



Age-Friendly Montgomery

A Community for a Lifetime

"I'm inviting you to enjoy our County's resources and programs."

County Executive Ike Leggett

Resources for Persons at Risk and Their Families

Montgomery County offers many programs, services and support related to aging and disability. Here are some resources and suggestions to help you find options you might like to explore.

Montgomery County Aging and Disability Services

If you or a loved one is older or has a disability and you'd like to learn about Montgomery County's helpful programs, services and resources, please call the Aging and Disability Services Resource Line at 240-777-3000. Hours are Monday – Friday 8:30 a.m. - 5:00 p.m. (extended until 7:30 p.m., Tuesday, Wednesday and Thursday.)

Connect-A-Ride

Call Connect-A-Ride at 301-738-3252 to learn about safe transportation options for seniors and persons with disabilities to get to medical services, grocery shopping, errands, senior centers, etc. Some financial subsidies are available for those who qualify.

Respite Services of Montgomery County

If you care for a frail older adult or person with a disability and need someone to stay with them on an

occasional basis, respite care is available. Call Respite Services of Montgomery County at 301-816-9647 to learn about providers that offer short-term relief and support. A sliding fee scale applies but financial subsidies are available for qualified individuals and families.

Wandering

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. Call 240-773-6525 or visit www.montgomerycountymd.gov/lifesaver

Libraries, Recreation and Senior Centers

You and your loved one might visit your local library to borrow books, movies, CDs or magazines to enjoy together. Or, you can access many library services online: <https://montgomerycountymd.libguides.com/seniors> You might also call or visit your nearby Recreation or Senior Center to learn about the programs offered throughout the week. To find a center near you, go to www.MontgomeryCountyMD.gov/senior and click on Recreation or call 311.

Contact Us Today

- **Aging & Disability Resource Line 240-777-3000**
- **3-1-1 or 240-777-0311 for County programs and services; 9-1-1 for emergency**
- **www.montgomerycountymd.gov/senior**
- **"Seniors Today" airs on Sundays, Tuesdays and Thursdays at 6:00 p.m. on Comcast/RCN 6, Verizon 30**