



Disability Network Directory – Montgomery County, Maryland

Independent Living Skills

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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.

A & C Support Services, Inc.

1602 Belle View Boulevard #3015

Alexandria, VA 22307

301-684-5600 (MD)

703-659-8404 (VA)

Email: info-intake@acssinc.org

www.acssinc.org

Program enables persons served and their primary support system with assistance in developing and/or maintaining independence, productivity and progress towards their definition of a fulfilling life. Maryland DDA Provider for personal supports, respite, support broker and vendor services. Consortium member for the Arc Montgomery County Respite Coordination Program. Serving Maryland, Northern Virginia, and DC.

Life Skills Assistance: These supports are specifically designed to teach life & home skills development as well as community engagement and social skills. This includes assistance with laundry, showering, grooming, finances, medical issues, meal planning and preparation, shopping, travel training and accessing their community.

Support Coordination: Coordinating and developing and accessing necessary supports on behalf of individuals and their families.

Respite Care: Planned or emergency temporary care relief. Short notice is accepted. Accept private pay and insurances and work with families with limited income and resources. All supports are provided in families or home or the community.

Abilities Network

8503 LaSalle Road

Towson, MD 21286

410-828-7700 (V)

www.abilitiesnetwork.org

Support children, adults, families, and seniors who are affected by a variety of at-risk factors, including a diagnosed disability, lack of environmental supports, low-socioeconomic levels, and limited knowledge about resources and/or the capacity to access them.

Community Living: Customizes supports in order to address the personal strengths, needs, preferences, and desires of the individuals they assist. Developing a clear

Abilities Network Continued

understanding of each person's abilities, they expand upon those existing skills to promote independence in problem-solving, social interactions, use of community-based resources, and motivation to achieve goals.

Community and Employment Partners: Supports individuals that are interested in living independently to gain the life skills essential for finding and maintaining a job that fits their individuals needs and skills, maintaining a home, a budget, health and happiness. Trained case workers and case managers work one-on-one with individuals in both the community in which they live and work.

Project ACT (All Children Together): Provides consultation to support the inclusion of children with developmental delays, mental health, and behavioral challenges in their early education and care settings.

Arc Montgomery County

7362 Calhoun Place

Rockville, MD 20855

301-984-5777 (V)

Email: info@arcmontmd.org

www.thearcmontgomerycounty.org

Programs for children, youth and adults with developmental disabilities include employment and day programs, community living programs, recreation and leisure, and respite care.

Personal Supports

Kari Borgealt, Director of Inclusive Living Services

301-984-5777 x 1230 (V)

Email: karib@arcmontmd.org

Maximizing life skills while promoting community inclusion may require different levels of support. Customized, in-home and person-centered support makes it possible for adults with disabilities to live independently or to remain in their family's home. Staff can coordinate with schools, employers, and other program providers to encourage a positive experience providing maximum benefit to the individual. The intensity of services provided may range from drop-in support of a few hours to hands-on supervision for several hours each week and may include community

Arc Montgomery County Continued

connections (links to community resources); independent living (personal/health care, cooking, shopping); finances (budgeting, banking); social/recreational activities (leisure, entertainment, religious and cultural activities); and medical (appointments, benefits coordination).

Community Living Services

Kari Borgealt, Director of Inclusive Living Services

301-984-5777 x 1230 (V)

Email: karib@arcmontmd.org

Full residential services focused on individualized support can be provided to adults with disabilities at one of 35 single-family homes, townhomes or condos owned or operated by The Arc Montgomery County. Support services may include personal care, medication administration, use of community services, meal preparation, recreation, financial management, and health care coordination. Person must apply to the Maryland Developmental Disabilities Administration for eligibility and funding approval.

Caroline Center Inc.

