



Ike Leggett  
County Executive

Caregivers

Seniors, Families & Friends...

# Montgomery County Caregiver Supports and Aging Services

*Are You Caring for Another Adult?*

*The best way to help is to recognize it is not all up to you.*

Did you know that one out of four adults helps a family member with a physical or cognitive disability, is ill, or is frail due to older age? Organizations providing supportive services to these helpers refer to them as “caregivers.”

In Montgomery County, our local government, non-profit organizations and private businesses can help caregivers and their loved ones live well in the community.

## Montgomery County Aging and Disability Services

240-777-3000

[ADS@MontgomeryCountyMD.gov](mailto:ADS@MontgomeryCountyMD.gov)

Knowledgeable County professionals help seniors and their caregivers with a wide range of topics and advice. Staff listen, recommend local resources around the County, and help with program applications when needed. Calls are answered directly by a trained staff person. If specialists are busy, your wait on hold should be less than 30 seconds. You can also choose to leave a message for a call-back within one business day.

Hours are Monday – Friday 8:30 a.m. -5:00 p.m. For the convenience of caregivers who may not be able to call during the work day staff take calls until 7:30 p.m. Tuesday, Wednesday and Thursday.

## Holy Cross Hospital Caregiver Resource Center

301-754-7152

[www.holycrosshealth.org/caregivers-resource-center](http://www.holycrosshealth.org/caregivers-resource-center)

Take advantage of many free services for caregivers including a helpline, support groups, library and newsletter. The center offers a Caregiver Telephone Helpline (301-754-7152) to answer questions about

services and resources for caregivers.

Caregiver support groups for spouses and adult children provide a place to share sorrows and successes, resources and solutions. Classes are available on topics ranging from handling a parent’s finances to first aid and CPR. The center’s health information library provides caregivers access to books, DVDs, audiotapes and videotapes on caregiver issues and health-related topics, as well as listings of aging adult services in our community. The center’s newsletter is published three times a year to provide tips, book reviews, resources, articles on caregiving, and listings of the center’s upcoming seminars, lectures and support groups.

## Respite Services of Montgomery County

301-816-9647

[respite@arcmontmd.org](mailto:respite@arcmontmd.org)

Respite is short-term relief and support for families providing ongoing care to frail older adults and people with disabilities. Montgomery County recognizes caregivers’ need for respite and works with over thirty agencies providing care throughout the County. Respite Services of Montgomery County can help families find the most appropriate provider. Financial subsidies are available for qualified individuals and families.

# Caregivers

## Alzheimer's Association

1-800-272-3900

[www.alz.org/nca](http://www.alz.org/nca)

Learn as much as possible about Alzheimer's disease and other forms of dementia. Call the Alzheimer's Association 24-hour Helpline, 1-800-272-3900, and attend local support groups and events offered by the National Capital Chapter. Care consultation and other supportive services for families are also available.

## Connect-A-Ride

301-738-3252

[connectaride@accessJCA.org](mailto:connectaride@accessJCA.org)

Access this free, County-funded information and referral program that helps seniors and people with disabilities find safe transportation for medical services, grocery shopping, errands and other needs. Connect-A-Ride staff provide guidance for those applying for Metro Access and Call N Ride and for those seeking paid and volunteer escorted transportation services. Some financial subsidies are available for those who qualify.

## Financial Assistance

240-777-3000

[ADS@MontgomeryCountyMD.gov](mailto:ADS@MontgomeryCountyMD.gov)

In some cases, financial subsidies are available to help pay for assisted living, adult day care, in-home aide services, healthcare, and home modifications for qualified individuals. Staff of Montgomery County Aging and Disability Services can help explore these possibilities.

## U.S. Government's Caregiver Resource Page

<http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>

Find assisted living, nursing homes, or hospice. Check availability for various government benefits. Get resources for long-distance caregiving. Review legal issues, and much more, at this website.

## Lotsa Helping Hands

[www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)

Free website for coordinating a group of family and friends to help with various tasks. Caregivers set up a members-only community and then post jobs on the website's calendar, such as providing a ride to the doctor or doing laundry. E-mail is sent to the community members to alert them to new tasks.

