

# **Commission on Aging**

## **Frequently Asked Questions (FAQs)**

Important Links: Montgomery County Programs and Services for Residents 50+

### **GENERAL INFORMATION AND REFERRAL**

#### **Montgomery County -- Information And Resource Line - Programs And Services**

Telephone: 240-777-3000 general information by topic

<https://www.montgomerycountymd.gov/senior/>

#### **Montgomery County Commission on Aging – Helpful Resources**

<https://www.montgomerycountymd.gov/HHS-Program/ADS/COA/COAHelpfulResources.html>

#### **Life Transitions As We Age Toolkit**

[https://www.montgomerycountymd.gov/HHS-](https://www.montgomerycountymd.gov/HHS-Program/Resources/Files/CoA%20Planning%20for%20Life%20Transitions%20as%20we%20Age.pdf)

[Program/Resources/Files/CoA%20Planning%20for%20Life%20Transitions%20as%20we%20Age.pdf](https://www.montgomerycountymd.gov/HHS-Program/Resources/Files/CoA%20Planning%20for%20Life%20Transitions%20as%20we%20Age.pdf)

**50+ in Montgomery County** - a monthly television show hosted by the Commission on Aging. The show shares news and information of interest to residents 50+ in Montgomery County. Visit County Cable Montgomery's website for information on when and where you can watch the show.

<https://www.montgomerycountymd.gov/CCM/seniorstoday.html>

**Call the County's 240-777-3000 or go to these links**

- **Montgomery County Office of Public Information**
- **Senior Website** <https://www.montgomerycountymd.gov/senior/>
- **The Caregiver Support E-Newsletter**  
<https://www.montgomerycountymd.gov/senior/caregiver.html>

#### **Other Information Resources**

- **The Beacon Newspapers** <https://www.thebeaconnewspapers>
- **Positive Aging Sourcebook**  
[https://issuu.com/guidetoretirementliving/docs/dcmd24\\_issue](https://issuu.com/guidetoretirementliving/docs/dcmd24_issue)
- **Maryland Department of Aging News** [aging.maryland.gov](http://aging.maryland.gov)

### **SERVICES**

**Adult Protective Services/Elder Abuse Prevention.** Telephone 240-777-3000

**Caregiving and Respite Care**

- **County Caregiver Information**  
<https://www.montgomerycountymd.gov/senior/caregiver.html>
- **ARC Montgomery County Respite Services** <https://thearcmontgomerycounty.org/>  
telephone: 301 984-5777

**File of Life.** This is the document that emergency services look for on your refrigerator in an emergency. Use this link to download and fill out the information (in pencil so you can update it from time to time), place it in a plastic sandwich bag, and tape it to your fridge.

<https://www.montgomerycountymd.gov/mcfrs-info/tips/seniors/fileoflife.html>

## **Mental Health Services**

- **National Suicide Prevention Hotline - Telephone 988:**
- **Montgomery County Crisis Center - Telephone 240-777-4000:**
- **Noncrisis mental health inquiries - Telephone 240-770-3000**

**Office of Consumer Protection (fraud, scams) 240 777-0311**

**Palliative Care and End of Life Coalition:** <https://www.mccelc.org> - 240-773-8290

**Durable Medical Equipment Re-Use Program** (for donating no-longer needed equipment or for obtaining it.) <https://aging.maryland.gov/pages/DME.aspx>

**Free Maryland Senior Call Check Program 1-866-50-CHECK**

<https://aging.maryland.gov/pages/senior-call-check.aspx>

## **COMMUNITY ENGAGEMENT, RECREATION, AND EDUCATION**

### **Intergenerational Programs**

- **JCA Interages** <https://accessjca.org/interages/>
- **Oasis Metropolitan DC** <https://www.oasisnet.org/Washington-DC-area>
- **Link Generations:** <https://linkgenerations.org/>

### **Lifelong Learning**

- **Senior Planet Montgomery** <https://seniorplanet.org/locations/montgomery-county/>
- **Metro Oasis Washington,** <https://www.oasisnet.org/Washington-DC-area>
- **Montgomery County Public Libraries** <https://www.montgomerycountymd.gov/library/>

### **Technology Education and Support**

- **Senior Planet Montgomery** <https://seniorplanet.org/locations/montgomery-county/>
- **SP HOTLINE 888-713-3495 (240) 753-0676**
- **Metro Oasis Washington** <https://www.oasisnet.org/Washington-DC-area>
- **Montgomery County Public Libraries** <https://www.montgomerycountymd.gov/library/>

### **Transportation Options**

<https://www.montgomerycountymd.gov/senior/transportation.html>

### **Recreation Department Programs**

<https://www.montgomerycountymd.gov/senior/recreation.html>

**Montgomery Parks** [HTTPS://montgomeryparks.org/](https://montgomeryparks.org/)

[Call Customer Service at 301-495-2595](tel:3014952595)

[Email Info@MontgomeryParks.org](mailto:EmailInfo@MontgomeryParks.org)

**Montgomery County Public Libraries** (programs, books, audiobooks and Libby app for downloading to e-reader)

<https://www.montgomerycountymd.gov/library/>

### **Volunteer Opportunities**

**50+ Volunteer Network**

<https://www.montgomerycountymd.gov/volunteercenter/volunteers/50Plus.html>