



THE OLDER AMERICANS ACT IN MARYLAND

For six decades, Older Americans Act (OAA) funding has supported a wide range of essential programs for older adults and people with disabilities, including nutrition services, transportation support, personal care, health and wellness education, resources for caregivers, and protections against exploitation. As we approach the 60th anniversary of the OAA, it's important to recognize the critical importance of OAA funding and celebrate its impact on Maryland communities.

Breaking it Down: OAA Programs in Maryland by the Numbers



Nutrition Services

Over **8,000** older Marylanders receive home-delivered meals each day. An additional **3,400** receive meals in a community setting. More than **3 million** meals are served each year to older Marylanders.



Caregiver Support

More than **100,000** caregivers receive short-term respite care, adult day care services, transportation assistance, and other supports each year. More than **107,000** older Marylanders receive care services.



Senior Center Programs

More than **50,000** Marylanders participate in health promotion programs like exercise, chronic disease prevention classes, and immunization clinics, many of which take place at Maryland's **117** Senior Centers.



In-Home Personal Care

Older Marylanders receive more than **20,000** units of support each year with chores and activities of daily living to help them live safely in their homes and communities.



Long-Term Care Support

Ombudsmen visit Maryland's **1,850** assisted living and nursing homes nearly **7,000** times each year, resolving approximately **3,300** complaints from residents.



Transportation Services

More than **125,000** rides are provided each year to older adults who need help getting to medical appointments and running other important errands. Another **886** people receive other forms of transportation assistance.

The Impact of OAA Funding on Older Adults and People with Disabilities in Maryland



Program Referrals

PILAR is an 80-year-old woman who first called Maryland Access Point (MAP) for help with her adult son, who has several disabilities. During a home visit to help Pilar replace a stolen SNAP card and prepare an in-home care application, the MAP specialist noticed a pile of overdue bills on the counter. He got right to work helping Pilar enroll in a discounted cell phone program and apply for financial assistance for her hospital bills. Since then, OAA benefits Pilar has received through MAP include chronic disease case management, transportation, energy assistance, and enrollment for her son in an adult day care program that he loves and is thriving in.



Caregiving Support

DOLORES is a caregiver to her 90-year-old father and husband with early onset Alzheimer's disease. She was struggling under the responsibility of her situation when she heard about a caregiver support group at a local senior center and decided to join. The information and camaraderie shared among the group was wonderfully uplifting, and provided insight that lightened her load tremendously. At her first meeting, she learned about a respite program funded through a Maryland Department of Aging grant and decided to enroll her husband. The weekly break gives Dolores time to visit friends, run errands, and tend to her garden without worrying about who is watching her husband.



Nutrition Services

JASON has significant mobility challenges and other medical conditions that make it difficult for him to leave his apartment. Before enrolling in a local home-delivered meal program, he suffered from social isolation and struggled with self-care—often neglecting his own personal needs and skipping meals. He now enjoys two nutritious meals a day, five times a week, and has been connected with other essential services that he would not be aware of if it weren't for the human contact he gets from those visits. Today, Jason receives in-home care services, monthly incontinence supplies, and transportation to medical appointments.

What would happen without OAA-funded programs?

THE IMPACT ON OLDER ADULTS AND PEOPLE WITH DISABILITIES: Critical services for about 300,000 Marylanders would be interrupted, causing hunger and malnutrition, poor health outcomes, increased hospitalization and nursing home admissions, and higher instances of abuse and exploitation.

THE IMPACT ON MARYLAND COMMUNITIES: Families, caregivers, health care systems, service providers, and communities will experience significant hardships as demand for services that support all Marylanders increases, waitlists become longer, costs surge, and dependency on public services grows.

Reach out to your local Area Agency on Aging to learn about OAA programs available in your community.

aging.maryland.gov/Pages/area-agencies-on-aging.aspx