15222 Dino Drive

Burtonsville, MD 20866

240-722-6090 (V)

Email: info@carolinecenterinc.org

<http://carolinecenterinc.org>

Community Learning Services: Present opportunities for adults with intellectual and developmental disabilities by exploring their communities and gaining experience interacting with people without disabilities. **Personal Support:** Support adults who live in their own homes, and those living with natural supports, may need assistance to navigate their communities, maintain their homes and access resources. **Residential Program:** Designed to provide individuals with access to services and supports, within the agency and the community so that they can live their lives in the way they choose. Each licensed residential setting is staffed with Certified Medical Technicians who have been trained to attend to health care needs, under the direction of board-certified Registered Nurses, while encouraging self-advocacy and self-direction. Individuals are encouraged to make decisions regarding living arrangements, community integration and vacation planning. Daily living activities within the residences are tailored to meet the strengths, needs and preferences of each individual. Our licensed homes are organized to accommodate the need and abilities of residents, encouraging them to fully enjoy the home and surrounding community.

Day Habilitation Services: Also known as “Life Enrichment Programs” (LEP) are offered in Ridgely and Burtonsville, Maryland. LEP is available to adults and transitional-aged youth (18 years of age and older) with intellectual and developmental disabilities. These programs accommodate the changing interests,

Caroline Center Continued

abilities, needs and goals of each individual by routinely offering supports in different “Life Areas”. Program participants chose from a variety of activities designed to promote new skills, encourage an array of experiences and maintain health and general well-being.

Employment Supports: Range from discovery and exploration to development and supports. Staff with specialized training work with individuals to identify areas of interest and match those with abilities to assist people in voluntary and paid employment.

Respite Services: Short-term supports are designed to provide individuals and their families a break from their routines. Services are provided in the home setting or in a licensed residential site.

Columbia Lighthouse for the Blind

8757 Georgia Avenue, Suite 805

Silver Spring, MD 20910

202-454-6400 (V)

E-mail: info@clb.org

www.clb.org/services/independent-living-skills

Learn techniques for accomplishing daily tasks such as using writing guides, identifying money, using the phone, cooking, housekeeping and laundry care. Organizational strategies and hands-on application in your home or community complement the instruction.

Community Services for Autistic Adults and Children (CSAAC)

The Jane Salzano Center for Autism

8615 East Village Avenue

Montgomery Village, MD 20886

240-912-2220 (V)

Email: csaac@csaac.org

<http://csaac.org/>

Provides services across the lifespan ranging from intensive early intervention services for young children, to educational services and residential supports for school age children, through adult services including community-based residential and vocational programs.

Adult Residential Support Services

Sam Asiamah, Director

240-912-2233 (V)

Oversees 68 homes in Montgomery County providing community living to children and adults with autism. Homes are staffed around the clock by counselors who teach independent living skills such as housekeeping, personal hygiene, shopping, money management, communication, telephone use, and leisure activities.

Vocational Supports: Supported employment program offers a wide range of supports and expertise which allow individuals with autism to succeed at competitive employment. Supported employment personnel help prepare the worksite for the individual, provide task and behavioral support and intervene to overcome obstacles to keeping the job. In cases of unemployment or underemployment, individuals receive a structured, enriched schedule of job training and training in related areas such as social skills for the workplace, until employment is found.

Community Support Services (CSS)

9075 Comprint Court
Gaithersburg, MD 20877
301-926-2300 (V)
Email: css@css-md.org
www.css-md.org

Support adults with autism and other developmental disabilities during the day, at work, at home or in the community. Provides supported employment services, day habilitation services and residential services. Day program activities are designed to promote opportunity, inclusion and the development of life skills in a safe, structured environment. This includes collaborative therapeutic recreational programs and special activities and events for adults with severe cognitive impairments. Services for children with autism and other developmental disabilities include after-school respite services, a Saturday program, and winter, spring and summer break camps.

Compass, Inc.

Rick Callahan, Executive Director
12400 Kiln Court, Suite A
Beltsville, MD 20705
301-625-2406 (V)
Email: rcallahan@compassmaryland.org
www.compassmaryland.org

Provide residential services, community support living arrangements, individual support services, behavioral support services, respite care, customized employment, and other vocational services. Community living services provide the individual with opportunities to develop skills related to activities of daily living, instrumental activities of daily living, and vocation and socialization.

