

# Montgomery County, MD - Veterans Network Directory

## Respite Care and Adult Day Services

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This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: [DHHSWebsite@montgomerycountymd.gov](mailto:DHHSWebsite@montgomerycountymd.gov), 240-777-1246 (V), MD Relay 711.

**See also Assisted Living, In-Home Care, and Long Term Care / Nursing Homes**

### VA National Caregiver Support Line:

[www.caregiver.va.gov](http://www.caregiver.va.gov)

1-855-260-3274 (Toll Free)

**Hours:** Monday through Friday, 8:00 a.m. to 11:00 p.m., and Saturday, 10:30 a.m. to 6:00 p.m.

Licensed social workers will be available to answer your questions, listen to your concerns, and directly link you to the Caregiver Support Coordinator at your local VA Medical Center. Each Caregiver Support Coordinator can locate assistance tailored to your unique situation. For direct services, call the Washington DC VA Medical Center at 202-745-8000 (V) and ask for the Caregiver Support Coordinator in the Social Work Department.

### Adult Day Health Care (ADHC) Centers - Within the VA System

Washington DC VA Medical Center  
50 Irving Street, NW  
Washington, DC 20422

[www.va.gov/geriatrics/guide/longtermcare/Adult\\_Day\\_Health\\_Care.asp](http://www.va.gov/geriatrics/guide/longtermcare/Adult_Day_Health_Care.asp)

202-745-8000 (V)  
1-877-328-2621 (Toll Free)  
Ask for the Caregiver Support Coordinator

Provide a safe environment with constant supervision for a Veteran to participate in activities and socialize while the caregiver gets some time for themselves. ADHC centers employ professionals to help the Veteran accomplish tasks and participate in rehabilitation during the day. ADHC centers are generally open Monday through Friday during normal business hours.

### Air Force Aid Society (AFAS) Respite Care

Airman & Family Readiness Center  
1191 Menoher Drive  
Andrews Air Force Base, MD 20762

301-981-1110 (V)

Families must have an active duty member in the Air Force and have a special needs child or spouse enrolled in the Exceptional Family Member Program. The program can provide funds for a caregiver to stay with the special needs person, and allows a "break" for a few hours a week or month to families who have the responsibility of 24 hour a day care for an ill or disabled family member living in the household. For more information on the program or to apply for assistance, contact your local Airman & Family Readiness Center.

## Easter Seals Serving DC | MD | VA – Respite Care and Adult Day Services

Brooke Kaiser, Director of Respite Services  
1420 Spring Street  
Silver Spring, MD 20910  
E-mail: [bkaiser@eseal.org](mailto:bkaiser@eseal.org)  
[www.easterseals.com/DCMDVA/our-programs/military-veteran-services/military-respite.html](http://www.easterseals.com/DCMDVA/our-programs/military-veteran-services/military-respite.html)

301-920-9718 (V)

**Center-Based Respite Days** for children with disabilities or special needs, and their siblings. These fun, activity oriented respite days support the child and family by providing one-on-one interaction between children and trained volunteers. The activities take place monthly at The Harry and Jeanette Weinberg Inter-Generational Center in Silver Spring and include magicians, face painters, clowns, petting zoos and other engaging, hands-on activities. Volunteers also benefit from being able to make a direct and lasting impact on the lives of families in the Program.

**In-Home Respite Care** for Military Families who have at least one child diagnosed with highly specialized medical or educational needs. The program places highly trained respite providers in the families' homes to provide up to 40 hours of respite care per month. The military respite program is available for Navy and Air Force families.

Anne Ambrose, VP of Adult and Senior Services  
1420 Spring Street  
Silver Spring, MD 20910  
E-mail: [aambrose@eseal.org](mailto:aambrose@eseal.org)

301-920-9703 (V)  
443-848-6169 (Cell)

**Adult Day Services:** Provide support to aging veterans who have served our country from World War II to today's conflicts. Veterans at risk of institutionalization due to disabilities, Alzheimer's disease and other medical conditions can find socialization, medical care and hope at the Morris & Gwendolyn Cafritz Foundation Adult Day Services in the Harry and Jeanette Weinberg Inter-Generational Center in Silver Spring. This program helps keep our veterans in the community by preventing unnecessary nursing home placement.

## Navy Exceptional Family Member Program (EFMP) Respite Care

Child Care Aware  
[www.naccrra.org/navy/exceptional-family-member-program-efmp-respite-care](http://www.naccrra.org/navy/exceptional-family-member-program-efmp-respite-care)

1-800-424-2246 (Toll Free)

The National Association of Child Care Resource and Referral Agencies (NACCRRRA) has partnered up with the Navy and given Easter Seals Respite Services the opportunity to provide respite services to eligible Navy families in the MD and DC areas. Eligible families are able to receive up to 40 hours of free respite per month per Exceptional Family Member in their home. Families must meet the following criteria:

- Active duty Navy
- Enrolled in the EFM Program
- Have a child ranging in age from 0 to 18 with a category IV or V special need or disability (typically developing siblings up to the age of 12 are able to receive care simultaneously with their EFM sibling)
- Reside in MD or DC

To confirm eligibility, families should call Child Care Aware (a department within NACCRRRA) at 1-800-424-2246 (Toll Free). A confirmation form is completed with that agency and then forwarded on to Easter Seals. Once we receive the confirmation form we contact the family and get the process started. However, if families would like to learn more about the program before contacting Child Care Aware, they may contact Brooke Jones at 301-920-9719 (V) or Brooke Kaiser at 301-920-9718 (V).

## Respite Care Within the VA System

VA medical centers can provide the veteran's caregiver (family member or friend) with a "break" by taking over the veteran's care for a limited time.

VA medical centers may provide respite care to an eligible veteran for up to 30 days per calendar year. Families and patients who are in need of respite care in excess of 30 days due to unforeseen difficulties (such as the unexpected death of the caregiver) may receive additional days of care with the approval of the medical center director. Respite care may be provided at the VA medical center, in a community setting or in the veteran's home.

Respite care is part of the Medical Benefits Package. Respite is a covered benefit for all veterans who are enrolled in the VA health care system or are eligible for VA health care without the need to enroll for such care. To review respite information, visit **VHA's Geriatrics & Extended Care**: [www1.va.gov/geriatrics](http://www1.va.gov/geriatrics).