



Disability Network Directory – Montgomery County, Maryland

Caregiver Supports

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov

Visit the County's Caregiver Supports: www.montgomerycountymd.gov/senior/caregiver.html

Learn about caregiver supports, local resources including transportation, in-community and in-home support, and programs and services for older adults and people with disabilities.

Engage@HOME is a YouTube Channel from Montgomery County's Caregiver Support program. Spotlight non-commercial and trusted virtual opportunities to help viewers NEST WELL through community engagement. [View the Engage@Home video playlist.](#)

Subscribe to the Caregiver Support Program eNewsletter: www.montgomerycountymd.gov/mcg/esubscribe.html

Features community engagement events, support groups, local resources, and more. All announcements in the newsletter are free or low cost.

Aging and Disability Resource Unit (ADRU) - Montgomery County Government Department of Health and Human Services

401 Hungerford Drive, 3rd Floor

Rockville, MD 20850

240-777-3000 (V)

Email: ADRU@montgomerycountymd.gov

[www.montgomerycountymd.gov/HHS-](http://www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSResourceUnit-p179.html)

[Program/ADS/ADSADSResourceUnit-p179.html](http://www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSResourceUnit-p179.html)

Hours: Monday and Friday from 8:30 a.m. to 5 p.m.;

Tuesday, Wednesday and Thursday from 8:30 a.m. to

7:30 p.m. ADRU serves seniors and people with disabilities, and offers resources to help people to remain in the community safely and independently. Resources that may be discussed include, but are not limited to: long term care planning, assistance with activities of daily living, adult day care; home health care; transportation options; File of Life, senior centers; adult foster care; group homes; assisted living; nutrition and mental health options. ADRU is also the entry point for customers for an intake for case management services, including Adult Protective Services (APS). The Office has workers to discuss caller concerns and situations and, if needed, for any additional follow-up.

Autism, Intellectual and Developmental Disabilities, and Alzheimer's Outreach Program - Montgomery County Police Department

240-773-6525 (V)

Officer Laurie Reyes

Email: laurie.reyes@montgomerycountymd.gov

Officer Tara Bond

Email: tara.bond@montgomerycountymd.gov

[www.montgomerycountymd.gov/pol/howdol/autism-](http://www.montgomerycountymd.gov/pol/howdol/autism-alzheimer-outreach.html)
[alzheimer-outreach.html](http://www.montgomerycountymd.gov/pol/howdol/autism-alzheimer-outreach.html)

All Montgomery County recruits and officers receive training and education on ensuring positive, effective, and safe interactions between law enforcement and the Autism/IDD communities. The unit also works with caregivers and those with Autism/IDD on ways to ensure they are safe in the community. Outreach Program provides a layered approach to Alzheimer's / Autism / IDD safety and awareness through education, follow up, and response. Upon request, Montgomery County Police provide wearable ID bracelets to County residents at risk of wandering and getting lost. These can help first responders and others identify a family caregiver to contact in the event an individual becomes lost or needs medical help and cannot fully explain their situation. Hold community events such as Spectacular Kids Night Out and Autism/IDD Night Out throughout the year. Conduct presentations within and outside of the County. .

Community & Family Services, Inc. - Sheppard Pratt Health System

www.sheppardpratt.org/care-services/community-family-supports/

- **Care and Connection for Families**

Email: CCF@sheppardpratt.org

Uses a whole-family approach to help families recover after a child experiences a mental health crisis. Services include short-term crisis intervention and counseling services.

- **Healthy Families Montgomery**

Ruth Rivas, Program Director
640 East Diamond Avenue, Suite D
Gaithersburg, MD 20877
240-398-1362 (V)

Email: ruth.rivas@sheppardpratt.org

A nationally accredited in-home service providing early intervention parenting support to ensure that first time parents begin their families successfully.

Down Syndrome Network of Montgomery County

301-979-1112 (V)

Email: admin@dsnmc.org

www.dsnmc.org

Provide support for families and friends of children with Down Syndrome, social opportunities for parents and individuals with Down Syndrome, support to new and expectant parents of babies with Down Syndrome, and information about accessing services and resources in the community.

Ed Bohrer Parent Resource Center – Jewish Social Services Agency

Gaithersburg Elementary School

35 N. Summit Avenue

Gaithersburg, MD 20877

240-935-6857 (V)

www.jssa.org/services/family-support-services/ed-bohrer-parent-resource-center/

Provides parents with school-aged children and their families living in the City of Gaithersburg with access to critical services to support overall well-being. Services include Adult Educational ESOL Classes through the Learning English Together English Literacy Program; citizenship and immigration information and referrals; basic computer and phone tech classes; financial fitness education classes and referrals to the Financial Empowerment Center for free education and coaching; housing assistance, counseling, education, and referrals; parenting education classes; job readiness training programs and referrals; advocacy for parents and school engagement; and case management and assistance accessing community resources such as clothing, food, furniture, medical, dental, behavioral health, and legal help. Services are offered free of charge in English and Spanish to City of Gaithersburg Residents. The Center is a collaboration between JSSA, the City of Gaithersburg, and Montgomery County Public Schools.

