Learn about Programs and Services for

Seniors and Persons with Disabilities

Aging and Disability Services
Promoting Choice and Independence

Health and Human Services
240-777-3000 or via Maryland Relay at 711
ADS@MontgomeryCountyMD.gov

We provide spoken language interpretation. Say the language you would like to speak. Please wait about a minute for an interpreter to join the call.

We provide sign language interpretation and other reasonable accommodations upon request. Please try to make your request at least 3 business days in advance.

Helpful information on reverse side.
Help Comes in Many Forms

Our staff can help you ask the right questions, clarify your needs, and identify resources.

**ADULT PROTECTIVE SERVICES**
Social workers and nurses respond to concerns about adults who may be at risk of harm due to abuse, neglect, self-neglect, or exploitation.

**IN-HOME CARE**
Personal care (bathing, dressing) and chore services for people with disabilities and frail older adults.

**HEALTH AND MENTAL HEALTH**
Access to insurance providers like Medicare and Medicaid, clinics, pharmacy assistance, and wellness resources. Referral to mental health services.

**RESPITE CARE**
Short-term breaks for caregivers of frail older adults and people with disabilities. Respite care can be provided inside or outside the home.

**SUPPORT FOR FAMILY CAREGIVERS**
Education, support, services, and resources for people caring for a loved one.

**FOOD/NUTRITION**
Senior lunch program including American, Chinese, Korean, Vietnamese, and Kosher meals. Home delivered meals and grocery delivery.

**FINANCIAL ASSISTANCE**
Services and programs providing financial assistance or tax credits. Includes eligibility screenings and help completing applications.

**TRANSPORTATION**
Transportation resources in the County, including discounts, escorts, and accessible transportation.

**HOUSING**
Information about housing options, including subsidized and accessible housing.

**OTHER**
Referrals for adult day care, legal services, home modifications, hospice, and more.

FOR FURTHER INFORMATION, CALL
240-777-3000 or via Maryland Relay at 711
Aging and Disability Services
Alternative formats of this document available upon request.