Humanim

6355 Woodside Court
Columbia, MD 21046
410-381-7171 (V)
1-888-374-8342 (Toll Free)
Email: contact@humanim.org
www.humanim.com

Offer a range of programs and services that enhance growth, independence, and quality of life for individuals with special needs, including children, adolescents, adults with Autism Spectrum Disorder and other developmental disabilities. Provide social, educational, and employment services to individuals who are deaf, deafblind, or hard of hearing, as well as individuals who are deaf and have a developmental disability. Cognitive Assessment Center offers testing and coaching services. Evidence based Practice Supported Employment, supported living and housing programs, psychiatric rehabilitation day program, and community support services for individuals with mental illness and substance abuse disorders.

Independence Now, Inc.

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
Email: info@innow.org
www.innow.org/independent-living-services

Independent Living Specialists facilitate one-on-one and group skills trainings in an array of areas to promote independence, such as community-based living, decision making and time management, local, national and legislative laws, transportation and employment, budgeting, cooking and kitchen safety, and other areas according to individualized needs.

Integrated Living Opportunities (ILO)

451 N. Hungerford Drive, Suite 119
Rockville, MD 20850
Email: info@ilonow.org
www.ilonow.org

Non-profit organization that is devoted to helping families with special needs build supportive, integrated communities that enable safe, productive, independent living options for their young adults with developmental disabilities. Help adults with disabilities in the Maryland/DC area transition to independent living. ILO offers memberships for families and for community groups that include monthly and social recreational activities for self-advocates; workshops and seminars; trainings; life skills inventory assessment; ILO Community Life Coordinators, Community Builders, and Skills Tutors; advocacy; and long-term planning and facilitation.

Jubilee Association of Maryland

10408 Montgomery Avenue
Kensington, MD 20895
301-949-8626 (V)
Email: info@jubileemd.org
www.jubileemd.org

Provides community residential services to adults with intellectual and developmental disabilities. Housing Support Services division helps adults with intellectual and developmental disabilities find and secure their own home where they hold the lease. DDA-certified housing support specialists navigate the complex housing process, including securing housing vouchers and identifying affordable and accessible housing. Also provide guidance for people new to living independently on issues related to owning or renting a home. Circle of Friends program helps foster long-term relationships between the people we support and community members who seek meaningful connections and friendships. Provide short-term crisis intervention services to individuals referred by Montgomery County Government.

Makom (formerly Jewish Foundation for Group Homes)

1500 East Jefferson Street
Rockville, MD 20852
240-283-6000 (V)
Email: info@makomlife.org
www.makomlife.org

Non-sectarian organization dedicated to enhancing the independence, dignity, choice, and community inclusion of individuals with disabilities age 18 and older. The agency provides training to enhance independent living skills, personal assistance with daily living, and long-term support. Offer multiple options in their residential program including homes in Montgomery County, Maryland, and Northern Virginia; alternative living arrangements and drop-in support; and independent living skill-building through their MOST™ (Meaningful Opportunities for Successful Transitions) Program. Social, emotional and educational supports for siblings.

Maryland Division of Rehabilitation Services (DORS)

Office for Blindness and Vision Services

301-949-4750 (Wheaton Regional Office)
410-554-9277 (Main Office)
E-mail: obvs.dors@maryland.gov
<http://dors.maryland.gov/consumers/specialized/OBVS/Pages/OBV-ILOB.aspx>

Independent Living Older Blind (ILOB) Program helps individuals who are 55 or older who are blind or have a vision impairment to live independently in their homes and communities. Services may include training in how to manage personal care and household tasks, labeling and organizing personal care items, clothing, appliances, and medications, safe cooking techniques, orientation and mobility training, Braille instruction, and referral to community peer support groups and other services. ILOB rehabilitation teachers will come to your home to provide assessment and training. The program reaches out to individuals in all areas of the state, including those living in rural counties. Rehabilitation teachers work as a team with ophthalmologists, low vision specialists and community partners to provide personalized service. Wheaton location serves Allegany, Carroll, Frederick, Garrett, Montgomery, and Washington Counties.

