

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

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, 240-777-1246 (V), MD Relay 711.

Visit the County's Caregiver Supports website: 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.

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.

Down Syndrome Network of Montgomery County

P.O. Box 10416
Rockville, MD 20849
301-979-1112 (V)
E-mail: 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.

Elizabeth Cooney Personnel Agency Continued

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.

Ed Bohrer Parent Resource Center

Sheppard Pratt Health System
Gaithersburg Elementary School
35 N. Summit Avenue
Gaithersburg, MD 20877
240-778-9879 (V)
E-mail: info@sheppardpratt.org
www.sheppardpratt.org/care-finder/ed-bohrer-parent-resource-center

Hours: Monday, Wednesday, and Friday 9am to 5pm; Tuesday and Thursday 9am to 8pm. Services include advocacy for families and individuals; clothing, food and furniture programs; counseling and mental health referrals; education (ESOL, GED, Literacy and Citizenship classes); interpretations and translations, including parent/teacher conferences; legal assistance referrals; medical, dental and eye clinic referrals; and notary services. Services are offered free of charge to the general public. Referrals in English and Spanish.

Family Discovery Center

Sheppard Pratt Health System
Shari Waddy, Program Manager
1010 Grandin Avenue
Rockville, MD 20851
301-424-2989 (V)
E-mail: info@sheppardpratt.org
www.sheppardpratt.org/care-finder/family-discovery-center/

Free multi-generational program that operates year round to promote adult learning and healthy child development in families with young children. Serves Montgomery County residents who are parents of young children (six weeks through 4 years old). Offer adult education and life skills classes to parents to promote self-sufficiency and positive parenting skills. Children learn alongside their parents at the Exploration Station child development center where they develop school readiness skills and participate in parent/child activities, family field trips, music and art. The Exploration Station also provides developmental screenings. The Center also provides home visiting services for parents who would like additional support with their parent roles.

Elizabeth Cooney Personnel Agency

Emergency Respite Care
Elizabeth Weglein, CEO
410-323-1700 (V)
1-888-353-1700 (Toll Free)
E-mail: info@elizabethcooneyagency.com
www.elizabethcooneyagency.com

Emergency respite care is for an unplanned event that

Family Services, Inc.

Sheppard Pratt Health System

610 East Diamond Avenue, Suite 100

Gaithersburg, MD 20877-5323

301-840-2000 (V)

E-mail: info@sheppardpratt.org

www.sheppardpratt.org/family-services-inc

Early Childhood programs promote early childhood health, education and development in the home, school and community. Serve pregnant mothers, young children and their families, partnering with families to provide early learning experiences for children from diverse backgrounds. Programs include:

Discovery Station Early Head Start: Serves low income families with children from birth to 3 years old and pregnant women who reside in the upcounty area of Montgomery County. Activities occur in the home and in the Family Services Discovery Station Child Development Center, with group activities on a regularly scheduled basis.

Healthy Families Montgomery (HFM): A nationally accredited bilingual home visiting service in Montgomery County is provided for first-time parents who are experiencing multiple life stressors, such as mental health or substance abuse concerns, limited self-sufficiency and the experience of abuse or neglect as a child. Home-based services begin before the baby is born and continue on a weekly basis for at least six months. Families continue to receive services for up to five years, depending on the nature and severity of their issues. Emphasis is placed on health care, child development, parenting education and support, and family self-sufficiency. In addition to regular home visits, HFM offers bilingual group activities to reduce social isolation and enhance the knowledge and skills needed for healthy child development.

DARE To Be You: Substance Abuse Prevention Education provides a 10-week program to preschoolers and their families designed to improve parent and child interaction in the areas of self concept, self responsibility, communication and decision-making.

Keys To Success: Provides enhanced support to pregnant and parenting high school and college students. The program combines quality Early Head Start child development services with transportation assistance, academic support, and career exploration. Here young parents find the resources they need to graduate from school, attend college and take the next steps to becoming independent, self-supporting adults.

Holy Cross Caregiver Resource Center

301-754-7152 (Caregiver Telephone Hotline)

www.holycrosshealth.org/caregivers-resource-center

If you're living with aging parents, or caring for a loved one or friend, the center is your go-to resource for support, education and the latest on healthy aging, and disease diagnosis and treatment. Host caregiver support groups for spouses and children. 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 hospital library include brochures from local resources, and listings of aging adult services in our community. The center's complimentary newsletter is published three times a year to provide you with tips, book reviews, resources, articles on care giving, 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

301-208-0111 (V)

E-mail: office@mccpta.org

www.mccpta.org

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

Montgomery County Government Aging and Disability Resource Unit (ADRU)

401 Hungerford Drive, 3rd Floor

Rockville, MD 20850

240-777-3000 (V)

www.montgomerycountymd.gov/HHS-Program/ADS/ADSADSRResourceUnit-p179.html

Hours: Monday and Friday from 8:30 a.m. to 5:00 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.

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

Outreach Program

Officer Laurie Reyes

240-773-6525 (V)

E-mail: laurie.reyes@montgomerycountymd.gov

www.montgomerycountymd.gov/pol/howdol/autism-alzheimer-outreach.html

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.

National Family Resiliency Center, Inc.

National Headquarters

10630 Little Patuxent Parkway

2000 Century Plaza, Ste. 115

Columbia, MD 21044

410-740-9553 (V)

Rockville Office

451 Hungerford Drive, Suite 225

Rockville, MD 20850

E-mail: 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. FamilyConnex™ is an online parent planning program developed by NFRC to help families facing divorce and other family transitions. It includes a decision-making model, a child assessment tool, a planning template; a manual on how to plan your co-parenting; information about parenting agreements; and other helpful resources to build parenting plans for each child in your family. 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.

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)

E-mail: JennLynn@ucresources.org

www.ucresources.org

Private, non-profit that offers innovative programs, events, and social opportunities for members of the community with developmental and intellectual differences. Weekend enrichment / respite program features vocational training held three Sundays per month. Respite Hours and DDA funding accepted for this program. Therapeutic programs incorporate drawing, painting, collage, sculpture and crafts, and singing, playing, moving and creating music. Community inclusion programs include a walking workout club, rock band jam nights, and a social skills night out for young adult males with Autism. Social activities include community outings, sporting events, dances, bingo night, and more. Offer skill building work programs for adults with I/DD in the community, in public restaurants, retail, and outdoor areas. Members learn social tolerance, task completion and vocational skills/responsibilities and community members see potential and desire to work. Attendees must exhibit minimal behaviors and no personal care is provided.

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

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

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 (VAMCs). 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.