One out of four adults provides assistance to a family member with a physical or cognitive disability.

**Contact These Programs for Help**

**Montgomery County Aging and Disability Services** .....240-777-3000
Find out about services available in your community. If in doubt, call!

**Holy Cross Caregiver Resource Center** ....................301-754-7152
Call about support groups and classes.

**Alzheimer's Association**
24-hour Helpline .................1-800-272-3900
Get help dealing with the challenges of dementia.

**Respite Services of Montgomery County** .....301-816-9647
Access respite care.

**Connect-A-Ride** .................301-738-3252
Learn about transportation options.

**Some Websites Worth Exploring:**
- Alzheimer's Association
  www.Alz.org/care
- AARP
  www.AARP.org/caregivers
- Caring from a Distance
  www.CaringFromADistance.org
- Family Caregiver Alliance
  www.Caregiver.org
- Full Circle of Care
  www.FullCircleCare.org

**Relieved Caregivers Say:**

“I can concentrate at work now that I know my father is in good hands.”

“I’m sleeping better.”

**Are You Caring for Another Adult?**

The best way to help is to recognize it’s not all up to you.

Montgomery County
Aging and Disability Services
240-777-3000
ADS@MontgomeryCountyMD.gov

Alternative forms of this document are available upon request.

MONTGOMERYCOUNTY IS A MARYLAND ACCESS POINT
Take Advice from Other Caregivers

DEVELOP SKILLS
To avoid injury and save time and energy, learn how to assist wisely with daily tasks such as bathing, dressing and transferring from one place to another.

FIND INFORMATION
Learning about disabling conditions can help you know what to expect and how to deal with it. Find useful information through doctors, healthcare providers, libraries and on-line.

TALK ABOUT YOUR FEELINGS
Caregiving can inspire a range of emotions from fulfillment to frustration, guilt and anger. It might help to talk to other caregivers with similar feelings.

"I never thought of myself as a caregiver. I was just taking care of my mother. Finding out about services helped me provide better care."

Help Comes in Many Forms

GERIATRIC CARE MANAGERS
Professionals who help plan for the care of older adults

RESPITE CARE
A trained person takes care of your loved one, so you can take a break

SUPPORT GROUPS
Sharing information, feelings, and advice. Support groups can be in-person, by telephone, or on-line.

IN-HOME AIDE SERVICES
Help with bathing, dressing, housekeeping and other personal care activities

LEGAL AND FINANCIAL ASSISTANCE
Information about financial planning, and assistance, power of attorney, health care planning, and help completing applications

ADULT DAY CENTERS
Social, recreational and health services in a safe place for people who cannot be alone during the day

HOME MODIFICATIONS
Home improvements and devices that increase safety, ease of use, and independence

ESCORTED TRANSPORTATION
Rides and an escort for people who need help getting places

HOSPICE
Care of terminally ill people that emphasizes managing symptoms. Often includes grief counseling and support groups for patients and families.