Elizabeth Cooney Personnel Agency - Emergency Respite Care

Elizabeth Weglein, CEO

410-323-1700 (V)

1-888-353-1700 (Toll Free)

Email: ew@elizabethcooneyagency.com

www.elizabethcooneyagency.com

Emergency respite care is for an unplanned event that requires the unavoidable absence of the primary caregiver. Services are available within 72 hours (3 days) across Maryland and across the lifespan – any age, any disability. Offer quality care if your favorite respite provider is not available. Pre-registration options available, including resource identification. Approval for emergency respite will be determined within 48 hours of request. A family may only make one request per 12-month period and the maximum grant per family is \$225 per 12-month period. Funded by the Maryland Department of Human Services.

Holy Cross Caregiver Resource Center

9805 Dameron Drive

Silver Spring, MD 20902

301-754-7152 (Caregiver Telephone Hotline)

www.holycrosshealth.org/services/senior-services/family-and-caregiver-resources/caregiver-resource-center

Information and supportive services for caregivers. The Caregiver Resource Center hosts caregiver support groups, where spouses and adult children can share sorrows and problems, joys and successes, resources and solutions. Sponsor caregiver education classes featuring information on everything from handling your aging parent's finances and first aid to CPR. The center's health information library is a complimentary service that provides caregivers access to books, DVDs, audiotapes and videotapes on caregiver issues and health-related topics, as well as pamphlets, AARP publications and reprints of health-related articles. Other caregiver resources of this library include brochures from local resources and listings of aging adult services in our community. The center's complimentary newsletter, Caregiver News, is published three times a year to provide you with tips, book reviews, resources, articles on caregiving, and listings of the center's upcoming seminars, lectures and support groups.

Montgomery County Council of Parent-Teacher Associations

P.O. Box 10754

Rockville, MD 20849

240-261-4836 (V)

Email: office@mccpta.org

www.mccpta.org

Advocate for the education and welfare of the children, families, and schools in Montgomery County.

National Family Resiliency Center, Inc.

10630 Little Patuxent Parkway, Suite 325
Columbia, MD 21044
410-740-9553 (V)

Email: ask@nfrchelp.org

www.nfrchelp.org

Comprehensive family, couples and individual therapy, age-appropriate support groups and peer counseling. Parenting seminars educate parents about the realities of a family transition, the effect of transition on children, and the legal process, along with providing them with an opportunity to learn co-parenting communication skills. KidsConnex is an educational program for children and teens that provides a sense of hope and practical guidelines for kids. A two-hour program designed especially for kids, KidsConnex helps children and teens begin to address their feelings, how to cope with changes in their lives, how to communicate with parents and how to establish their own age appropriate goals.

U.S. Department of Veterans Affairs (VA) Caregiver Support Program

202-745-8000 x 57797 (DC VA Medical Center)

1-855-260-3274 (Caregiver Support Line)

www.caregiver.va.gov

The Program of General Caregiver Support Services (PGCSS) provides resources, education and support to caregivers of Veterans. The Veteran does not need to have a service-connected condition, for which the caregiver is needed, and may have served during any era. Caregivers who enroll in PGCSS have access to education and training, including courses at local VA medical centers. In addition, caregivers can participate in support services and take advantage of VA home and community-based care. In addition, go to Caregiver Supports listed in the Montgomery County Commission on Veterans Affairs Veterans Network Directory for more information
www.montgomerycountymd.gov/vnd.

Potomac Community Resources, Inc. (PCR)

9200 Kentsdale Drive
Potomac, MD 20854
301-365-0561 (V)

www.pcr-inc.org

Non-profit organization serving teens and adults with developmental disabilities and their caregivers. Provide social, recreational, therapeutic and educational programs, as well as ongoing groups for parents and other caregivers.

Upcounty Community Resources

240-614-0444 (V)

Email: JennLynn@ucresources.org

www.ucresources.org

Private, non-profit offering innovative programs, events, and social opportunities for residents with developmental and intellectual differences. Weekend enrichment / respite program is held monthly. Respite Hours and DDA funding are accepted for this program. Therapeutic programs incorporate drawing, painting, clay work, as well as singing, playing, moving and creating music. Community inclusion programs include small group social activities where adults can build life skills, participate in their community and forge long-lasting friendships. Self-Directed DDA funding is accepted for these programs. All of our opportunities take place in the community and are fully inclusive to empower our adults to feel confident and safe in the world around them. Every program is led by certified therapists, special education teachers, self-advocates