Melwood

5606 Dower House Road
Upper Marlboro, MD 20772
301-599-8000 (V)
www.melwood.org

Offer vocational support and employment services, day services, community living, traditional residential programs, affordable housing options, summer camp, and leisure and travel opportunities for people with developmental disabilities. Personal Supports Services are individualized services that provide the necessary supports to help adults and children with disabilities remain at home with their family or to succeed independently and live in their own apartment or home. Serve Maryland, Virginia, and DC.

Metropolitan Washington Ear, Inc.

12061 Tech Road
Silver Spring, MD 20904
301-681-6636 (V)
Email: information@washear.org
www.washear.org

Offer independent living skills training including mobility and white cane training, Braille instruction, technology training and more. Nonprofit radio, reading and dial-in newspaper and magazine service for the blind, visually impaired, and physically disabled individuals who cannot read ordinary print. Free 24/7 service that has 350 dedicated volunteers that read and record the Washington Post, excerpts from the Washington Times, the New York Times, Time Magazine, and 100 other publications.

Opportunities, Inc. (ROI)

902 Wind River Lane, Suite 200
Gaithersburg, MD 20878
301-731-4242 (V)
www.opportunities-inc.com

Advocate for, empower and support full inclusion of individuals with intellectual and developmental disabilities. Supported and customized employment services include discovery, ongoing job support, job development, follow along support, co-worker employment support, career exploration, community development, day habilitation, and virtual services. Funded by Maryland Developmental Disabilities Administration (DDA) or Division of Rehabilitation Services (DORS).

Powder Mill Community Services (PMCS)

12410 Milestone Center Drive, Suite 600
Germantown, MD 20876
301-778-7177 (V)
Email: powdermillcommunityservicesinc@outlook.com
www.pmcshhealthcare.com

Developmental Disabilities Administration (DDA) licensed provider of personalized support services for individuals 21+ with intellectual and developmental disabilities in Maryland. Offer a comprehensive range of services including:

- **Community Living: Tailored** support in PMCS residences to nurture independence and community involvement. Direct Support Professionals (DSP) assist with basic activities of daily living (includes personal everyday tasks like bathing and routine personal hygiene; dressing and changing clothes; eating; mobility assistance; toileting). Instrumental Activities of Daily Living (IADL) include the following tasks or activities – meal preparation; performance of light chores incidental to the personal care assistance provided to the participant; grocery shopping; nutritional planning; management of finances and cash handling; telephone usage and other appropriate means of communication; reading; and planning and decision-making.

Powder Mill Community Services Continued

- **Personal Supports:** Assistance with daily living tasks to foster independence in community life. These services include direct personal care (such as personal care attendants, housekeeping, and meal preparation) and indirect supports (such as transportation, information and referral services, translation services, training or educational activities, legal or financial services).
- **Nursing Supports:** Health and wellness services designed to achieve quality health outcomes. Nursing Support includes Nurse Consultation, Nurse Health Case Management, Nurse Case Management, and Delegation, each tailored to support participants' health goals effectively.
- **Employment Services:** Flexible support for job search, skill development, and employment retention.
- **Transportation:** For individuals enrolled in services at PCMS. Make arrangements for reasonable local transportation for the individual to engage in community activities within their own local area based on the identified needs. Relatives or legal guardians approved by the DDA are allowed to provide transportation services.

Service areas covered: Southern Maryland (Calvert, Charles, Montgomery, Prince George's, and St. Mary's Counties); Central Maryland (Anne Arundel County, Baltimore City, Baltimore County, Harford County, Howard County); Western Maryland (Alleghany County, Carroll County, Frederick County, Garrett County, and Washington County).

