



Ike Leggett
County Executive

Caregiving

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Family caregivers are a vital part of our community. **Montgomery County Aging and Disability Services** offers individuals and their caregivers helpful information and support. Some nonprofit organizations also offer help. We hope you find something useful in the following list of resources.

Montgomery County Aging and Disability Services:

240-777-3000

[www.](http://www.montgomerycountymd.gov/hhs-program/ads/adsadsresourceunit-p179.html)

[montgomerycountymd.](http://montgomerycountymd.gov/hhs-program/ads/adsadsresourceunit-p179.html)

[gov/hhs-program/ads/](http://montgomerycountymd.gov/hhs-program/ads/adsadsresourceunit-p179.html)

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County professionals offer information to seniors and their caregivers on a wide range of programs, Mon – Fri 8:30 a.m. - 5 p.m. (with hours extended until 7:30 p.m. on Tues, Wed and Thurs). Spanish language and language translations are available.

Montgomery County's Caregiver Support Program

www.montgomerycountymd.gov/senior/caregiver.html

Caregivers can review information online and sign up for a monthly e-Newsletter of resources and events.

Montgomery County Police Autism/IDD/ Alzheimer's Outreach Program

240-773-6500

www.montgomerycountymd.gov/pol/resource/lifesaver.html

If a family member might wander, Montgomery County Police Autism/IDD/Alzheimer's Outreach Program can help families implement safety measures to prevent it.

CAREGIVING in context



ARC of Montgomery County (Respite Services):

301-816-9647

www.thearcmontgomerycounty.org/what-we-do/respite/respite-seniors.html

Montgomery County residents providing unpaid, live-in, primary care for a frail senior citizen may apply for respite care. The Arc Montgomery County can make arrangements for a few hours, a day, a weekend, or perhaps longer at a family-selected venue, e.g., family home, adult medical day program or approved respite facility. Families are responsible for fees, but may receive a subsidy.

Alzheimer's Association:

1.800.272.3900

www.alz.org

The Alzheimer's Association offers information online and via its professionally-staffed 24/7 Helpline (1-800-272-3900), with translation services available. Locally, the National Capital Area Chapter supports caregivers through small group seminars, support groups, care consultations and Memory Cafes.

List continues on back



Connect-A-Ride:

301-738-3252

www.accessjca.org/programs/transportation

Residents age 50+ and adults with disabilities can learn about transportation options for medical services, grocery shopping and errands by calling this free, County-funded information and referral line. Professional staff help residents identify transportation services appropriate to their situation (e.g., Metro Access, Call N Ride taxi service or perhaps escorted transportation). For callers interested in mobility options beyond driving, staff describe free Ride Smart travel training workshops and free Still Driving? Support Groups.

Holy Cross Caregiver Resource Center:

301-754-7152

www.holycrosshealth.org/caregivers-resource-center

Family caregivers may access the helpline, support groups, classes, library or newsletter. The Caregiver Telephone Helpline (301-754-7152) provides information about services and resources. Support groups in Silver Spring and Gaithersburg offer spouses and adult children a venue to share sorrows, successes, resources and solutions. Classes address handling a parent's finances, first aid and CPR. The library provides access to books, DVDs, audiotapes and videotapes on caregiver issues and health-related topics, and listings of aging adult services in our community. The newsletter, published thrice annually, provides tips, book reviews, resources and articles on caregiving.

Maryland Access Point (MAP)

www.aging.maryland.gov/accesspoint/Pages/default.aspx

The Maryland Department of Aging MAP program provides an online, searchable resource directory to serve the public and professionals in identifying, connecting and accessing private and public resources. Individuals can find service providers on the website and contact them directly, or locate an appropriate agency in their area to contact for counseling and assistance.

Financial Assistance:

240-777-3000

www.montgomerycountymd.gov/hhs-program/ads/adsadsresourceunit-p179.html

In some cases, financial subsidies are available to help pay for assisted living, adult day care, in-home aide services, healthcare, and home modifications for qualified individuals. Staff of Montgomery County Aging and Disability Services can help explore these possibilities.

US Government - Caregiver Resources & Long-Term Care

www.hhs.gov/aging/long-term-care/index.html

Caregivers can access information about in-home assistance, community programs, or residential facilities. Such resources can help older adults stay in their homes and participate in their community.

Alternative formats of this document are available upon request. Call Aging and Disability Services at 240-777-3000.

People with difficulty using standard phones are encouraged to use Maryland Relay 711 when contacting organizations listed.

