

# National Family Caregiver Connection

Allegany County    NFCSP Newsletter    November 2023

## November National Family Caregiver Month

**Caregiver:** *a family member or paid helper who regularly looks after a child or a sick, elderly, or disabled person.*

Caregiving is an essential public health service. Caregivers help with a variety of routine tasks such as shopping, helping with finance papers, managing medicines, dressing, and bathing. The demand for caregivers is growing.

### **How to Support Caregivers:**

- Make sure they are managing their own health care needs
- Help the caregiver with errands or tasks
- Provide emotional & social support, and check in on them

### **Benefits of Caregiving for Recipients and Caregivers**

#### **For the recipient**

- Retain their quality of life and independence
- Avoid living in a group setting or nursing facility
- Depression is less likely
- Chronic conditions are self managed better

#### **For the caregiver**

- Self confidences is higher and fulfilled with helping others
- Social networks of caregivers and friendships
- Feel needed and useful



**Meal in a Mug at South Cumberland Library**  
1st Thursdays of the month, 11am—1pm  
Learn an easy meal to make on your own

How to register:

- 301-724-1607
- [Alleganycountylibrary.info](http://Alleganycountylibrary.info)

November 2nd: Loaded Bake Potato Soup  
December 7th: Chicken Cheesesteak

### **Building Better Caregivers** UPMC—Western Maryland 240-964-8424

This workshop covers topics including:

- Caregiver stress and emotions
- Care partner difficult behaviors
- Asking for help
- Making decisions about treatment, housing, etc.
- Communicating effectively with family, friends, and health professionals
- Legal issues related to caregiving
- Action planning and problem-solving

### **Alzheimer local Support Group for Caregivers**

Third Tuesday of the month; 6:30-8pm

UPMC Auditorium 5

Jade Hensinger; PA-C, Neurology & Comprehensive Rehabilitation

301-876-7093, [westernmarylandsg@gamil.com](mailto:westernmarylandsg@gamil.com)

*No one should face Alzheimer's alone*



**alzheimer's association®**

*Celebrated every November, National Family Caregivers Month is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers*





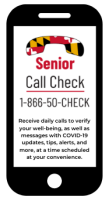
## Services for Maryland Residents

### Maryland Senior Call Check Program

aging.maryland.gov

Every day a telephone call will be placed to a participant at a regularly scheduled time. If the participant does not answer their first call, two more automated calls will be made. If those calls go unanswered, an alternative person who is selected by the participant during program enrollment will be called. The alternate will then be encouraged to check on the older adult program participant. The failure of the participant and alternate to answer will result in a call to your local non-emergency service. Senior Call Check phone lines are open Monday through Friday from 8:00 am to 5:00 pm and Saturday 9:00 am to 3:00 pm. During these hours, seniors can call toll-free 1-866-50-CHECK (1-866-502-0560). Any Maryland resident who is 65 years of age or older who has a landline phone or cell phone (TTY is available). An alternate is a person you have selected to be called in the Senior Call Check program in the event you do not answer your automated call after 3 attempts. This person must be a reliable emergency contact, such as an adult child, a responsible neighbor, or a close relative.

Call toll-free (866)-502-0560 and ask to have a hard copy application mailed to your home.



A **free** daily call to check on Maryland residents 65 and older!

• Landline • Cell Phone •  



Allegany County  
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

### Medicare

\*65 years or older

\*To enroll; visit your local Social Security office or call 1-800-772-1213

### Medicaid

\*Comprehensive health care insurance for aged, blind and/or disabled adults and families with low income

\*Amount of coverage varies based on income, and assets for certain types of coverage

\*You **MUST** be US citizen or meet alien status **and** be a Maryland resident

### Maryland Durable Medical Equipment Re-Use

dme.maryland.gov

240-230-8000

#### What equipment maybe available

- Canes, Crutches
- Tub transfer benches, shower chairs
- Walkers
- Powered or Manual wheelchairs
- Hospital Beds
- Rollators, knee scooters

#### Qualifiers

- MD resident
- No age limit
- Those awaiting Medical Insurance Approval
- Those who are unable to obtain the most appropriate equipment from Medical Insurance

#### Closest DME Distribute and Collection Site

- Hagerstown—Washington County; Hagerstown Goodwill



*The Allegany County Adult Evaluation and Review*

*Services (AERS) Program is a service of the*

**Allegany County Health Department**

**12501 Willowbrook Road, Cumberland, MD 21502**

**Phone: 301-759-5210**