SEEC Online

1300 Spring Street, Suite 400
Silver Spring, MD 20910
301-576-9000 (V)

Email: info@seeconline.org
www.seeconline.org

Offer individualized, community-based supports to individuals with developmental disabilities. **Workforce Development** program includes customized employment plans and job coaching. **Individual Supports Program** assists people in their educational, recreational, fitness, and social endeavors with individualized supports. Individual Supports serve people who reside in their own home and are assisted by a circle of support. SEEC's community engagement coaches work with each person to create a monthly schedule of well-rounded, meaningful experiences that provide personal enrichment and prosperous employment. Coaches provide training and assistance as needed, and when appropriate, help to develop or obtain adaptive equipment to help each person become as independent as possible. **Community Living** staff provide in-home supports and facilitate evening and weekend activities for clients living in the community. **Parent to Parent (P2P)** is a free, confidential service that pairs families in need with a parent mentor who has

SEEC Online Continued

experience raising a child with a disability to provide emotional support and practical advice. interested in becoming a mentor contact Donne Settles Allen, P2P Coordinator at dallen@seeconline.org.

Target Community & Educational Services, Inc.

438 N. Frederick Avenue, Suite 325
Gaithersburg, MD 20877
240-632-1434 (V)

www.targetcommunity.org

Provide services to children and adults with intellectual and developmental disabilities through community-based residential, educational, vocational, recreational and family support services. Provide service coordination and support to families who have children with Autism in the Autism Waiver. Offers drop-in services including supervision and direct care to individuals with intellectual and developmental disabilities who choose to live with their families or in their own homes, with an emphasis on participant independence and community involvement. Promotes independence in the community and builds relationships among peers. Staff assist clients with daily living skills including budgeting, cooking, nutrition, cleaning, shopping, and fitness.

TCS Access (TCSA)

8701 Georgia Ave, STE 510
Silver Spring, MD 20910
240-428-1820 (V)

Email: info@tcsaccess.com
www.tcsaccess.com

Specializing in assistive technology training for individuals with disabilities and older adults, TCSA offers one-on-one or group training at the Silver Spring center, remotely, or through in-home/office visits. TCSA is an authorized distributor of assistive technology solutions. Additionally, TCSA provides workplace personal assistant services, accessibility consulting services, and workshops for organizations on topics like creating accessible documents and fostering inclusive practices.

TLC's Outcomes Adult Services

Karen Morgret, Director of Vocational Services and Quality Assurance

Email: kmorgret@ttlc.org

Veronica Vasquez, Director of Community Services

Email: vvasquez@ttlc.org

1390 Piccard Drive, Suite 120
Rockville, MD 20850
301-294-9205 (V)
301-424-9209 (FAX)

<https://ttlc.org/services/outcomes-adult-services/>

Case Management: TLC Outcomes Service staff provide case management services for individuals seeking support in a variety of areas, including challenges related to employment, accessing community resources, developing independent living and social skills, and any other identified needs.

TLC's Outcomes Adult Services Continued

Community Integration: TLC Outcomes Service staff works with individuals to optimize their involvement in the community by accessing resources, participating in leisure, recreational, and social activities, and forming relationships with fellow community members.

Individuals can also receive support in identifying and participating in volunteer opportunities, which can lead to the development of vocational skills for potential of employment.

Independent Living Skills: TLC Outcomes Service staff provides individualized, personal support to those endeavoring to increase their independent living skills in areas such as budgeting, shopping, planning and preparing meals, maintaining a safe and comfortable living space, and learning to navigate transportation options within the local community.

Employment: Outcomes staff offers job development, job coaching services, and conducts career assessments. We support individuals to develop job readiness skills to increase independence and success in the workplace.

Services: Intensive supports are offered to students, high school to age 24, moving from school to employment and greater independence in the adult world. Transition services may include vocational assessment, job-seeking skills, job placement, travel training, job coaching, and independent living supports.