



Age-Friendly Montgomery

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

County Executive Ike Leggett

Support for Family Caregivers

Caregiver Tips

Be Prepared ✓

Elder care can be expensive, complex, emotionally challenging and physically draining. Create a list of questions you have surrounding medical, legal and financial planning.

Gather Support ✓

Find support in your community. Many communities have caregiver supports via faith-based groups, neighborhood villages and nonprofit organizations.

Make a Plan ✓

Geriatric care managers can guide you as you learn about what your loved one needs and what resources are available (e.g. long-term care insurance or government programs).

Caregiving in Action ✓

Support groups, respite care, adult day programs and senior centers are just a few of the resources available to caregivers. To learn more call: **240-777-3000**.

"Sometimes asking for help is the most meaningful example of self-reliance." – Unknown.

Being a caregiver is challenging, rewarding and exhausting. It can be easy to forget that you must care for yourself in order to effectively care for your loved one.

Montgomery County provides caregivers with education and referrals to County programs and other community resources.

Our trained staff understand each caregiver experience is unique. We will work with you to identify the support and services that are right for your situation.

Take Action

1. Don't wait to seek medical care and treatment for your loved one and yourself.
2. Connect with condition-specific organizations that focus on care, support and research.
3. Call the County's Aging and Disability Resource Line to discuss caregiving topics **240-777-3000**.
4. Subscribe to Montgomery County's **Caregiver Support eNewsletter**. Look for the green box marked "NEW."

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**