at (713) 685-2771 or

phall@unitedwayhouston.org .