



National Family Caregiver Support Program

ABOUT THE PROGRAM

Maryland's Family Caregiver Support Program is administered by the Maryland Department of Aging and is part of a national network of caregiver programs funded by the federal Administration for Community Living. The program helps family and informal caregivers care for their loved ones at home for as long as possible. Family caregivers are the major source of unpaid help for older and disabled adults living in communities across the state. These caregivers typically include spouses, adult children, relatives, and friends.

The program works in conjunction with a host of State and community-based services to create a coordinated array of supports for individuals who need them. Studies show that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

5 TYPES OF SERVICES:

- Information to caregivers about available services
- Assistance to caregivers in gaining access to services
- Individual counseling, organization of support groups, and caregiver training
- Respite care
- Supplemental services (on a limited basis).

FAMILY CAREGIVERS WHO ARE ELIGIBLE INCLUDE:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities.

November is National Family Caregivers Month. This year's theme is, Caregiving Around the Clock. As stated by the Caregiving Action Network, "Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer's or a child with special needs can be non-stop/ Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night? Caregivers truly provide around the clock support for their care recipients.

To learn more about our services visit, www.aging.maryland.gov or www.marylandaccesspoint.info

Call **410.767.1100** or **1.800.243.3425**



Larry Hogan, Governor | Boyd K. Rutherford, Lt. Governor | Rona E. Kramer, Secretary

MARYLAND'S AREA AGENCIES ON AGING

For more information about Maryland's Family Caregiver Support Program
contact your local Area Agency on Aging

ALLEGANY COUNTY

Human Resources Development
Commission, Inc.
125 Virginia Avenue
Cumberland, MD 21502
301-777-5970

CECIL COUNTY

Senior Services & Community Transit
200 Chesapeake Blvd., Suite 2550
Elkton, MD 21921
410-996-5295

MONTGOMERY COUNTY

Department of Health and
Human Services
401 Hungerford Drive, 3rd Floor
Rockville, Maryland 20850
240-777-3000

ANNE ARUNDEL COUNTY

Department of Aging and Disabilities
2666 Riva Road, Suite 400
Annapolis, MD 21401
410-222-4464

CHARLES COUNTY

Aging and Senior Programs
8190 Port Tobacco Road
Port Tobacco, MD 20677
301-934-9305

PRINCE GEORGE'S COUNTY

Department of Family Services
6420 Allentown Road
Camp Springs, MD 20748
301-265-8450

BALTIMORE CITY

Division of Aging & CARE Services
417 E. Fayette Street
Baltimore, MD 21202
410-396-4932

DORCHESTER, SOMERSET, WICOMICO, AND WORCESTER COUNTIES

MAC, Inc.
909 Progress Circle, Suite 100
Salisbury, MD 21804
410-742-0505

QUEEN ANNE'S COUNTY

Department of Community Services
104 Powell Street
Centerville, MD 21617
410-758-0848

BALTIMORE COUNTY

Department of Aging
611 Central Avenue
Towson, MD 21204
410-887-2594

FREDERICK COUNTY

Department of Aging
1440 Taney Avenue
Frederick, MD 21702
301-600-1605

ST. MARY'S COUNTY

Department of Aging &
Human Services
41780 Baldrige Street,
Leonardtwn, MD 20650
301-475-4200

CALVERT COUNTY

Office on Aging
450 West Dares Beach Road
Prince Frederick, MD 20678
410-535-4606

GARRETT COUNTY

Community Action Committee, Inc.
104 E. Center Street
Oakland, MD 21550-1328
301-334-9431

WASHINGTON COUNTY

Commission on Aging
140 W. Franklin Street, 4th Floor
Hagerstown, MD 21740
301-790-0275

CAROLINE, KENT AND TALBOT COUNTIES

Upper Shore Aging, Inc.
100 Schaubert Road
Chestertown, MD 21620
410-778-6000

HARFORD COUNTY

Office on Aging
145 N. Hickory Avenue
Bel Air, MD 21014
410-638-3025

CARROLL COUNTY

Bureau of Aging & Disabilities
125 Stoner Avenue
Westminster, MD 21157
410-386-3800

HOWARD COUNTY

Office on Aging & Independence
6751 Columbia Gateway Drive
2nd Floor, Columbia, MD 21046
410-313-6410

1-844-MAP-LINK



627-5465

Your Link to Health and Support Services
for Older Marylanders and
Persons with Disabilities

www.MarylandAccessPoint.info