

What are my options?



Maryland Access Point (MAP) is a one-stop-shop where you can work with a certified **Options Counselor** to:

- ❑ **LEARN** about long term services, such as home-delivered meals, home modifications, home health aides, chore services, adult medical day care, assisted living facilities, Medicaid and Medicare programs
- ❑ **CREATE** a plan that supports your goals
- ❑ **IDENTIFY** long term services that meet your goals to remain in your home or community
- ❑ **APPLY** for available public services, if eligible
- ❑ **ACCESS** services and programs that support you or your loved one in the home or community
- ❑ **NAVIGATE** through the public long term care system.

MAP promotes independence, personal choice, and streamlined access to private and public long term services and resources. We serve older adults, individuals with disabilities, and the people who support them.

www.MarylandAccessPoint.info

1-844-627-5465 (toll free)